

Health & WELLNESS



September 2020

Spiritual Encouragement...

“...For we have no power to face this vast army that is attacking us. We do not know what to do, but our eyes are on you.”

2 Chronicles 20:12

Take care of your health.

That means using some of the best things we have in medicine to prevent disease: immunizations. This time of the year, it's important to get vaccinated against the flu. Today's flu shots are safer than ever. And don't forget other vaccinations you or your children may need. Immunizations help prevent serious diseases, including cervical cancer, meningitis, pneumonia, and shingles, to name a few. In this pandemic age, immunizations are the No. 1 way to keep safe. Three more things that can help strengthen your immunity: Stop smoking, start exercising and eat a more Mediterranean Diet (search for it at heart.org).

Anxiety and Procrastination

Do you frequently put off things that need to be done? One reason could be anxiety. You might be worried that you won't be able to do something well or quickly enough, or that someone will judge or reject you. **Anxiety can interfere with logical thinking.** It can trigger an impulse to freeze or escape, which also leads to avoidance.

To combat anxiety, try these strategies:

- It's okay to feel anxious; it's only a feeling, and you can survive it. If you pay attention to the anxiety sensations, you may notice that they ebb and flow, sometimes feeling less intense.
- Forgive yourself. Most of us procrastinate sometimes; it's only human.
- Break down the goal into smaller chunks; then take the first step. Maybe you dread making a phone call. Choose one action that can boost your confidence. Then during the call, focus on that one action; as you get going, you may start feeling more in control. But if you wait longer, your worry may persist or increase.
- You don't need to do things perfectly. Trying to avoid all errors or flaws will only feed your anxiety.
- Remind yourself of times when you've done similar things successfully, and consider how good you'll feel when you're finished.

Childhood Obesity

About one in five school-age children is obese, increasing their eventual risk for type 2 diabetes, heart disease, hypertension and osteoarthritis.

The CDC and NIH urge parents to learn about preventing childhood obesity and how to help already overweight kids slow down their weight gain. Children who are overweight should not be put on restrictive diets. Instead, work with your child's pediatrician or a dietitian on a healthy nutrition and exercise plan, and get the whole family on board with healthy habits.

It's important for parents to set a good example. Practice regular physical activity and healthy eating. Cut back on fast food and serve family meals and snacks with lots of vegetables, fruit, whole grains and protein. Emphasize drinking water instead of sugary drinks and limit high-calorie juices.

Encourage children to play sports, walk a dog, and do other physical activities for at least 60 minutes spread throughout a day. Make sure your child gets at least eight hours of sleep every night, too. Insufficient sleep raises the risk of obesity later in life. Learn more at cdc.gov/healthyweight/children/



September is
Prostate
Cancer
Awareness
Month

Prostate Cancer Awareness Month is an opportunity to learn about this common cancer. The majority of prostate cancers are found in routine screenings before symptoms appear. Risk factors include family history and age; men between 55 and 69 may benefit most from prostate cancer screening. Learn more at cdc.gov/cancer/prostate/index, and talk to your health care provider to see if screening is right for you.

Food Safety Dates Explained

Here's a lesson in food packaging dates. They are printed on food labels and include best if used by, use by* and sell by, indicating when foods are the freshest or best quality, but not when they are unsafe to consume. Expiration dates should be clearly labeled, indicating when food products should be tossed, according to the FDA.

*Exception: Baby formula labels display a use by date that should be adhered to

Here's how to keep store-bought food safe for consumption:

Purchase foods before their expiration dates.

Separate raw foods from other foods in your shopping cart, bag and refrigerator.

Bring home and refrigerate perishable foods immediately after purchasing.

Follow safe handling recommendations, such as keep refrigerated after use or thaw in refrigerator.

Wash your hands before and after handling foods, and after leaving the grocery store.

Learn more at heart.org and fda.gov; search for food expiration dates.