

# TOPHEALTH®

We Care About Your Health

The Health Promotion and Wellness Newsletter

FEBRUARY 2011

## 3 Ways to Say I Love You

**A GOOD MEAL.** Eating well is a big factor in preventing heart disease. While salmon is “on the menu” this month, there are plenty of other heart-friendly choices too. Beyond the main course, try a sweet treat of pomegranate juice or dark, bittersweet chocolate shavings added to poached fruit.

**A NICE WALK.** Your heart and body love and need physical activity. Bring a friend or loved one along with you, and do something fun and active together. Tour a museum or botanical garden, go dancing, or take a midnight stroll.

**A GOOD TALK.** Juggling career and home make for busy, busy people. This Valentine’s Day, make time for more heart-to-heart talks. Revisit your New Year’s goals with someone special and talk about why you chose those goals in the first place. A support network helps you reach your personal best.

{ Not everyone is feeling loved this Valentine’s Day. }  
{ When does depression hit most often? Turn the page. }



### LONGEVITY CORNER

#### Young at Heart

Now is the time to think about exercise. Active adults who exercise (even a little) live longer and have a lower rate of disability. This is especially true of older adults. A study of adults in their 70s and 80s showed that those who exercised at least four hours a week — walking, swimming, gardening or even putting around the house — were more independent and less likely to die at an earlier age.

**My advice:** Exercise is for everybody, so get up and move.

— Zorba Paster, M.D.



Smart moves for reaching your heart-healthy best are at [www.personalbest.com/feb11heart](http://www.personalbest.com/feb11heart).



## Sedentary: NOT an Option

Americans are more inactive than ever. Sedentary jobs, modern technology and more efficient transportation add up to less exercise for the majority of people. Yet physical activity, even in 10-minute increments, can provide enormous benefits: a reduced risk of disease, an improved mood, better immunity and even a longer life. So it’s more important than ever to squeeze in exercise whenever possible.

*Fit in fitness! Flip the page for ideas to get you moving.*

## Why Salmon Is on the Menu

No need to be fish-wary with salmon! It’s high in protein, low in saturated fat and a rich source of omega-3 fatty acids, which are considered heart healthy. It’s also a versatile food that can be found in a variety of dishes that are sure to please. *Try these if you:*

- ✓ **Don’t like to cook fish.** Canned salmon is ready-to-eat and can be used in chowder, casseroles and salads.
- ✓ **Love to entertain.** Salmon is well-suited for tasty appetizers and entrees. Serve salmon in sushi rolls, deviled eggs or mousse.
- ✓ **Cook for kids.** Salmon can be made more appealing with a sweet glaze, mixed into croquettes or baked. Check with your pediatrician about the recommended number of servings.
- ✓ **Dislike a fishy taste.** Buy fresh fish, and combine it with robust flavors. Dress it up with a fresh black bean and bell pepper salsa or a Dijon mustard sauce.
- ✓ **Like to grill.** Serve it grilled, smoked or as a burger. Marinating salmon adds a nice flavor.



Dishing up more on salmon — turn the page.



## FIT IN FITNESS

**MAKE time for exercise** while watching TV by using a stair-stepper, lifting weights or doing yoga moves.

**OUTINGS with friends** can include fun activities such as bowling or biking — a nice change from the usual dinner and drinks.

**VIDEO gaming** gets physical when you participate in interactive sports or exercise programs. Get a little competitive — see who's the winner.

**EVERYDAY activities** count as exercise, especially when you pick up the pace when folding laundry or walking the dog.

**ISOMETRIC exercises** (tightening and relaxing muscle groups) are easy to do while talking on the phone or waiting in line.

**TAKE periodic breaks** from desk work to stretch, do chair exercises or take a quick walk.

## What's New in CPR

The *Journal of the American Medical Association* reports that CPR consisting only of chest compressions is the best method of CPR due to uninterrupted blood flow. That's good news.

**Why?** Compression-only CPR is easier to learn and more appealing for rescuers — which may lead to even more lives saved. For the untrained, do compressions only (no breaths), until professional rescuers arrive.

**Best advice:** Take a life-saving course provided by your local American Red Cross chapter or fire department. You might save a life.

## SALMON SAFETY NOTE

**Worried about safety?** Some people avoid salmon for fear of contaminants such as mercury or polychlorinated biphenyls (PCBs). For most people, the benefits of eating salmon appear to outweigh any possible risks. Why? Salmon tends to be lower in mercury than other fatty fishes. Still, certain groups are advised to limit fish intake: children under 12 and women who are pregnant, nursing or planning a pregnancy. Ask your health care provider for advice. If you fish, check with local authorities as to the safety of the local catch.

## EATING HEALTHY • PRODUCE PICK

### Honey Tangerines

This super-sweet variety of mandarin oranges is in season from January to April. Tangerines are high in vitamin C and are a source of vitamin A and the B-vitamin folate. Plus, they have just 40 calories and 8 grams of sugar per fruit, so go ahead and enjoy a few. Add wedges to salads and fruit salsas.



## When Depression Hits Most Often

Depression is a troubling illness. It changes your mood, sleep patterns, appetite and numbs your ability to enjoy life. Depression can strike at any time, but certain circumstances increase your chances of sinking into it.

**After a loss.** Bereavement, divorce, unemployment — all of these are triggers.

**Around pregnancy.** Before and after delivering a baby, approximately 7 percent of women experience an episode of major depression. Twice as many experience less severe mood swings.

**During hormonal changes.** Women of childbearing age are at higher risk than men. Some women experience depressed moods prior to menstruation, as well as at the onset of menopause.

**In winter.** In northern latitudes, where there is less sunlight in the fall and winter, some people are more

prone to develop the blues. This "seasonal affective disorder" (SAD) may get better in the spring, even without treatment.



**After a heart attack.** Up to one in three survivors of cardiac arrest reports depression. Chronic pain and other chronic illnesses appear to be risk factors as well.

**Following substance abuse.** Heavy drinkers double their chances of becoming depressed. Other addictions, and even some prescription medications, can increase the risk as well.

**After previous depression.** If you've had depression before, you're more likely to experience another episode. Fortunately, treatment can help you learn how to reduce the risk.

**What to do:** Talk to your health care provider for treatment referrals and suggestions. Medication, counseling or exercise could soon brighten your mood.

*"To ensure good health: Eat lightly, breathe deeply, live moderately, cultivate cheerfulness and maintain an interest in life."  
~William Londen*