

Home Safety Month:
Keys to a Safe Home

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Calories

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Home Safety Month: *Keys to a Safe Home*

How safe is your home? According to the American Association of Poison Control Centers, about 90 percent of poison exposures occur at home, and more than 50 percent of those exposures affect children under the age of five.

Whether you're cleaning the house, or working on your lawn and garden, there's a good chance you're using products containing chemicals that can be toxic. Learn more about how to safely use and store these products to protect yourself and the ones you love.

Indoors

Household cleaning solutions are consistently among the top five products that cause harm to young children. The American Association of Poison Control Centers suggests these helpful hints:

- When not in use, keep all cleaning products locked away and out of reach of young children.
- Do not leave children unattended near cleaning products.
- Use only one cleaning product at a time and never mix products. This concoction may create toxic fumes.
- Use all cleaning solutions in well-ventilated areas.



- Store cleaning products in their original containers and not in empty food containers or bottles.
- Always read the label instructions to determine how to safely use a product.
- Wash your hands thoroughly after contact with any product containing chemicals.

Outside

Outdoor pesticides, fertilizers and even some plants have similar toxic dangers. The Florida Poison Information Center Network offers these tips:

Always keep the Poison Control Center
number near the phone.
American Association of Poison Control Centers
1-800-222-1222 | www.aapcc.org



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- Take care to wash your hands quickly after handling fertilizers and pesticides, and don't stick around long enough to inhale the fumes. Toxic effects like irritation of the skin, eyes and lungs, as well as muscle cramps, vomiting, diarrhea and sweating warrant a call to the Poison Control Center.
- Do not apply pesticides on a windy day or in children's sand boxes.
- Know what toxic weeds look like (e.g. nightshade and nettles) and get rid of them. Signs of plant poisoning may include skin irritation, nausea and hallucinations. If ingested, some plants can be toxic to the heart, liver, kidney, and stomach and can even cause seizures.
- Consider all mushrooms growing outside unsafe.
- Store seeds, bulbs and plant food out of the reach of children. Some seeds and bulbs can be coated with pesticides.

Also, please remember that even if a product carries the term "green," "natural" or "organic," it doesn't mean the contents are harmless. If you believe you've been exposed to a poison, or have questions about whether a substance is poisonous, call your local Poison Control Center at 1-800-222-1222.

www.aapcc.org; www.webmd.com; www.fpccn.org

To learn more about the health topics addressed in this newsletter, log in to **MyBlueService** from www.bcbsfl.com. Go to the **Living Healthy** tab and select **A-Z Health Topics from WebMD**. You can also click the **Living Healthy** tab to access timely health information, online tools and calculators, symptom checkers, informative videos and tips for maintaining a healthy lifestyle.

Fresh & Healthy

Recipe of the Month

Asian Noodle Chicken Salad

Ingredients:

- 1 package tri-color coleslaw blend (16 oz.)
- 2 Tbsp. sliced green onions
- 1 package frozen, cooked chicken breast strips, thawed (9 oz.)
- 1/3 cup citrus-flavored vinaigrette dressing (bottled)
- 1 package ramen noodle soup mix (3 oz.)



Directions:

In a large bowl, combine coleslaw blend, onions, chicken and salad dressing. Discard seasoning packet from soup mix; coarsely crush noodles. Add noodles to salad; stir gently to mix. Serve immediately. Makes five 1/4 cup servings.

Nutritional Analysis:

Calories 150 (Calories from Fat 50); Total Fat 5g (Saturated Fat 1g, Trans Fat 0g); Cholesterol 35mg; Sodium 460mg; Total Carbohydrate 13g (Dietary Fiber 2g, Sugars 6g); Protein 13g; Percent Daily Value: Vitamin A 8%; Vitamin C 70% based on 2,000 calorie daily intake

Looking for delicious, healthy recipes the whole family can enjoy? Check out our Healthy Recipes from WebMD! Simply log in to **MyBlueService** from www.bcbsfl.com and access the **Living Healthy** tab. Click on **My Health Manager** and under **Healthy Fun**, select **Healthy Recipes**.

Ask the Coach

Q I like walking outdoors for exercise and would like to do more. How can I get more out of my walking routine?

A Walking is an easy, convenient and economical way to be physically active and build consistency. Increasing your distance is one way to reap more benefits from walking, and another is working high intensity intervals into your routine. You can do this by increasing your speed for a short period of time, returning to your regular pace and then repeating, or finding obstacles such as hills or steps that will force you to work harder.

There are a couple of ways to measure and motivate your progress. You can track your steps with a pedometer, an inexpensive and easy-to-use device that attaches to your waistband and measures the number of steps you take. For reference, taking 1,000 steps is roughly equivalent to 10 minutes of brisk walking, and 2,000 steps is equivalent to one mile. You

can challenge yourself to increase your average steps per day.

Another great tool is a heart rate monitor. A heart rate monitor helps track your workout intensity by determining the number of times your heart beats per minute. As your body adjusts to the challenges of your walking routine, your heart rate will not reach the same level it did previously, so with a heart rate monitor you can challenge yourself to work at target levels, which is generally between 65 and 85 percent of your maximum heart rate depending on your health and cardiovascular conditioning.

Whatever you do, just be sure to keep walking. Physical activity of any kind is important to your overall health and well being.

Beware of Hidden Calories: The liquid side of the equation.

When we think about cutting calories, we usually focus on the food we eat, not the liquids we consume. If you're trying to watch your caloric intake, pay attention to what's in your glass (or on your salad!)—as well as what's on your plate.

Sodas and Juices

Sodas and other sweetened drinks tend to have more calories than most people realize. Did you know that a 12-ounce serving of soda can have more than 150 calories, and a 16-ounce glass of punch or lemonade can have more than 200? Fruit juices are not much better. An 8-ounce glass of orange juice weighs in around 110 calories. Just think ... a serving of potato chips has about 150 calories!

When you're thirsty, it's best to reach for a glass of tap or seltzer water, perhaps with a squeeze of lime or lemon for flavor. Diet drinks can help you cut down on calories, but they might not keep you slim. Some studies

hint that drinks with artificial sweeteners actually increase your chances of gaining weight. Scientists don't yet know why that might be, but they suspect the brain tries to make up for the calories it expects, but does not get, from the diet soda.

Smoothies

We've all heard about the health benefits of smoothies. After all, if you add wheat grass or a shot of Echinacea to a drink, it must be good, right? Not always. Many smoothies are made with ice cream or whole-milk yogurt, both of which are high in calories. A single smoothie could have as many as 800 calories—two hot-dogs' worth! Try snacking on a piece of fruit instead, which might have 50 to 100 calories.

Alcohol

Another major source of calories we often overlook is found in alcohol. A single shot of whiskey—just two ounces of liquid—has nearly 125

calories. A 5-ounce glass of wine or a 12-ounce glass of beer has about 160. Mixed drinks pack even more. An 8-ounce margarita has 240 calories!

Dressings and Sauces

Dressings and sauces affect the number of calories you get in a meal. You might choose to have a healthy, low-calorie salad, but once you drench it in ranch dressing you might have consumed fewer calories eating a hamburger! For your salad, choose a vinaigrette over cream or cheese dressing.

And for pasta, pass on the creamy and cheesy sauces or sauces with a lot of butter and oil and choose tomato-based sauces instead. Your waistline will be happy you did!

RESOURCE: Health Dialog-March 2011

Men's Health Month

Changing the way men think about health and wellness.

Men, do you brag about how long it's been since you've been to the doctor? You might think it's a sign of strength and vitality, but research shows that long overdue preventive care can impact your quality of life and life expectancy.

In fact, Dr. David Gremillion of Men's Health Network believes there is a silent health crisis in America, and says that on average, American men actually live sicker and die younger than women. So what's a man to do?

Check Under the Hood

Like maintaining your car with regular oil changes and tire rotations, our body needs regular checkups to keep us running at peak performance. The 2011 Preventive Care Guidelines recommends that adults 19 and older have an annual physical exam that includes a medical history overview, blood pressure, height, weight, body mass index (BMI) and waist circumference measurements, a blood sugar test, and nutrition and physical activity counseling. A yearly dental exam is also important, as well as an eye exam should your doctor prescribe one.

Get the Screenings You Need

Screenings, like blood pressure checks and blood cholesterol tests, help detect diseases before you have symptoms. The following screenings are recommended for men:

Testicular Exam

Most doctors agree that males of all ages should have their testicles checked for cancer at each annual physical exam.

Cholesterol/Lipid Screening

Start regular checkups at 35 if you are at low risk for heart disease. Start at age 20 if you use tobacco, are obese, have diabetes, high blood pressure, a personal history of heart disease or family history of heart disease.

Prostate Exam

At age 45, talk to your doctor about your risk for prostate cancer, particularly if you are of African American descent and have a first-degree relative (father, brother or son) who was diagnosed before age 65. If several of your



first-degree relatives have been diagnosed with prostate cancer, no matter the age, start the discussion when you turn 40.

Colorectal Exam

Men 50 to 75 years old should have a colorectal cancer screening either via a colonoscopy, fecal occult blood test or sigmoidoscopy. If you have a family history of colorectal cancer, you may need to be screened earlier. Your doctor can help you decide which test is best for you.

Immunizations

Immunization recommendations include influenza for all adults annually and a tetanus booster every 10 years. Other immunizations include one dose for shingles (herpes zoster) at age 60 or older, and one dose for pneumonia if you're over 65.

Abdominal Aortic Aneurysm (AAA)

Smokers (past or present) aged 65 to 75 should talk to their doctor about this one time screening for men.

Husbands, fathers, sons and brothers ... take time this month to meet with your doctor. The women in your lives will thank you!

SOURCES: www.ahrq.gov; www.cancer.org; www.cdc.gov

