



Wellness ... Get on the Bus!

7 Reasons Why You Really Do Need a Primary Care Doctor

You're young (Ok, young-ish) and healthy and have a thousand things to do. So why would you want to complicate your already hectic life with one more thing like finding a primary care doctor and making an appointment?

Believe it or not, research shows that people who have a primary care doctor actually live longer. They are less likely to die from cancer, heart disease, stroke and many other illnesses. The reason is simple: over time, you and your doctor form a relationship. You get to know each other, which leads to better medical care by catching small health problems before they become serious.

Here are six other benefits to building a relationship with a primary care physician:

- 1. One-Stop Shopping.** A primary care doctor knows how to deal with everything from helping you through a bout with the flu to back pain and digestion issues, to uncovering serious illnesses like cancer and heart disease. They can treat almost anything. If not, they'll get you to a doctor who can.
- 2. Someone Who Knows All About You.** Over time, your doctor will get to know you as person, not just your body. You'll build trust and be able to talk about anything that's bothering you physically, emotionally and spiritually. That's important as problems in any of these areas can impact your overall health.
- 3. Coordination of Care.** Your primary care doctor is the point person who helps you navigate the healthcare jungle. He or she: helps you find the best specialist if you need one, knows about all of the medicines and supplements you're taking and look for possible interactions, orders the right tests and other diagnostics you need at each stage of your life, answers any questions you have regarding your care, no matter where you receive it, so you are clear on all of the details and much more.
- 4. Keeps You Healthy.** Your primary care doctor isn't just interested in you when you're sick. He or she wants to partner with you on a wellness and prevention plan too. Consider your primary care doctor your best source for information on things like weight management, smoking cessation, help with alcohol and drug use, and managing stress and anxiety.
- 5. Routine Screenings.** Your PCP will do or arrange for screenings such as mammograms, colonoscopies, blood pressure, glucose, cholesterol and more. It's important to note that many serious illnesses are found during routine physicals. We're talking the top three silent diseases that have no symptoms: high blood pressure, high cholesterol and Type 2 Diabetes. When these illnesses are left untreated they can have severe consequences. Also, many early stage cancers have no symptoms. Detecting cancer early gives you an edge for successful treatment and cure.
- 6. Time Savings.** If you establish yourself with a primary care doctor, it's easier to get in for an appointment. At Wheaton Franciscan Medical Group we offer same or next day appointments for our patients who need to see us right away - helping you to avoid an urgent care visit and higher charge.

So, have we convinced you? Having a primary care physician you trust is one the most important things you can do for a lifetime of good health.

HEART MONTH
- February -

February is American Heart Month, a good time to think about the facts about heart disease.

BE IN THE KNOW

- 1 IN 3**
U.S. adults is currently living with a type of heart disease.
- HEART DISEASE**
is the leading cause of death in the United States and a major cause of disability.
- DENTAL HYGIENE**
Taking care of your teeth can impact heart health by reducing your chances of having a heart attack or a stroke by 50%.

MORNING IS PEAK TIME FOR HEART ATTACKS
The majority of heart attacks happen during the hours of 8 and 9 in the morning.

STATISTICALLY MOST HEART ATTACKS OCCUR ON MONDAYS

\$444 BILLION DOLLARS
In 2010, heart disease cost the United States \$444 billion. This total includes the cost of health care services, medications, and lost productivity.

START MOVING
The risk of heart disease doubles in inactive people versus people who get regular exercise. Aerobic activity, like running, swimming, jump roping and biking, are good choices for reducing the risk of heart disease.

The American Heart Association recommends following "Life's Simple 7" for good heart health.

INCREASE HEART HEALTH

- GET ACTIVE**
- CONTROL YOUR CHOLESTEROL**
- EAT BETTER**
- MANAGE YOUR BLOOD PRESSURE**
- LOSE WEIGHT**
- REDUCE YOUR BLOOD SUGAR**
- STOP SMOKING**



At the heart of a healthy lifestyle is good nutrition. Making smart food choices can help reduce your risk of heart disease and stroke. The good news is, eating right doesn't have to be hard or require a special diet. Here are some simple tips to help you and your family follow an overall healthy dietary pattern.

INCLUDE

Fruits and vegetables
 Whole grains
 Beans and legumes
 Nuts and seeds
 Fish (preferably oily fish high in omega-3 fatty acids), skinless poultry, and plant-based alternatives
 Fat-free and low-fat dairy products
 Healthier fats and non-tropical oils

LIMIT

Sodium and salt
 Saturated fat
 Sweets and added sugars, including sugar-sweetened beverages
Red meats – if you choose to eat red meat, select lean cuts

AVOID

Trans fat and partially hydrogenated oils

TIPS

Choose wisely, even with healthier foods. Ingredients and nutrient content can vary by brand and preparation.

Compare nutrition information on package labels and select products with the lowest amounts of sodium, added sugars, saturated fat and trans fat, and no partially hydrogenated oils.

Watch your calorie intake. To maintain weight, consume only as many calories as you use up through physical activity. If you want to lose weight, consume fewer calories or burn more calories.

Eat reasonable portions. Often this is less than you are served.

Eat a wide variety of foods to get all the nutrients your body needs.

Prepare and eat healthier meals at home. You'll have more control over ingredients.

New Activate Clinic now open for Health Insurance Participants

Archbold – Opening to Members on 1/23/2017

213 Nolan Parkway
 Archbold, OH 43502

Phone: 567.444.4840

Center Hours:

Monday	8 am – 5 pm
Tuesday	7 am – 5 pm
Wednesday	8 am – 5 pm
Thursday	7 am – 7 pm
Friday	6 am – 2 pm

*hours may be adjusted based on usage

Dietitian's Spinach Artichoke Dip Conquer Cravings With Simple Swaps



Start 2017 with healthy and tasty food! Warm dips and appetizers are great this time of year, yet often contain a large amount of fat and sodium without many nutrients. A favorite swap is using Greek Yogurt instead of mayo, sour cream, or other sauces for an extra boost of protein. The spinach and artichoke in this dip are also great sources of fiber and vitamins. For a quicker dip, you can use your microwave instead of a slow cooker.

Serving Size: 8 servings, 1/2 cup each

Ingredients:

10oz Package of Frozen Spinach
 14oz Can Quartered Artichoke Hearts
 1 TB Dijon Mustard
 4 tsp Garlic, minced
 1/2 tsp Dried Oregano
 1/4 tsp Cayenne Pepper
 1/2 cup Salad Dressing: Olive Oil & Vinegar
 1/2 cup Plain Greek Yogurt
 1/2 cup Parmesan Cheese
 1 TB Lemon Juice
 Pepper to taste

Directions:

Place all ingredients in a slow cooker for 1-2 hours on low
 Enjoy with pita chips or fresh veggies!

Nutritional information Per Serving:

Calories: 150
 Total Fat: 10.6 grams
 Cholesterol: 3.8 milligrams
 Protein: 6.6 grams
 Total Carbohydrates: 7.7 grams
 Dietary Fiber: 2.5 grams
 Sugars: 1.6 grams
 Sodium: 339.5 milligrams

Rev Up Your Metabolism

Metabolism slows down with age. Try these exercises to get your metabolism running at full capacity!

Build Muscle Mass - muscles use more calories than fat, so strengthening them will mean greater calorie burns. Try this 10-minute body strengthener 2-3 times/week:

5 squat jumps 5 plank-ups 10 split jumps 15 straight-leg crunches

Complete as many rounds as you can in 10 minutes.



If you have access to equipment, another option is to perform 1-2 sets of 12-15 reps on each major muscle group (abs, biceps, glutes, quads) twice a week.

Amp Up Your Workout - Any kind of cardio (brisk walking, running, cycling, etc.) will burn calories, and when you up the intensity you will burn even more. Perform intervals once a week where you are switching back and forth between high and low intensity. For example, push your speed on a treadmill for 30 seconds and then go at your normal speed for 30 seconds. Work up to 6-8 rounds.

Combine Cardio with Strength - Add a one-minute cardio burst in between strength sets.

3 Easy Tips for Fueling Your Workout without Overdoing It

Heading to the gym after work for a quick workout? Out for a morning walk with the dogs? Working out is good for physical and mental health. Although many individuals workout for weight loss or maintenance, exercising burns fewer calories than you might think. For example, you burn about 100 calories for every mile you walk or run. Yet, the average energy bar provides about 250 calories and a 16-ounce fruit smoothie has 350 to 400 calories, so it is easy to overdo it when you think you're just preparing for your workout.

Here are some tips for fueling your workout without sabotaging the calorie-burning effort of exercise.

The Morning Workout

A low-intensity morning workout — such as a walk, bike ride, yoga or round of golf — requires very little fuel. Concentrate on hydration and a small carbohydrate-rich snack, such as 16 ounces of water and a mini-bagel or a 100-calorie granola bar. That will give you enough energy to compensate for an overnight fast without loading up on calories. After your workout, eat a smart breakfast of quality carbohydrates and protein. This can be a hard-cooked egg, a slice of whole-grain toast and 100-percent fruit juice, or oatmeal with berries and fat-free milk.

In the Evening

If you exercise after work, plan to eat lunch 3 to 4 hours before your workout. Good choices include a grilled chicken salad, a grilled cheese sandwich with a cup of tomato soup, or a turkey sub with baked chips. A healthy lunch will provide enough calories to sustain a late afternoon workout, but give yourself a little energy boost 15 to 30 minutes before your workout by eating a banana, orange slices or a handful of grapes, along with a cup of water. When it comes to hydration, water is a good choice for exercise lasting less than an hour, but consider a sports drink if you are exercising for more than an hour at a higher intensity. If you are working out for more than an hour in a hot, humid climate, be sure to stay hydrated with 3 to 8 ounces of a sports drink every 15 to 20 minutes.

Refueling

After a workout, rehydrate with water. If you are heading home and eating dinner within a couple of hours, there is no need for a post-workout snack. If your meal will be delayed, then recover with 6 to 8 ounces of fat-free chocolate milk, 6 ounces of low-fat Greek yogurt, or a stick of string cheese with a few whole-grain crackers.

Try not to fall into the cycle of skipping breakfast, eating a light lunch and, then, exercising after work with little fuel on board. With this scenario, you are more likely to overeat after your workout because you are so hungry from not eating enough during the day. Another mental trap is rewarding a good workout with high-calorie or fatty foods. Rewarding your workout with food and high-calorie fluids will undo your efforts in the gym; instead, treat yourself to a new pair of sneakers for a job well done.

don't make
resolutions,
create
habits

WHAT KIND OF FLOWERS DO YOU
NEVER GIVE ON VALENTINE'S DAY?



Cauliflowers!