

Healthcare News

January 2019



Health Topic of the Month: Cancer Prevention

According to the National Cancer Society, cancer is the second most common cause of death in the US, exceeded only by heart disease. In 2018, about 1,670 Americans will die of cancer per day. But many cancers are preventable. Take these steps to reduce your risk of getting cancer.



Stop smoking

(You know this one.) Smoking is simply terrible for your health. And while the urge to smoke can be overwhelming, you aren't without help. Smoking cessation groups, patches, nicotine gum, and medications are all part of an overall plan to help you stop smoking. You may find that you have an easier time quitting when you have a major life change - like retirement. Part of the smoking addiction is the habit, so when you have a natural shift in your daily habit, use it as an opportunity to quit smoking.

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Winter Fitness: Staying Healthy Inside

January—the days are short, and the temperatures are low. For those who enjoy walking or jogging outside to stay fit and healthy, the winter months can prove to be tough. However, you don't have to join a gym or go walking at the mall to stay active. There are plenty of indoor activities to stretch your muscles, build strength, and get your heart-beat up!

Stretching

You can warm-up your body with a few simple moves. Think back to those days in high school or college when phys-ed always began with touching your toes and stretching to the sky—start there. Then, for your thighs, use your kitchen counter to balance yourself and hold your outside foot with your outside hand; lift your foot up toward your rear end, keeping your thighs and knees together; turn and repeat with the other leg. For your hamstring, sit at the edge of a chair and straighten one leg in front of the body with the



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Cancer Prevention (cont.)

Eat less meat

Yes, meat is delicious. But red meats like beef, pork, and lamb are known to increase your risk of cancer. Avoid eating preserved and processed meats like sausage and pepperoni. Replace your meat with plant-based patties and links. Beans are a perfect replacement for meat in soups—instead of chicken noodle soup, try making a lentil soup instead.

Get screened for cancer

Be proactive with your doctor. Ask for a lung scan; remind them you need a colonoscopy, insist on a mole review. Doctors are busy, and no doctor is perfect. Go over your family's history of cancer with your doctor and insist on preventative screenings for the cancers that run in your family. Don't take no for an answer.

Exercise

Move your body for 30 minutes every day. If you are desk-bound or prone to TV watching, buy a pedometer and set a goal of 10,000 steps per day. Not only with the exercise reduce your risk of cancer, it will reduce your risk of heart disease, and improve your mental health.

Unfortunately, cancer is common. However, cancer—if caught early—is frequently not fatal. You might have to sacrifice some short-term comforts for long-term health benefits. The result will be a longer, happier life to share with your friends and family.

Winter Fitness: Staying Healthy Inside (cont.)

heel on the floor; sit up straight and try pushing the navel towards the thigh, keeping your back as vertical as possible; repeat for the other leg.

Building Strength

Your kitchen counter can be very helpful when performing strength-building exercises. Face the counter and grip with both hands; bend at the knee as low as you can go and straighten. Alternatively, (still facing and holding the counter) squat and try to stand; use your arms as little as possible to stand upright. You can also use the kitchen counter for push-ups, keeping in mind the lower the counter, the more difficult the push-up. If doing a push-up against the kitchen counter is too easy, put two kitchen chairs against the counter and use those as the base for your push-up. Of course, you can always try a traditional push-up on the floor, but those tend to be very strenuous. Finally, you can tighten your stomach with a basic leg lift; lie on your back and bend your legs; lift your legs in an arc over your body – the longer the arc, the more difficult the exercise.

Cardio

One of the best ways to get your heart beating is with a basic march step. The higher you lift your legs, the more difficult the activity. March in place for at least 30 minutes. This is a perfect activity to do watching TV or listening to music. If you want to have a bit more fun, spice up the basic march with a few dance steps. Stay active for 30 minutes to get the exercise you need.



Health Outcomes of Travel



Pack your bags for better health...

81% of Boomers self-report that they experience at least one health benefit during a trip

73% notice at least one health benefit post-trip



...and put on your walking shoes

68% of Boomers who took a trip with a wellness activity* said they incorporated physical wellness into their travel

Top wellness activities include:

Walking **63%**

Sight-Seeing **31%**

Hiking **26%**



Go for the fun, get the health benefits for free

Most Boomers credit their travel health benefits simply to relaxation and fun (72%) and to spending quality time with loved ones (87%)



The health benefits of travel are more of a side benefit for Boomers than a planned outcome as they are less likely than younger generations to have included a wellness activity* in their travel plans the past 2 years

53%

Millennials

40%

GenXers

31%

Boomers

Bring home a health souvenir, leave the magnet behind

Of the 73% of Boomers who notice health benefits post-trip, the most unexpected benefits are:

51% better sleep

50% more energy

46% increased productivity



The longest lasting travel benefit reported is improved relationships with loved ones – lasting 6 weeks on average!

Top 5 aspects of health that benefit from travel



*Footnote: A wellness activity is any activity that intentionally or unintentionally had a positive impact on one mentally, emotionally, physically, socially, and/or spiritually
 Source: AARP Travel Research: The Health Outcomes of Travel, October 2018 (aarp.org/travelwell)
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Baked Dinner: Veggie Delight

The prep time on this recipe is less than 10 minutes! Throw these ingredients together, and let the oven do the cooking. This is the perfect Sunday night dinner for two, leaving you with left-overs for the up-coming week. If you're craving a starch, cook some rice or egg noodles and serve on the side.

The left-overs can be easily re-heated in the microwave or converted into yet another dinner. These roasted veggies (and meat or beans) are the perfect starter for making a soup or quiche.

- 4 medium carrots, washed and cut into quarters
- 4 medium parsnips, washed and cut into quarter
- 3 medium yellow onions, quartered
- 6 cloves of garlic, whole
- Whole tomatoes, halved zucchini, sliced squash (optional)
- Salt, pepper, and spices to taste



- ½ cup of water
- 1 tablespoon olive oil
- Meat: 2 chicken breasts, diced
- Vegetarian: 2 cups lentils, cooked

Feeds about four adults.

Preheat the oven to 425 degrees. Add ingredients to a lasagna pan, distributed randomly. Cover with foil. Bake for 1 hour and 15 minutes or until all the vegetables are easy to pierce with a fork.

