



December 2007

Health & Wellness Information to Improve Your Condition

HealthSTAT focus

Eggnog, Stuffing, and Pumpkin Pie...Oh My!

It's that time of year again we all love, and look forward to each year. Family gatherings, church celebrations, holiday parties...unlimited buffets of FOOD!

According to the National Institutes of Health, adults generally gain about one to two pounds during the holiday season. Some gain as much as five to ten pounds. The trouble is not the weight gain, but the failure to shed those extra pounds after the holiday in spite of New Years resolutions. The weight stays on and adds up. Over a decade or so a pound or more can add up to ten or twenty.



Read on to learn what foods to choose during your holiday celebrations and how to avoid the dreaded 'holiday weight gain.'

Top 5 Healthy Holiday Foods:

1.) **Pumpkin:** Rich in Vitamin A and fiber. Pumpkin itself is a low calorie food. However, pumpkin pie is very high calorie because it's made with eggs, sugar, evaporated milk, and baked in a high fat crust. To lower the number of calories in your pumpkin pie try using an egg substitute, light cream or low-fat evaporated milk. Choose a pie crust with the lowest amount of trans fat possible or try a homemade pie crust that is not made with shortening.



2.) **Cranberries:** They are loaded with Vitamin C and provide a good amount of fiber and manganese. Cranberries also contain a very helpful antioxidant that can help prevent the adhesion of bacteria to the urinary tract which sometimes causes urinary tract infections.



3.) **Sweet Potato:** These are a great source for Vitamin C and other antioxidants. The sweet potato is also a great source for potassium. By eating the skin, you can also reap the health benefits of fiber.

4.) **Turkey:** Turkey is an excellent source of protein, and offers the least amount of fat per serving compared to all other meats. Be sure to pass on the skin.

5.) **Green Beans:** These are probably one of the healthiest holiday foods. Loaded with Vitamin c, Vitamin k, and manganese. They are also a good source for Vitamin A, dietary fiber, potassium, folate, and iron. If you are making a green bean casserole try using a low-fat or fat-free ingredients, and light butter. This way you can enjoy your casserole without as much guilt.



What can we do to avoid the dreaded 'Holiday Weight Gain'?

•Stay active

Cold weather comes and we want to curl up under a blanket with our favorite foods, and drink endless cups of hot chocolate. Continue your exercise routine or if you don't already have one consider joining a local gym, yoga group, or aerobics studio. It is important to keep moving!

•Cook using healthy alternatives

When preparing meals use margarine instead of butter and canola oil instead of vegetable oil; this can significantly reduce calories and fat. Try using less salt when preparing meals or leaving the salt off the table when sitting down to eat. Simple things like this will help to reduce calorie intake.

•Don't cheat yourself

Instead of dwelling on the things you 'shouldn't have', eat in moderation. It's when we try to keep ourselves from our favorite foods that we end up 'pigging out' on those particular foods because we tried not to eat them in the first place. So allow yourself to indulge a little, enjoy yourself, and have a wonderful holiday.

Take this quiz and test your knowledge

The winter months bring the food Olympics. Starting with **Thanksgiving**, **Christmas** parties, **New Years** celebrations, and the **Super Bowl**.

Take the following quiz to see if you know how to avoid those extra pounds...

1. Most people gain one extra pound during the holiday season.

TRUE or **FALSE**

2. Those who are less active than usual during the holidays gain as much as 10 pounds.

TRUE or **FALSE**

3. Fewer than 10 percent of adults gain more than five pounds over the holiday season.

TRUE or **FALSE**

4. It's only a pound or two gained, which is easily taken off after the holiday season.

TRUE or **FALSE**

5. The attitude, "I've blown it and may as well enjoy myself now," usually leads people to really overdo it.

TRUE or **FALSE**

6. It's silly to have a diet soda instead of a regular with a high-calorie dessert.

TRUE or **FALSE**

7. Alcohol will dull your appetite so having a drink or glass of wine will help you eat less.

TRUE or **FALSE**

8. Eat light the day of a party to save calories for the main event.

TRUE or **FALSE**

9. It helps to keep your hands full of anything but food. Take pictures or hold a glass of club soda.

TRUE or **FALSE**

10. If you starve yourself before a party you will be more likely to overeat.

TRUE or **FALSE**





HealthSTAT's Weight Management Program

This 10 session weight management program is strategically designed to help individuals lose a healthy amount of weight during the program period.

The *HealthSTAT* Weight Management Program is designed to assist participants in learning to control and maintain a healthy weight through healthy lifestyle choices.

The program consists of a series of educational sessions both group and individual to get maximum results.

This program focuses on the following ten steps for weight loss/ weight management:

- Determine healthy weight.
- Set your weight goal.
- Make a lifestyle changes.
- Practice good nutrition.
- Start active lifestyle.
- Monitor your progress.
- Cope with stress.
- Develop support system.
- Change eating habits.
- Change behaviors for life.



Chronic Health Risks Associated with Being Overweight

Heart Disease—high cholesterol clogs arteries

High Blood Pressure—being overweight puts a strain on the circulatory system

Cancer—being overweight significantly increases certain cancer risks

Diabetes—being overweight causes the body to resist insulin absorption, a contributing factor to Type 2 Diabetes

Stroke—because overweight people have greater frequency of high blood pressure and higher incidence of blood clots, they are also more at risk for strokes

For more information on this and other programs please contact your account manager.

MRSA FACTS

Source: www.cdc.gov

What is MRSA?

MRSA is a type of staphylococcus aureus, more commonly referred to as a 'staph' infection resistant to beta-lactams antibiotics. These types of antibiotics include methicillin, oxacillin, penicillin, and amoxicillin. A 'staph' infection is a bacteria commonly carried on the skin or in the nose of healthy people. One of the most common causes of skin infection in the U.S. are staph bacteria. The skin infections are mostly minor, but staph bacteria can also cause serious infections such as; surgical wound infections, bloodstream infections, and pneumonia. **MRSA** occurs most frequently among persons in hospitals and healthcare facilities who have weakened immune systems. **MRSA** can also occur in individuals who have not been recently hospitalized or had a medical procedure. These cases are referred to as **CA-MRSA** (community-associated methicillin-resistant Staphylococcus aureus).

What does a MRSA infection look like?

Typically **MRSA** appears as skin infections which look like a pimple or boil. The infection can be red, swollen, painful, or have pus or other drainage. More serious infections may cause pneumonia, bloodstream infections, or surgical wound infections.



How is MRSA most commonly spread?

Reportedly the factors most commonly associated with **MRSA** are close skin-to-skin contact, openings in the skin such as cuts or abrasions, contaminated items and surfaces, crowded living conditions, and poor hygiene.

HealthSTAT

This newsletter is a monthly publication of HealthSTAT, Inc., for its clients and their employees. It is for informational purposes only, and is not intended to replace medical advice.

4601 Charlotte Park Drive
Suite 390
Charlotte, NC 28217
(704) 529-6161

Prepared & Reviewed by:

Julie Ham,
Wellness Coordinator
&
Eric Hart, MD
Chief Medical Officer

If you have comments questions or suggestions for the newsletter, please send them to:
julie.ham@healthstatinc.com

PREVENTION:

Practice good hygiene:

1. **Keep you hands clean** by washing thoroughly with soap and water or using and alcohol-based hand sanitizer.
2. **Keep cuts and scrapes clean and covered** with a bandage until healed.
3. **Avoid contact** with other people's wounds or bandages.
4. **Avoid sharing** personal items such as towels or razors.

If you believe you have a staph or MRSA infection see your healthcare provider immediately.

Most staph and **MRSA** infections can be treated with antibiotics. If you are given an antibiotic, take **ALL** doses, even if the infection appears to clear up. If the infections does not appear to get better a few days after visiting your healthcare provider, contact them again.