



HEALTHY LIVING SECTION

Weekly tips and advice from your neighborhood Carolin's HealthCare System Blue Ridge providers.

Inflamed? It could be your food choices.

The idea behind an anti-inflammatory diet is to reduce or avoid foods that cause inflammation: animal fats, corn oil, processed foods. Inflammation in the body increases your risk for heart disease and stroke, but it also can make it tough to lose weight.

Researchers are currently studying the effects of the anti-inflammatory diet, but in general, the diet supports key elements of healthy eating. It is very similar in concept to the Mediterranean diet, and it has been shown to reduce cardiovascular disease and increase health and longevity.

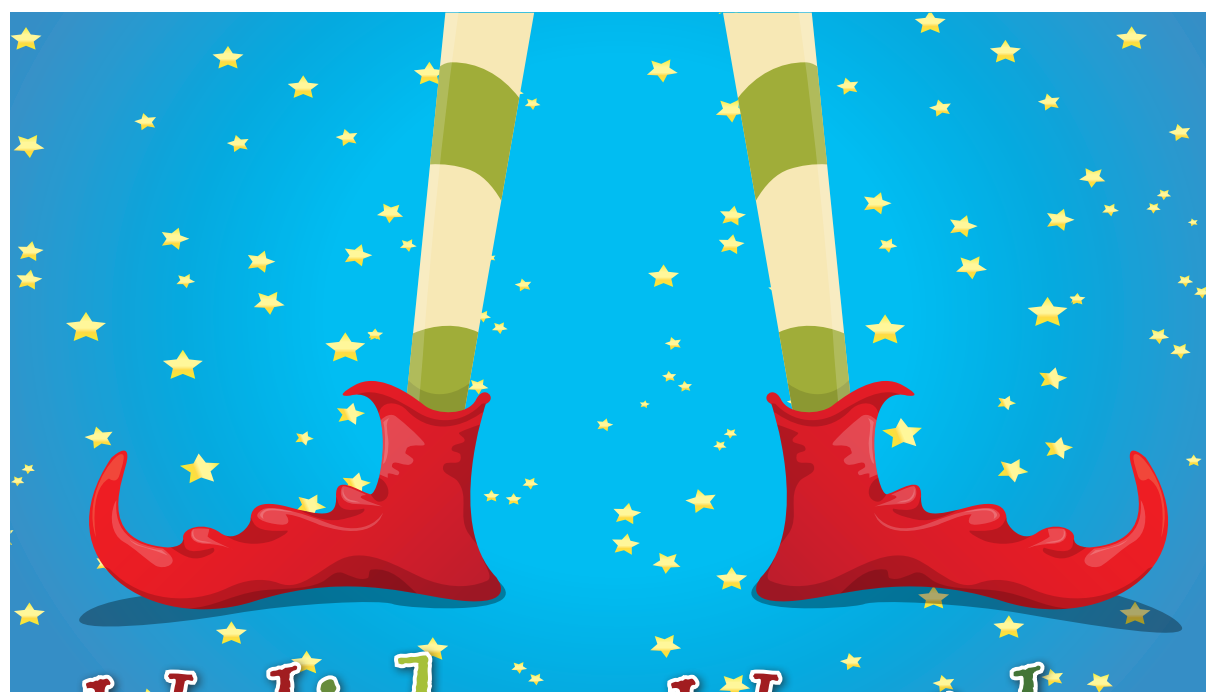
The Mediterranean diet includes staples such as cold-water fish, nuts, olive oil and other colorful fruits and veggies with proven health benefits. Think of berries, salmon and nuts; and foods rich in omega-3 and antioxidants as star players.

Healthy eating patterns enhance your health over time, and it is advised that any diet touting a specific miracle food or promising a quick, miraculous health benefit be avoided. It is possible to achieve better health by choosing a healthier eating pattern, maintaining a healthy body weight, staying physically active every day and getting plenty of sleep so your body can repair and recover.

Healthy tips at a glance:

- Eat five to nine servings of fruits and vegetables each day.
- Make half of your grains whole grains.
- Focus on healthy fats such as olive oil, nuts and seeds.
- Choose lean proteins, such as skinless poultry, lean meats, dry beans, eggs, nuts and seeds.
- Include seafood rich in omega-3, such as tuna, salmon and sardines twice per week.
- Limit saturated fats found in fatty cuts of meat, whole milk, regular cheese, regular ice cream, butter, cakes, cookies, doughnuts, sausage, regular mayonnaise, coconut oils and palm oils.
- Avoid trans fats found in processed foods such as cakes, cookies, crackers, pies, stick margarine, potato chips and corn chips.
- Savor your flavors. Be adventurous with fresh garlic, chili peppers, turmeric, curry, ginger, parsley, basil, cumin, vinegars and lemon juice. They all pack a powerful antioxidant punch.
- Reduce sodium found in processed foods, boxed mixes, cereals, canned foods and baking soda. Avoid the salt shaker.
- Reduce added sugars found in soft drinks, juices, sweet tea, cookies, cakes and candies.

To learn more about healthy eating strategies, visit choosemyplate.gov.



Holiday Hoopla

Friday, December 9 | 3 p.m. to 7 p.m.

Carolin's HealthCare System Blue Ridge invites you to meet Santa Claus, Mrs. Claus, a host of elves and many other special guests during our Holiday Hoopla.

Come sit on the laps of Santa or Mrs. Claus and share your Christmas wishes. Santa will have a Magical Mail Box for Christmas lists, so please bring your wish list. Afterward, join us and our other Christmas friends for milk and cookies. Children on the NICE list will receive Christmas bags at the end of the event.

Call Eileen Sharpe at 828-580-7954 to schedule your time.

Free | Reservations Required | Seating Limited
Carolin's HealthCare System Blue Ridge-Valdese, 720 Malcolm Boulevard



Old Wives' Tales

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"Don't make that face or it will stay that way." "Eat your crust - it will put hair on your chest." All of us have probably been told things like that while growing up. For the most part, the stories aren't true, but that doesn't mean there wasn't a reason our parents, siblings, teachers and other adults told them to us. They all wanted to keep us safe and healthy; maybe our siblings were more concerned with making us scared or even cry, but for the most part safety was the primary concern. Here are a few more of these "old wives' tales" with a little analysis behind each one.

Letting a wound "dry out" is proper treatment.

This is one of those counterintuitive treatments. Yes, bacteria breeds in wet environments, but when caring for a wound "drying" or "airing" it out is not the best course of action. Keeping a healing wound moist with a doctor-recommended ointment reduces discomfort and helps avoid the pain of ripping off injured skin that has dried. It can also minimize the risk of infection.

Cracking knuckles causes arthritis.

If you are a knuckle cracker and have been told this myth, it's more likely you were bothering someone than they actually thought you'd develop arthritis. There isn't any proof to the arthritis theory, but cracking your knuckles doesn't have any beneficial effects either. While not a positive or negative behavior, it is still advised that you avoid it as there is increased risk of injury from bending or pulling your joints to the point that they "crack."

Swimming on a full stomach will cause severe cramps.

Swim as soon as you want on a full stomach. The worst that might happen is you'll experience a minor cramp or discomfort, but potential drowning from your limbs cramping up is greatly exaggerated. The theory behind this myth is that your stomach will require more blood to aid digestion (which is true) and circulation to your limbs will suffer (which is not true), which will cause them to stop working and drown you (also not true).

Swallowed gum stays in your stomach for seven years.

Anyone who's had a small child or dog swallow something that wasn't exactly edible knows this one is false. Your stomach won't digest the synthetic parts of chewing gum, but it won't keep trying for years and years. Most likely a day or two will go by before the undigested parts will be passed as humans do other waste. This fable was probably invented to prevent children from attempting to swallow huge wads of gum, causing them to choke.

Feed a cold, starve a fever.

A simple one to remember and it sounds reasonable enough, but it isn't true, not entirely anyway. When you're feeling under the weather, the most important thing you can do is stay hydrated, as your body will lose a lot of fluid fighting whatever is plaguing you. If you have an appetite, that's great - go ahead and eat. If you aren't hungry, though, it's perfectly fine to skip a meal or two until you feel better. Even if you don't feel thirsty, keep taking in fluids - your body needs them, and the effects of dehydration usually aren't felt until the situation becomes an emergency.

