



Partners In Health



JUNE 2019

The sun is finally out!

Summer is here, but that doesn't mean you shouldn't continue taking care of your nutrition

Here are a few eating habits that should allow you to remain healthy during those summer months.

Bread in-take

According to a small survey (Diabetes Care), eating bread after a meal can reduce peak blood sugar. The study discovered that people with type 2 diabetes had 30 % higher peak blood sugar when they ate bread before a meal compared with when they ate it after a meal. Eating bread after a meal slows the conversion of refined carbohydrates into sugar and may keep food consumption in check, especially in people with weight problems, insulin resistance, or diabetes.



Summer-time drink (Iced Sparkling Homey-Lime Red Tea)

Yield: 4 servings

Ingredients :

-3-4 Red Tea Bags

-Honey

-Fresh Lime Juice

-Club Soda

-OPTIONAL: Lime Slices (for garnish)



Preparation:

1. Brew red tea according to instructions
2. Stir in honey, let cool
3. In a large pitcher, stir together the tea, lime juice and club soda
4. Serve with ice and add lime slices for garnish if desired

Source: <https://www.womansday.com/food-recipes/food-drinks/recipes/a55345/iced-sparkling-honey-lime-red-tea-recipe/>

Healthy Eating

Eggs are good for you!

Eggs are such an excellent source of nutrition. A single egg contains 6gm of high-quality protein and 12 different vitamins and minerals (including: antioxidant selenium, vitamins B2 and B12, and the carotenoids lutein and zeaxanthin, which may reduce the risk of macular degeneration). Don't fret! There is no clear link between eating eggs and the risk of heart disease, as once believed! Most of us no longer need to limit egg consumption, unless advised to do so by your general health care practitioner.

Combine with Orange or Lemon Juice

The body's absorption of iron in the eggs is enhanced when you eat them with vitamin C. Similarly, it's a good idea to squeeze lemon over spinach.

Those dark greens are a good source of iron, but for the body to absorb plant mineral more easily, it needs to be paired with vitamin C (hence the shot of lemon).

Be wary of Granola

Granola is often fiber-rich and low on the glycemic index, so it keeps you feeling full for longer. It may also contain omega-3 and omega-6 fatty acids, B vitamins, iron, and folate from the rolled oats, fruits, nuts, and seeds. On the downside, however, many granolas are packed with sugar and high in saturated fat. Instead, sprinkle nuts, seeds, or dried fruit over your oatmeal and you'll get the same taste and nutrition as granola without the high sugar and fat intake.

Source: <https://www.rd.com/health/healthy-eating/healthy-eating-tips/>



Safe Gardening Tips

- Grow plants that heighten the sense of touch or smell.
- Use a vertical garden or trellis. This allows to plant and weed without excessive stooping or bending.
- Build and design raised beds that provide a place to sit and garden.
- Try using a stool, chair, or bench to avoid constant stooping or squatting.
- Use long handled or curved handled tools that provide better grips and more leverage.
- Avoid being out between 10:00 a.m. and 2:00 p.m. This is when the sun is at its peak. Either garden early in the morning or late in the day.
- Drink plenty of decaffeinated fluids to prevent dehydration. Also, allow time for breaks in the shade.
- Wear lightweight clothing (long sleeved shirt) eye protection, sunscreen, a large hat, and gardening gloves.



Source : <https://www.qualicare.com/resources/homecare-library/homecare->

Men's Health

Here are 5 healthy tips for the guy's guy in honor of National Men's Health Week (June 10th to June 16th):

1. **Go for walks:** It increases endurance and decreases the risk of getting diabetes in later life.
2. **Get your regular check-ups for colorectal cancer:** If you are aged 50+, it's time to get checked out. A colonoscopy not only diagnoses cancer but can also prevent it.
3. **Know your blood pressure:** High blood pressure is the proverbial "silent killer," and can damage arteries, heart, kidneys, eyes, and brain. The ideal blood pressure is less than 120 over 80.
4. **Reduce your sodium in-take:** The recommended daily in-take of sodium is 2.3 grams, equivalent to 1 teaspoon of salt!
5. **Don't ignore the signs!** If you experience an unusual pain, ache, or other symptom, don't brush it off—as men are prone to do—as "probably nothing." Heart disease remains the leading *killer* of men.

After all, the goal of this week is to increase awareness of preventable health issues, encourage early detection and treatment of diseases amongst both men and boys.



Source : <https://www.health.harvard.edu/blog/5-tips-for-celebrating-mens-health->



Your sight matters

June is Cataract Awareness Month.

Cataracts are a clouding of the lens of the eye, which prevents passage of light into the eye. It's the leading cause of vision loss in North America, and the leading cause of blindness in the world.

Cataracts not only affects seniors. Most people do not show symptoms until the age of 40. Yet, cataracts can also affect young adults and even children! Heredity, disease, eye injury and smoking could cause cataracts to develop at an earlier age.

There is no proven way to prevent age-related cataracts, but choosing a healthy lifestyle can slow the progression of cataracts.

Even though cataracts are prevalent as we age, they are very simple to treat. The solution to cataracts is cataract surgery. Where a surgeon removes the deteriorated lens and replace it with an artificial lens called an intraocular lens.

Source: <https://yoursightmatters.com/june-cataract-awareness->

BRAIN GAME CORNER



See if you can answer the following 3 riddles:

- A) What is always on its way but never arrives?
- B) What room can no one enter?
- C) If you look at the number on my face you won't find thirteen anyplace.

Source: <http://brainden.com/logic-riddles.htm>

Answer: a) Tomorrow, b) A mushroom, c) A Clock

Jokes

A) Why did the cookie go to the doctor?

Answer: It was feeling crummy.

B) How does a pig go to the hospital?

Answer: In a ham-bulance.



Three important dates on the horizon:

June 5th: ARC's Annual General Meeting (5pm)*

June 10th to June 16th: National Men's Health Week

June 16th: Father's Day

*Call 514-608-9600 to reserve your seat to this event