

AppleCare Medical is the regional leader in affordable, primary care services, with immediate care centers conveniently located in Brunswick, Jesup, and Pooler with a new location opening in Warner Robins May 15, 2010.

Additional centers opening soon in Valdosta, Tifton and Waycross.

TAKE THE CHALLENGE

Welcome to our new monthly feature: Take the Challenge. The goal of the Challenge is to turn simple lifestyle changes into lifelong, healthy habits.

Each month, you will be *challenged* in an informative way to learn how to improve your overall health and wellness. By participating, you'll learn how to:

- Increase your activity level
- Eat a healthier diet
- Manage stress
- Make improved lifestyle choices to benefit you and your family

Resolution Solutions

New Year's Eve has always been a time to reflect on the lifestyle changes we want to make for the coming year. Unfortunately, we set ourselves up for failure by sometimes making our goals unrealistic. Try the real-life solutions to the top three resolutions below:

Lose Weight

Over 66 percent of adult Americans are considered overweight or obese, so it is not surprising that weight loss is one of the most popular New Year's resolutions – and the one that usually fails first.

Solution: Start small. Examine your diet and make one healthy change, per month. Take a month to gradually switch to skim milk, or have low-fat yogurt to replace ice cream as your evening snack. Add to this pattern each month – you will be surprised how small changes add up to big results.

Quit Smoking

Make this the year that you stop. If you've tried and failed, don't let it get you down. On average, smokers try about 4-6 times before they quit for good.

Solution: There are over-the-counter nicotine replacements and newer prescription medicines – check with your doctor to see which he recommends. Also, there are a variety of free support services, hotlines and smoking cessation classes to help you kick the habit. Find one you enjoy – you will be more likely to stick to it.

Fit in Fitness

The evidence is in. Regular exercise has been associated with more health benefits than anything else – period. Studies show that it reduces the risk of some cancers, increases longevity, helps achieve and maintain weight loss, enhances mood, lowers blood pressure, and even improves arthritis.

Solution: If you have not been active recently, start small. Walk around your block or workplace once a day for two weeks, increase it to twice a day for the next 30 days, and so on. It does not cost anything for this type of activity and the health benefits are huge. Find a walk buddy at home or work, to help keep you motivated.

After Dark Safety

Winter's shorter days place us at higher risk for "after dark" incidents. Limit your exposure by staying in **well lit areas** and:

- Money – Keep your cash or cards on your body after dark.
- Walking – Walk facing traffic. Use reflective clothing. Consider a personal alarm.
- Jogging or Cycling – Vary your route and time.
- No Personal stereos –hard to hear traffic or someone approaching.
- Mobile phones – Yes to mobile phones, but for emergencies only. They can be a distraction.
- Driving – Keep gas in your vehicle. Choose a landmark when parking so you can return directly to your vehicle. Have keys ready.
- Public Transportation – Bus: sit near the driver. Taxi: have driver wait until you are safely inside.



JANUARY IS GLAUCOMA AWARENESS MONTH

Glaucoma is a group of eye diseases that damage the main nerve to the eye (optic nerve). If not treated it can cause severe visual impairment and eventual blindness.

While glaucoma cannot be prevented, early diagnosis is the key. The following are groups at higher risk and should be examined every one to two years for glaucoma:

African-Americans

Glaucoma is the leading cause of blindness among African-Americans. It is six to eight times more common in African-Americans than in Caucasians.

Over Age 60

Glaucoma is much more common among older people. You are six times more likely to be diagnosed with glaucoma if you are over 60 years old.

Family Members with Glaucoma

The most common type of glaucoma is hereditary. If members of your immediate family

have glaucoma, you are at a much higher risk than the rest of the population. Family history increases risk of glaucoma four to nine times.

Hispanics in Older Age Groups

Recent studies indicate that the risk for Hispanic populations, over age 50, is greater than those of predominantly European ancestry.

Steroid Users

Some evidence links steroid use to glaucoma. A study reported in the Journal of American Medical Association, demonstrated a 40% increase in the incidence of glaucoma in adults who require approximately 14 to 35 puffs of steroid inhaler to control severe asthma.

Other Risk Factors

Additional risk factors include:

- Severe nearsightedness
- Diabetes
- High Blood Pressure

Sources: www.glaucoma.org; www.healthscout.com

Did you know?

Most restaurant entrees are double the recommended serving size, with American and Mexican restaurants often going beyond double portions. To avoid over indulging ask your server to pack half of your entrée in a doggy bag before it leaves the kitchen; or consider splitting an entrée with your dinner companion. When it comes to dessert a little can be very satisfying. Order one dessert and ask your server to bring forks for everyone at the table. These days it's routine to share.

Helpful Links

Glaucoma

www.glaucoma.org

Health Scout

www.healthscout.com

Mayo Clinic

www.mayoclinic.com

College Bowls Dip

This tasty (and low-calorie) version of seven-layer dip is sure to please all football fans:

- ¼ cup - fat-free sour cream
- 2 tablespoons - packaged taco seasoning
- 1 14oz can - fat-free refried beans
- 4oz - shredded reduced-fat cheese
- 1 4oz can - sliced black olives, drained
- ½ cup - fresh tomatoes, chopped
- ¼ cup – green onion, chopped



1. Mix the sour cream and taco seasoning.
2. In a glass baking dish, spread the refried beans - cover bottom
3. Add sour cream mixture, spread evenly
4. Sprinkle the cheese evenly
5. Add olives, tomatoes, green onion
6. Serve with baked tortilla chips

Makes 10 servings

Nutritional information, per serving: 94 calories, 4.9g fat, 1.3g fiber

WW POINTS per serving: 3

Take the Challenge

- **Eat Breakfast Daily.** For the month of January, eat a healthy breakfast every day. For the right balance, choose combinations from the following categories each day:
- **Whole grain** - Options include whole-grain rolls, bagels, hot or cold whole-grain cereals, low fat bran muffins.
- **Low fat protein** - Options include hard-boiled eggs, peanut butter, lean slices of meat and poultry, or fish - such as water-packed tuna or slices of salmon.
- **Low fat dairy** - Options include skim milk, low fat yogurt and low-fat cheeses, such as cottage and natural cheeses.
- **Fruits/vegetables** - Options include fresh fruits and vegetables or 100 percent juice beverages without added sugar.
- **Great breakfast example** – whole-grain English muffin with peanut butter and a low-fat yogurt with fruit.

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Healthy Breakfast

Choosing any combination from the four categories below will ensure a healthy breakfast.

Whole grain

- Oatmeal
- Grits
- Whole wheat cereal flakes
- Whole wheat bread
- Whole wheat crackers

Low fat protein

- Hard-boiled eggs
- Peanut butter
- Lean slices of meat and poultry – such as Canadian or turkey bacon or lean sausage
- Fish - such as water-packed tuna or slices of salmon

Low fat dairy

- Skim milk
- Low-fat yogurt
- Low-fat cheeses - such as cottage and string cheeses

Fruits/vegetables

- Fresh fruits – cantaloupe, watermelon, cranberries, pineapple or blueberries are lowest in fat
- Fresh vegetables – cucumber, spinach, tomatoes, carrots, celery and onion are great in breakfast omelets
- 100 percent juice beverages without added sugar



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Who We Are

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Healthy Breakfast Ideas

The following suggestions illustrate how easy it is to choose from the food samples above to create a balanced and healthy breakfast:

- Eggbeaters® omelet with tomatoes, spinach & favorite low-fat cheese & apple
- Peanut butter on mini whole wheat pita or English muffin and low fat yogurt
- Cream cheese with smoked salmon on whole wheat crackers
- String cheese, boiled egg, pineapple chunks and tomato juice
- Cheese (low fat) grits, turkey sausage and glass of skim milk
- Cottage cheese with fresh berries, sprinkled with walnuts/pecans/ almonds
- Oatmeal with honey and cranberries; whole wheat toast spread with low fat cream cheese
- Whole wheat cereal with skim milk and favorite nuts and berries



January Healthy Breakfast Diary

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3
Log your healthy breakfast choices into each day. By sticking with the challenge, you will begin to feel the effects that choosing breakfast alone can have on how you feel, and how healthier breakfast choices are a bonus!						
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31