

Keeping your health and wellbeing in the know

# MyHealthTALK

November 2013

Courtesy of Asset Health



## Thanksgiving: Turkey Dinner and Family HEALTH HISTORY

Thanksgiving is about spending time with family, and while you have everyone together, it's also the perfect opportunity to talk about more than just food and football. Knowing your family health history is important to your health, so encourage family members to discuss it over a holiday meal while celebrating National Family Health History Day.

According to a recent survey conducted by the U.S. Department of Health & Human Services, 96 percent of Americans believe that it is important to be aware of their

family history, yet only one-third of those surveyed have ever attempted to gather information about their family's health history.

The My Family Health Portrait Tool, available at [hhs.gov](http://hhs.gov), can help you organize family history information and create a sophisticated portrait of your family's health. Share your information and portrait with your family doctor and other family members.

[www.hhs.gov/familyhistory](http://www.hhs.gov/familyhistory)

## National Healthy Skin Month – Prepare for Winter

For many of us, maintaining fresh, hydrated, healthy and disease-free skin all year can be quite a challenge. As if we don't have enough skin problems to deal with, winter weather can prevent us from improving the quality of our skin.

"The air is frigid and dry outside, and any kind of indoor heat leaves it even more parched. Your skin's protective barrier cracks, making it less able to repair itself," said San Francisco dermatologist Katie Rodan, M.D. "It becomes a vicious cycle unless you do something to prevent it—or treat it fast."

The risk of sun exposure increases even in the winter as snow can reflect up to 80 percent of UV rays. A study by the Environmental Working Group finds that skin cancer is increasing annually by 159 percent.

As skin cancer continues to be an emerging health risk, remember to keep a watch on serious skin conditions and to include skin self-exams as a regular part of your health regimen.

Make sure your skin feels and looks healthy all winter long by following these skin care and sun protection tips:

- Choose a moisturizing, soap-free cleanser such as Cetaphil, and a hydrating, alcohol-free hand sanitizer to prevent chapping parched hands. Washing repeatedly with soap and water sucks moisture out of the skin and causes more drying.
- Limit showers to only once a day and no more than 10 minutes. Taking long, hot showers can strip your skin of moisture.
- Wear cotton gloves after applying lotion to hands. They trap moisture, keeping parched hands moisturized and softened.
- Apply sunscreen frequently, opting for natural sunscreens. Sunscreens with zinc oxide and titanium dioxide are best recommended for those who have sensitive and delicate skin, especially babies and children.
- Protect your lips using a natural lip balm, and reapply regularly. Shea butter has natural sunscreen properties.

"Winter Skincare Tips, From Head to Toe," Jennifer Scruby, [huffingtonpost.com](http://huffingtonpost.com), Dec. 30, 2012.

"Protecting SKIN from SUN DAMAGE in WINTER," Flora Stay, [totalhealthmagazine.com](http://totalhealthmagazine.com), accessed Oct. 7, 2013.

"Six common sun myths, exposed," Hallie Levine Sklar, [cnn.com](http://cnn.com), July 11, 2012.



# WALKING —more— Could Mean LOWER Diabetes —Risk—



**November is American Diabetes Month**, which makes it the perfect time to begin adopting simple, healthy lifestyle changes to decrease your risk of developing diabetes. It can be as simple as taking a 15-minute walk after every meal.

Walking is beneficial because the muscle contractions “help to clear blood sugar,” says Loretta DiPietro, professor and chair of the department of exercise science at the George Washington University School of Public Health and Health Services.

A new study suggests that the timing of your walks is key for providing health benefits. A 15-minute, after-dinner walk aids in controlling post-meal blood sugar for three hours or more. Moderately paced walks work as well as a 45-minute walk once a day.

Encourage co-workers to join you for daily walks after lunch, and get your partner, neighbor or dog involved in after-dinner walks.

*“Worried about type 2 diabetes? Walk after every meal,” Nanci Hellmich, usatoday.com, June 12, 2013.*

## Creamy Cheesy Cauliflower

(from [forecast.diabetes.org](http://forecast.diabetes.org))

Makes 16 servings  
(90 calories, 2.5 g fat, 6 g protein)

### Ingredients:

- 10 cups coarsely chopped cauliflower (fresh or frozen)
- 2 teaspoons butter
- 2 large onions, chopped
- 3 garlic cloves, minced
- ½ cup all-purpose flour
- 3 ½ cups 1 % milk
- Salt and pepper to taste
- ¾ cup freshly grated Parmesan cheese
- 3 tablespoons finely minced parsley

### Directions:

Add 4 quarts of water to a 6-quart saucepan and bring to a boil. Add the cauliflower and cook until tender, about 10 to 12 minutes. Drain and set aside. Melt the butter over medium-high heat in a large skillet. Add the onions and garlic and sauté until soft, about 6 to 7 minutes. Make sure the onions and garlic do not turn brown. Combine the flour and milk, and whisk until very smooth. Add it to the onions and garlic, bring to a simmer, and cook for 2 minutes. Season with salt and pepper to taste. Whisk in cheese, and fold in the cauliflower. Use the parsley to garnish.

