

STROKE!

Remember the First 3 Letters – S.T.R.

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke.

A bystander can recognize a stroke by asking 3 simple questions:

- **S** Ask the individual to **SMILE**.
- **T** Ask the person to **TALK** and speak a simple sentence, coherently (i.e. It is sunny out today).
- **R** Ask him or her to **RAISE BOTH ARMS**.

If her or she has trouble with ANY ONE of these tasks, call emergency immediately and describe the symptoms to the dispatcher.

A NEW SIGN OF STROKE: STICK OUT YOUR TONGUE

Another sign of a stroke is this: Ask the person to stick out his tongue. If the tongue is crooked, if it goes to one side or the other, that is also an indication of a stroke.

A cardiologist says if everyone who gets this email sends it to 120 people, you can bet that at least one life will be saved.

Fat Chasing Tips:

1. A raisin bran muffin has 10 grams of fat and 30 milligrams of cholesterol; one slice of raisin bread has only 2 ½ grams of fat and no cholesterol.
2. Yogurt – Custard-style yogurt contains 6 to 8 grams of fat per 1-cup serving, compared with 0 to 4 grams in nonfat and low-fat yogurts.
3. Fungus – Grilled portabella mushrooms remind many people of steak and are terrific marinated in balsamic vinegar on a bun layered with pesto.
4. Baking with eggs – For each egg in any baking recipe, substitute ¼ cup applesauce or canned pumpkin or half of a mashed banana. You'll get the same amount of moisture without the fat.
5. Tomato Sauce: Buy canned crushed tomatoes. Simmer with minced onion, plenty of garlic, black and Italian herbs, such as basil, oregano and rosemary.



Wim & Wiger

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Director's Note

Stacy Lane - JPA Director

This month I'd like to remind you of two things that can help you and your family save money. First, for those of you that are on one of our new plans, you have up to \$500 to be used annually for preventative services. A list of these services can be accessed on our website at: www.ncsmig.org under the "Resources" tab. Remember, preventative services are not considered preventative if there is a diagnosis included on the bill from the doctor's office. Please make sure that your bill was submitted correctly. For example, ladies, if your annual exam is billed as preventative, it will be adjusted using the new preventative coverage which waives your annual deductible. If the doctor bills your annual exam as a cancer screening, you will have to pay your deductible before coverage is applied. Please remind your provider how to bill your visit when you arrive to your appointment. Make sure to review your Explanation of Benefits from Blue Cross once the bill is processed. If you have any questions, or need to have a bill adjusted, please don't hesitate to give us a call at 445-7777.

Second, I know many schools provide access for employees to purchase supplemental coverage plans from companies such as AFLAC. Did you know that you can get money back from most of these plans simply by completing a form stating you had an annual female exam or an annual physical check-up? In addition, these reimbursements do not coordinate with your insurance. For example, you have purchased a supplemental cancer or accidental injury policy that provides \$60 back to you from AFLAC if you have an annual physical check-up. Your insurance through NCSMIG provides 100% coverage for this exam if you moved to one of the new plans. Review your policies and make sure you aren't losing out on an opportunity to receive a reimbursement. Check with your District personnel director or your representative from companies such as AFLAC and American Fidelity on your reimbursement incentive. If there are four people in your family, these reimbursements can really add up!



Don't Forget

the **FREE 24/7 NURSELINE**
(800) 977-0027



BLUEBERRY & GREEN TEA SMOOTHIE

Antioxidants abound in this refreshing and filling breakfast drink. Green tea and blueberries protect your cells from free radicals, which damage DNA in the mitochondria, the key players in your body's calorie-burning engine. Almonds provide natural protein and healthy monounsaturated fat, while flaxseed adds inflammation-fighting omega-3 fats to the mix. Brewing the tea the night before saves time in the morning. Drink one smoothie today and refrigerate the other serving for tomorrow.

- ¾ cup water
- 2 green tea bags
- 2 cups fresh or frozen blueberries
- 3 ice cubes
- 12 oz fat-free vanilla yogurt
- 2 Tablespoons whole dry-roasted, unsalted almonds (about 20)
- 2 Tablespoons ground flaxseed

1. Bring water to a boil and pour over tea bags. Steep 4 minutes. Squeeze and remove tea bags and discard. Chill tea overnight. If using fresh blueberries, place in freezer overnight.
2. Place tea, blueberries, ice, yogurt, almonds, and flaxseed in blender. Process until smooth.

334 cal, 13 g pro, 55 g carb,
7 g fiber, 8.5 g fat, 1 g sat fat,
3 mg chol, 121 mg sodium.

Prevention.com February 2008




Bean-Based Power Meals

Cup for cup, beans provide about twice as much fiber as most vegetables, and you can also count them as a protein or vegetable in your meals. For less than 500 calories each:

Rustic Bean Sauté – In a medium skillet, sauté ½ cup of rinsed and drained canned kidney beans with 1 cup of canned Italian-style tomatoes and 1 cup of frozen cut green beans. When heated through, transfer to a dish and dust with grated Parmesan or Romano cheese.

Prevention.com 2/2008

Eating a Healthy Breakfast

You'll reap benefits all day from eating breakfast: A morning meal shifts your body from an energy-conserving state into calorie-burning gear without effort. Studies show that breakfast eaters concentrate better and are more productive – as well as less likely to be obese – than breakfast skippers.



Turn-Around Research: 7 Reasons to Eat More Saturated Fat

According to a new review of old 1950's research, there seems to be a degree of faulty information that has led to the total condemnation of eating fats from animal sources. The original thesis was concentrated on a particular study group, which did have some validity since there was a correlation between eating animal fat and coronary heart disease. This selective study was promoted and funded with further research designed to support this hypothesis. However, what was not included was the role of trans fats, which was more likely contributing to the problem. So it looks like it is not wise to completely shun saturated fats from your diet, such as grass-fed organic beef, naturally raised lamb, organic raw dairy products (butter, cheese, milk, cream) or coconut oil, remembering, as always, that moderation is the key!

The benefits of saturated fats are:

1. Improved cardiovascular risk factors – reduces the levels of lipoprotein, that correlates strongly with risk for heart disease.
2. Stronger bones – Saturated fat is required for calcium to be effectively incorporated into bone.
3. Improved liver health - The liver is protected from alcohol and medications, including acetaminophen.
4. Healthy lungs – airspaces of the lungs are best coated with saturated fatty acids.
5. Healthy brain – Your brain is mainly comprised of fat and cholesterol, and the fatty acids are actually saturated. A diet that skimps on healthy saturated fats robs your brain of the raw materials it needs to function optimally.
6. Proper nerve signaling – Certain saturated fats, particularly those found in butter, lard, coconut oil and palm oil, function directly as signaling messengers that influence metabolism, including such critical jobs as the appropriate release of insulin.
7. Strong immune system – Loss of sufficient saturated fatty acids in white blood cells hampers their ability to recognize and destroy foreign invaders, such as viruses, bacteria, and fungi.

The Four Hour Work Week, 9/6/09



A Recipe for Good Skin

Heart-healthy foods have more than one benefit. "When you eat what's good for your heart, you will also be doing your skin some good," says Leslie Baumann, a dermatologist in Miami. "Good" fats, such as olive oil, safflower oil, and walnut oil, contain linoleic acid, an essential fatty acid that helps keep your skin hydrated. Omega-3 fatty acids, in fish, are anti-inflammatory and may help prevent some signs of skin aging. Antioxidants, in fruits, vegetables, and green tea, fight off free radicals that break down collagen, cause skin aging, and contribute to skin cancer. They are also anti-inflammatory. There is no one best fruit or vegetable, Baumann says. "Make sure to get a mix". In addition, she recommends drinking at least a cup of green tea per day. "Diet is much more important than using the right topical skin product," Baumann says. "The topical helps the skin, but a good diet helps everything."

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