

WELCOME to the Kalos Corner Quarterly Newsletter.

We hope each edition will provide information and knowledge to help improve your quality of life.

Matters of the Heart

Big Terms, Easy Answers

Cardiovascular disease. Or, heart disease is related to the narrowing of the heart's blood vessels. When this happens, there is less room for blood to flow through the heart making it work harder to keep enough blood pumping through the body and increases the risk of a heart attack or stroke.

Hypertension. Or, blood pressure. There are a lot of causes – being older, family history, smoking and not staying active, to name a few.

If You're at Risk, Take Charge

Heart disease is serious, but here's how you can take control:

- **Do your best to eat right.** Choose foods with lots of vitamins, minerals and fiber – vegetables, fruits, whole grains, fiber, lean protein and fat-free dairy products. Foods high in fiber will fill you up, making you less tempted to snack.
- **Cut down on salt.**
- **Stay active.** Walking, climbing stairs or yard work are all good exercises.
- **Handle your stress.** Don't be afraid to laugh and spend time doing things that you enjoy.
- **Don't smoke and limit your alcohol.**
- **Take medicines prescribed by your doctor and follow the label instructions.**

Take Action!

Heart disease is the number one cause of death among New Yorkers. If you don't know your risk for heart disease, ask your doctor and get checked. If you are at risk, discuss and Action Plan to take care of your heart.

Flu Facts

**STOP THE
FLU**
IT'S UP TO YOU!

- Get a flu shot
- Wash your hands
- Stay home if you're sick
- Ask your health care provider about a prescription antiviral

- ☑ The flu is not just a really bad cold.
- ☑ The flu is a contagious illness that affects the nose, throat, lungs and other parts of the body.
- ☑ It can spread quickly from one person to another.
- ☑ It can cause mild to severe illness, and at times can lead to death.
- ☑ The best way to prevent the flu is by getting a flu shot every year.
- ☑ Every year in the U.S., on average:
- ☑ 5% to 20% of the population gets the flu
- ☑ More than 200,000 people are hospitalized from flu complications
- ☑ The flu causes about 12,000 to 56,000 deaths each year. About 90% of these deaths occur in people 65 years or older.

Get Your Flu Vaccination

Asthma can be diagnosed at any time in one's life. While there is no cure for asthma, it can be managed by working with a healthcare provider to develop a plan to avoid asthma triggers and use medication properly. Asthma is a chronic disease that is episodic, meaning that it can come and go. The good news is that you can find support to help you manage your asthma and create asthma-friendly environments so you can be active and healthy.

- **Managing Asthma:** Get tips and tools to help you take control. Create a management plan to track your medication and healthcare needs, learn about reducing asthma triggers.
- **Creating Asthma-friendly Environments:** Make sure the places you visit most often do not increase your chances of an asthma emergency.
- **Finding Support:** An important part of living with asthma is finding the right support, both for patients and caregivers.

Vaccinations

With **asthma**, you are at greater risk for serious complications from influenza (flu) and pneumonia. To protect yourself against the flu you should be immunized every year. The seasonal flu virus changes slightly every year and that is why it is important for you to get vaccinated every season.

➤ Ask your health care provider if it is time for your pneumonia shot.

Asthma Symptom Check List



Check off any symptoms that you or your family have:

- Coughing** — from asthma is often worse at night or early in the morning.
- Wheezing** — is a whistling or squeaky sound that occurs when you breathe.
- Chest tightness** — may feel like something is squeezing or sitting on your chest.
- Shortness of breath** — some people who have asthma say they can't catch their breath or they feel out of breath.

One-Dish Beefy Rice Casserole



A scrumptious beef & rice dish you won't even realize is a healthy option.

INGREDIENTS

- 6 cups shredded cabbage
- 114 – oz. packaged cole slaw mix
- 1 cup brown rice (uncooked)
- 1 lb. extra-lean, ground sirloin
- 1 can (10 oz.) diced tomatoes and green chilies
- 1 oz. canned low-sodium beef broth
- 1 oz. canned black-eyed peas (rinsed, drained), or your favorite beans
- salt and pepper (to taste)
- serves 8

DIRECTIONS

1. Preheat oven to 350 degrees F.
2. In a large oven-proof pot, layer the cabbage, rice, meat tomatoes and green chilies, and beef broth.
3. Cook, covered with foil or lid - 1 hour 40 minutes. Stir after 40 minutes.
4. After stirring, continue cooking covered, until rice is tender and liquid absorbed.
5. Stir in the black-eyed peas and season to taste.