

*WELCOME to the Kalos Corner Quarterly Newsletter.*

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

## *Chronic Obstructive Pulmonary Disease (COPD)*

Chronic obstructive pulmonary disease (COPD) is a chronic disease that is often preventable and treatable. If you or a loved one has COPD, there are steps to take to cope with the lifestyle changes this disease brings.

### *What Is COPD?*

COPD is a chronic lung disease that gets worse over time. It's sometimes called emphysema or chronic bronchitis.

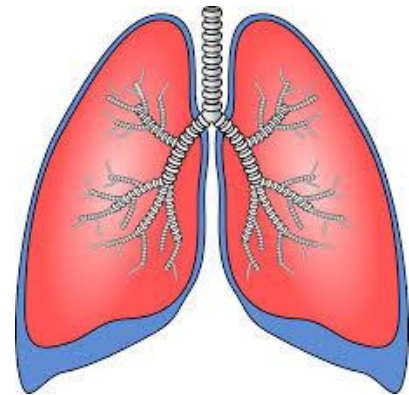
### *How COPD Affects Your Body*

COPD damages the airways in your lungs and leads to shortness of breath, impacting your work, exercise, sleep and other everyday activities.

### *How Serious is COPD?*

More than 11 million people in the U.S. suffer from COPD. It causes serious long-term disability and early death. There's no cure, but COPD can be prevented and treated.

COPD is often not found until the disease is very advanced because people do not know the early warning signs of shortness of breath or less able to take part in routine activities. Contact your healthcare provider to discuss any concerns or questions.



## *Weight Gain During the Holiday Season*

Getting through the holidays can be daunting, but it doesn't have to be that way – it is not about deprivation or dieting. It's a time to spend with your family and friends, and to enjoy the festivities. The challenge is to do it without gaining back any weight you've lost or maintaining your current weight. As the holidays approach, you have two healthy choices:

- 1) Stick with your weight loss program – no samplings, or
- 2) Temporarily shift into maintenance mode until the celebrating is done.

*Go to page 2 to see "10 Tips to Help You Navigate Your Weight During the Holiday Season" and festivities with your weight intact.*

## What Is Alzheimer's?

Alzheimer's is a type of dementia that causes problems with memory, thinking and behavior. Symptoms usually develop slowly and get worse over time, becoming severe enough to interfere with daily tasks.

- **Alzheimer's is the most common cause of dementia**, a general term for memory loss and other cognitive abilities serious enough to interfere with daily life.
- **Alzheimer's is not a normal part of aging.** The greatest known risk factor is increasing age, and the majority of people with Alzheimer's are 65 and older. But it is not just a disease of old age. Approximately 200,000 Americans under the age of 65 have early-onset Alzheimer's disease.
- **Alzheimer's worsens over time.** It is a progressive disease, where dementia symptoms gradually worsen over a number of years. Early stages has mild memory loss but with late-stage Alzheimer's, individuals lose the ability to carry on a conversation and respond to their environment.
- **Alzheimer's has no current cure**, but treatments are available for symptoms.

## Italian Sausage Stew

*A healthy slow cooker stew to enjoy this winter season.*

### INGREDIENTS

- 2 lbs low-fat hot Italian sausage (lowest sodium available), casings discarded
- 2 cans no-salt-added, diced tomatoes (drained)
- 2 medium bell peppers, chopped
- 1 large red onion (chopped)
- 6 medium fresh garlic cloves (minced)
- 1 TBSP plus 1 tsp dried Italian seasoning, crumbled



### DIRECTIONS

1. In a large bowl, stir together all the ingredients.
2. Divide the stew between two 1-gallon resealable plastic freezer bags. Place bags flat in the freezer and freeze.
3. Thaw the bags overnight in the refrigerator.
4. Pour the contents of the bags into a slow cooker – cook, covered on low for 6 hours, or until the vegetables are tender. Serves 4-6

## 10-Tips to Help You Navigate Your Weight During the Holidays

1. **Control portions.**
2. **Get up, move – exercise!**
3. **Weigh in regularly** – at least once a week is the true test for maintenance, and first thing in the morning.
4. **Eat plenty of lean protein** which help you feel satisfied longer.
5. **Have a healthy breakfast.**
6. **Put it on the plate** to help you track how much you've eaten.
7. **If you don't love it, don't eat it** – save the calories for something you really enjoy.
8. **Enjoy a soup or salad before going to a party** to help take the edge off your appetite.
9. **Satisfy a craving with a few bites** – refer back to tip #1.
10. **Savor every bite.** Sit down, relax, and enjoy every bite of your meal. Take your time and savor the flavors, textures, and aroma of each food. Eating slowly will help you enjoy the meal and give your brain time to receive the signal that your stomach is happily full.

**Have a wonderful and joyful holiday season!**