

Kalos Kares Quarterly Newsletter

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Spring 2021

*Welcome to the Kalos Kares Quarterly Newsletter!
We hope each edition provides information to help improve your quality of life.*

Pain and Pain Management

Pain is a very common condition. The occurrence of pain rises as people get older, and women are more likely to experience pain than men.

There are two main types of pain

Acute Pain – a normal response to an injury. It starts suddenly and is usually short-lived

Chronic Pain – continues beyond the time expected for healing. It generally lasts for longer than three months.

Pain may be anything from a dull ache to a sharp stab and can range from mild to extreme. You may feel pain in one part of your body or it may be widespread.

Key pain management strategies include:

- **Pain-relieving** medicines
- Physical therapies (such as heat or cold packs, massage, hydrotherapy and exercise)
- Psychological therapies (such as cognitive behavioral therapy, relaxation techniques and meditation)
- Mind and body techniques (such as acupuncture)
- Occupational therapy
- Community support groups.

Always follow instructions for taking your medications safely and effectively. By doing so, your pain is more likely to be well managed, you are less likely to need larger doses of medication and you can reduce your risk of side effects.

The Importance of Oral Health



Why Is Oral Health Important?

Oral health is essential to overall health. Good oral health improves a person's ability to speak, smile, smell, taste, touch, chew, swallow, and make facial expressions to show feelings and emotions. However, oral diseases, from cavities to oral cancer, cause significant pain and disability for many Americans.

What Can Adults Do to Maintain Good Oral Health?

You can keep your teeth for your lifetime. Here are some things you can do to maintain a healthy mouth and strong teeth.

- Drink fluoridated water and brush with fluoride toothpaste.
- Practice good oral hygiene. Brush teeth thoroughly twice a day and floss daily between the teeth to remove dental plaque.
- Visit your dentist at least once a year, even if you have no natural teeth or have dentures.



World Health Day is a global health awareness day celebrated every year on April 7, under the sponsorship of the **World Health Organization (WHO)**, as well as other related organizations:

World Health Day inspires action on a global scale. **World Health Day** is one of **WHO's** eight official global health campaigns. The day sparks awareness activities and media reports. It's a chance to learn something new. By choosing a different theme each year, **World Health Day** ensures that we are always learning! **WHO** picks each year's subject based on a current pressing health issue and dedicates the week to conferences and activities about the topic. **World Health Day** is an important day to reflect on your own health. Conversation can help reduce stigma associated with illness and lead to more people seeking support and treatment. This year's theme and topics will range from the current health crisis of the Coronavirus, Mental Health and Universal Health. #WorldHealthDay #HealthDay #HealthyMind #HealthyBody.

HASHTAGS on Social Media to be aware of on April 7: #WorldHealthDay #HealthDay #HealthyMind #HealthyBody

THE PERFECT SPRING SALAD

When the weather warms up in the spring, there's nothing I crave more than this spring salad. Light, bright, and packed with spring's best produce, it's a perfect example of why eating seasonally is so exciting. This spring salad recipe is almost entirely veggies, but because each one is at its snappiest, sweetest, or softest *right now*, you don't have to do much to turn them into a tasty dish. Toss them with a zesty dressing, sprinkle on a little cheese. With just a few minutes of effort, you'll have made a spring salad that's bursting with texture and flavor.



Spring Salad Recipe Ingredients

Asparagus – I [blanch it](#) until it's crisp-tender but still bright green.

Peas – Their sweet flavor is delicious in this spring green salad! I almost always use thawed frozen peas, but blanched fresh peas would be equally tasty.

Radishes – For crunch and a pop of pink! I like to use a mix of watermelon radishes and red radishes, but just one variety would work fine too.

Feta cheese – It adds delicious tangy flavor.

Toasted pistachios and roasted chickpeas – They add protein, nutty flavor, and crunch.

Avocado – A rich and creamy contrast to the crisp veggies and crunchy chickpeas.

Fresh herbs – Choose one or use a mix! Make this spring green salad with a blend of basil, mint, and chives.

Salad greens – Any tender spring greens would be good. Butterhead and red leaf lettuce, mesclun, and arugula are some of my favorites.

And a bright, herb-flecked dressing – Toss this zippy mix of lemon juice, white wine vinegar, olive oil, and basil with the asparagus and peas first. Then, drizzle more dressing over the entire salad

Mindfulness Practices for Daily Life

3 Activities to Practice Daily

Our day-to-day activities offer ample opportunities to call up mindfulness in any moment.

These simple practices will breathe space into your daily routines. Ask your doctor before starting any new exercise.

1. Mindful Wakeup: On waking, sit in your bed or a chair in a relaxed posture. Close your eyes and connect with the sensations of your seated body. Take three long, deep, nourishing breaths—breathing in through your nose and out through your mouth.

2. Mindful Eating: Enjoy Every Mouthful

Breathe before eating. We often move from one task right to the other without pausing or taking a breath. By pausing, we slow down and allow for a more calm transition to our meals.

3. Mindful Pause: Rewire Your Brain Refresh your triggers regularly. Say you decide to use sticky notes to remind yourself of a new intention. That might work for about a week, but then your fast brain and old habits take over again. Try writing new notes to yourself; add variety or make them funny so they stick with you longer.

