

# Good Health

A FREE MONTHLY HEALTH e-NEWSLETTER

July 2019



## UV Safety Awareness Month



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### Back To School Nutrition

Tackling that back-to-school checklist is no easy task, and with so much to accomplish before school doors open, oftentimes we overlook the importance of packing a thoughtful school lunch.

[learn more...](#)

### Sun Vs. Skin: What You Need To Know


When it comes to our love affair with the sun, there's a disconnect between what we say and what we do. [learn more...](#)

### Here's a Natural Way to Kick Your Salt Habit

Take a second and think about what food you nibble on during the day. Chances are, you're likely eating too much salt. [learn more...](#)

### How Much Do You Know About Fibroids?

If you've been told you have fibroids, you are not alone. [learn more...](#)



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## Back To School Nutrition

Tackling that back-to-school checklist is no easy task, and with so much to accomplish before school doors open, oftentimes we overlook the importance of packing a thoughtful school lunch.

### Back-to-School Nutrition Basics

As you prepare your kids to head back to school, what to pack for lunch and snacks becomes a top priority. Making healthy choices at the start helps fuel kids to learn, grow and begin the new school year right.

Skipping a healthy breakfast can be due to lack of time, dislike of breakfast foods and not feeling hungry first thing in the morning. But, study after study shows that eating breakfast daily improves school performance. Breakfast should include a protein source, whole grains or fruit.



If you have no time, have “grab and go” foods in the fridge. A few suggestions include:

- Yogurt, fruit and granola
- Whole grain toast, waffle, english muffin with nut butter and fruit
- Hard boiled eggs, toast and fruit
- Trail mix of cereal, dried fruit and nuts, with glass of milk
- Smoothie of milk, yogurt, fruit

Don't like breakfast foods? No need to limit choices to traditional breakfast foods. Try leftovers from the night before (spaghetti and meat sauce) or sandwiches (turkey and cheese, PBJ, tuna, grilled cheese). Don't fall into the processed toaster pastries, breakfast sandwiches or “breakfast biscuits” trap. They are generally high fat, white flour and little nutrition.

If your child is not hungry when he or she first gets up, start small to change the habit. Try a glass of milk, or a small container of yogurt, and gradually add items to create balance. Soon your child's appetite will kick in and he or she will look forward to eating in the morning. Also, limit late night snacking.

Lunch, like breakfast, should include a protein, whole grain and a fruit or vegetable. Keep lunch simple since most schools have limited lunch time. Small amounts of healthy finger foods are sometimes better accepted than sandwiches. Think cheese cubes, whole grain crackers and grapes or hummus, raw veggies and pita chips.

Don't discount the fruit cups packed in juice. They travel well and provide good nutrition. Avoid the temptation to put daily snack foods and treats in the lunch like chips, cookies, and fruit snacks. Also steer clear of sweetened beverages, juices, and flavored milk drinks. These are not part of a healthy food group; they are treats and should be reserved as such.

Keep in mind that snacks are not meals, but just enough to get kids to the next meal. A combination of a protein food and a whole grain, fruit or vegetable can provide enough energy and satisfaction without spoiling the next meal. Examples of nutritious snack options:

- Apple slices, celery or banana with peanut or another nut butter
- Small bowl of cereal and milk

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- ½ sandwich
- Yogurt
- Low fat cheese and crackers
- Raw vegetables and hummus or low-fat dip

Kids are more likely to eat foods and meals when they had some input. Set up a chart of preferred protein, grains, and fruit or vegetable. Then, they can select an item from each column to create a balanced lunch.

Protein	Grains	Fruit or Vegetable
Turkey	Pasta	Carrot sticks
Almond butter	Whole wheat wrap	Mandarin oranges
Cheese	Wheat crackers	Applesauce
Yogurt	Rice	Salad
Hummus	Pita	Grapes
Tuna		
Milk		

This also helps with grocery shopping. “Encourage children to accompany adults to the grocery store so they can help select foods they like as well as select a new food to try,” says [Subhasis Maitra, MD](#), pediatrician and internal medicine physician with SMGAZ.

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## Sun Vs. Skin: What You Need To Know

When it comes to our love affair with the sun, there's a disconnect between what we say and what we do.

Sixty-six percent of Americans surveyed said they know that sun exposure increases the risk for cancer. That's based on a survey conducted for the American Society of Clinical Oncology. Yet, less than 50 percent said they use sunscreen to reduce that risk.

Besides causing skin cancer, exposure to ultraviolet (UV) light—either from the sun or tanning beds—causes skin changes that make us look older as we age.

### How Sunlight Ages Skin

The sun's toll on your skin. Here are few ways it can cause trouble:

- Wrinkles. Loss of elasticity from sun exposure can make your skin sag and wrinkle.
- Dry skin. Especially on the lower legs, elbows, and forearms.
- Age spots. Sometimes called liver spots, they have nothing to do with the liver. These harmless flat, brown spots bigger than freckles often mar the face, hands, arms, back, and feet.



### Seeing the Light

To reduce your risk for skin cancer and to keep your skin looking younger, you should:

- Cover all exposed skin with a liberal amount of a broad-spectrum, water-resistant sunscreen with an SPF of at least 30. "Broad-spectrum" guards against both ultraviolet A (UVA) and ultraviolet B (UVB) rays. Reapply about every two hours, even if it's cloudy, and after swimming or sweating. Don't forget your eyelids, earlobes, scalp, and top of your feet! These are commonly missed places.
- Wear protective clothing, such as a long-sleeved shirt, pants, a wide-brimmed hat, and sunglasses.
- Seek shade when you should. Remember that the sun's rays are strongest from 10 a.m. to 2 p.m.
- Protect children by making sure they play in the shade, use protective clothing, and apply sunscreen.
- Use extra caution near water and sand. They reflect and worsen the damaging rays of the sun, increasing the odds of sunburn.
- Get vitamin D through a healthy diet that may include supplements. While sun exposure can help your body make vitamin D, seeking the sun could worsen your risk for cancer.
- Check your birthday suit on your birthday. If you see anything on your skin changing, growing, or bleeding, see a dermatologist.

"Don't forget about using reef friendly sun products when swimming in the ocean, especially near areas with coral reef," adds [Kent Johnson, MD](#), pediatrician and internal medicine physician with Summit Medical Group Arizona.

## See a New Spot or Notice a Change in Your Skin?

If you notice something different, get it checked out. One of our [SMGAZ providers](#) can offer recommendations for screenings for a variety of skin issues.

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## Here's A Natural Way To Kick Your Salt Habit

Take a second and think about what food you nibble on during the day. Chances are, you're likely eating too much salt.

### The Problem with Sodium

On average, Americans eat more than 3,400 milligrams of sodium each day. The American Heart Association recommends a sodium intake of no more than 2,400 mg daily. However, the ideal limit is no more than 1,500 mg per day for most adults, including those with high blood pressure or a heart condition.

Sodium causes your body to hold on to more fluid. This places extra demand on your heart and can lead to high blood pressure. When you have high blood pressure, you're more likely to develop heart disease or suffer a stroke.



### How to Cut Back on Salt

During the summer, some salt-heavy culprits are store-bought condiments. It is time to cut down how much you use or completely cut them from your diet. Use only a small amount of barbecue sauce, mustard, ketchup, horseradish, or pickles. Instead, flavor your food with garlic, herbs, and spices. Or make your own condiments. For recipes on healthier homemade condiments, visit [heart.org](http://heart.org) and search for Healthier Condiments.

Cooking at home is another great step toward slashing your salt intake. That way, you can control exactly what goes into the meals that you make. But just because you skip the saltshaker doesn't mean your food is destined to be bland. Liven up your dishes with herbs and spices instead. Here are some ways to get the most out of these natural flavor boosters.

- **Grow an herb garden.** All it requires are some pots, soil, sun, water, and plants or seeds to get growing. You can even grow fresh herbs on your windowsill. Then snip off pieces of herbs as you need them while cooking.
- **Finish with flavor.** Add fresh herbs such as basil, cilantro, and parsley before serving to pack a punch.
- **Skip mixes.** Premade seasoning packets are often loaded with sodium. Use salt-free spices instead. Some herb and spice blends may be OK but be sure to check the label.
- **Make your own vinaigrette.** Instead of using salty, premade dressings, whisk together some olive oil, lemon juice, and fresh herbs. Pour your vinaigrette over cooked vegetables or broiled fish.

## Need Help With Your Diet?

Making substitutions for salt can help your health and bring a little pizzazz to your plate. Our [Summit Medical Group Arizona](#) team is at the ready to help you better manage your diet. If you're interested in adopting healthier dietary habits, talk to us. Your body—and your taste buds—will thank you!



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## How Much Do You Know About Fibroids?

If you've been told you have fibroids, you are not alone.

### So, what are fibroids?

Fibroids are muscular tumors in the wall of the uterus. Fibroids are almost always noncancerous. They are very common in women of childbearing age. By age 50, up to 70 percent of white women and 90 percent of African-American women may have fibroids. After menopause, the tumors usually shrink.

You may never have any problems from them. Many women don't. Or you may notice symptoms such as:

- Heavy menstrual bleeding
- Painful periods
- Pain during sex
- Low back pain
- Frequent urination
- Feeling of fullness in the lower belly
- Difficulty getting pregnant
- Problems during labor and delivery



### Medication Management

To manage milder symptoms, your doctor may prescribe medication, like the following:

- Pain relievers (such as ibuprofen or acetaminophen) to ease mild pain
- Hormonal birth control (such as certain birth control pills or the Mirena IUD) to reduce heavy bleeding during periods
- Iron supplements to prevent anemia caused by heavy periods
- Gonadotropin-releasing hormone agonists (such as Lupron) to treat anemia or shrink fibroids prior to surgery

### When Surgery Is Needed

If you have more severe symptoms, your doctor may recommend a surgical procedure, such as:

- Myomectomy to remove fibroids while leaving the rest of the uterus intact—a good choice for women who want to become pregnant later
- Hysterectomy to remove the entire uterus
- Endometrial ablation to destroy the lining of the uterus, which reduces heavy bleeding during periods
- Myolysis to destroy fibroids with an electric current or freezing
- Uterine fibroid embolization to block the blood supply to fibroids, which causes them to shrink

The choice of procedure depends on the size, location, and number of your fibroids as well as whether you want to have children in the future.

## When Should I Seek Treatment?

If you are having uncomfortable symptoms like the ones presented above, talk to one of our [SMGAZ providers](#). He or she can discuss several available treatment options.

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