

# Live Well, Work Well



## Quarterly Newsletter

4th Quarter 2018

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Recipes





## In the News

Catch up on the latest developments of the biggest health care news that happened in the past three months.





## Recall Expanded: Popular Heart and HBP Drug Contaminated with Possible Carcinogen

On Friday, July 13, 2018, the FDA announced a voluntary recall of medications that contain valsartan, which is a popular drug used to treat heart failure and high blood pressure (HBP). The recall was issued after a possible carcinogen (a substance that could cause cancer) was found in the recalled medications. On Aug. 7, 2018, the FDA expanded the reach of the recall after their investigation found that additional manufacturers and products could be contaminated.

### *What exactly was found in the recalled medications?*

According to the FDA, the recalled medications unexpectedly contained N-nitrosodimethylamine (NDMA), a known impurity and probable carcinogen. Zhejiang HuaHai Pharmaceuticals, a manufacturer located in Linhai, China, produced the contaminated medications.

### *Are all HBP and heart failure medications affected?*

It's important to note that the FDA has not recalled all medications containing valsartan. The recalled medications and who they are manufactured by are as follows:

The valsartan tablets (dosages 40 mg to 320 mg) from the following companies have been recalled:

- A-S Medication Solutions (labeled as Solco Healthcare)
- Bryant Ranch Prepack



- HJ Harkins Company
- Northwind Pharmaceuticals
- Princeton Pharmaceutical Inc. (labeled as Solco Healthcare)
- Teva Pharmaceuticals Industries Ltd. (some labeled as Actavis, some as Major Pharmaceuticals)

The valsartan/hydrochlorothiazide tablets (dosages range from 80 mg/12.5 mg to 320 mg/25 mg) from the following companies have been recalled:

- AvKARE
- A-S Medication Solutions
- Northwind Pharmaceuticals
- Princeton Pharmaceutical (labeled as Solco Healthcare)
- Proficient Rx
- Remedy Repack
- Teva Pharmaceuticals (some labeled as Actavis)

### *What should I do if my medication has been recalled?*

You should call your doctor to see what your next treatment steps should be. Do not stop taking your medication without speaking to your doctor.





## Get Screened for Colon Cancer Early

Colon cancer is the second-highest cause of cancer deaths among adults in the United States. The disease kills over 50,000 people each year. The American Cancer Society recommends that adults undergo colorectal cancer screening starting at age 45, opposed to the long-observed threshold of age 50. The guideline change affects nearly 22 million Americans who are between 45-49 years old.

Like most cancers, colon cancer is easier to treat the sooner it is detected. The longer you wait—even a few years, as this update implies—the greater the risk of the cancer progressing. If you're 45 years old or older, you should speak with your doctor about what is right for you. Keep in mind that there are a number of

screening options besides a colonoscopy if you are worried about taking time off work.

Remember, waiting only increases the risk of cancer progressing. Don't wait to speak with your doctor about colorectal screening if you have any concerns, regardless of your age.

## Are My Salad and Wrap Products Safe to Eat?

On Monday, July 30, 2018, the U.S. Department of Agriculture's (USDA) Food Safety and Inspection Service issued a public health alert that advised shoppers to not purchase or consume over two dozen different salad and wrap products. These products, which you can find at major grocery stores like Trader Joe's, Kroger and Walgreens, contained romaine lettuce that may have been contaminated with the cyclospora parasite, a parasite that causes intestinal illness lasting from a few days to a few months.

### *Details of the Health Alert*

The 25 contaminated food products were distributed by Caito Foods and sold in the previously mentioned grocery stores. After issuing the public health alert, the USDA and

the Centers for Disease Control and Prevention (CDC) began an investigation into the incident. This investigation is still ongoing.

### *Are the products still contaminated?*

According to the two federal agencies, the 25 products in question were produced between July 15-18 and were marked with the "Best By," "Enjoy by," "Best if Sold By" or "Sell By" dates ranging from July 18 through July 23. Given the perishable nature of these products, they're no longer being sold. This means that, unless you hear otherwise, these products are not deemed unsafe anymore.







## NHO

Learn more about national health observances (NHOs) from the past three months in this section.





## July – Juvenile Arthritis Month

Juvenile arthritis is estimated to affect nearly 300,000 children in the United States. Also known as pediatric rheumatic disease, juvenile arthritis (JA) is a term used to describe the plethora of autoimmune and inflammatory conditions that develop in children younger than 16 years of age.

There is no known cause or cure for JA. Many types of JA share common symptoms, like pain, joint swelling and redness, but each type of JA is distinct and has its own special concerns and symptoms.

In honor of Juvenile Arthritis Awareness Month, familiarize yourself with the various types of JA and their symptoms.



## August – National Immunization Awareness Month

Getting vaccinated against illnesses like measles, mumps, polio, meningococcal meningitis and whooping cough is the only way to protect yourself and others. Vaccination protects everyone, from infants to the elderly, from serious illnesses and complications of vaccine-preventable diseases. Every August, the National Public Health Information Coalition sponsors National Immunization Awareness Month to promote the importance of immunizations at all life stages. Talk to your doctor to make sure you're up to date on all of your immunizations.



## September – National Preparedness Month

Since 2004, the Federal Emergency Management Agency and the national Ready Campaign have promoted National Preparedness Month (NPM) every September. NPM encourages Americans to take steps to prepare for all types of emergencies and strives to increase the overall number of people, families and communities that engage in preparedness actions.

Remember, you can't plan when a disaster will occur, but you can plan ahead to be prepared if and when a disaster does strike. This September, take time to learn more about NPM and take the suggested steps to become properly prepared. For more information, please visit the NPM [website](#).

## Looking Ahead...

**October** – National Breast Cancer Awareness Month

**November** – American Diabetes Month

**December** – Safe Toys and Celebrations Month







## Health and Wellness

Remain on top of the latest trends in health and wellness with the three articles in this section.





## Bench Your Usual Game Day Starters

Football Sundays wouldn't be complete without a game day food spread. Unfortunately, the typical game day spread isn't usually the healthiest. Think about your game day spread—if you're anything like most Americans, it probably includes greasy chips, pizza, fried chicken wings and beer. While indulging every now and again is totally healthy, doing so every game day probably isn't the healthiest choice. To help you clean up your tailgating treats for you and your guests, we have compiled a list of two healthy and simple USDA-approved tailgating snacks.

### #1: Orange Glazed Skinless Chicken Wings

Sprinkle 10 boneless, skinless chicken wings with 1 tsp. seasoned salt. Then, place the seasoned wings into a skillet prepped with heated butter.

Sauté wings in the skillet until browned on both sides, about 20 minutes. Add ½ cup orange marmalade to skillet and continue to cook the wings for 20 more minutes. Serve immediately. Makes 5 servings.

### #2: Cucumber Yogurt Dip

Peel, seed and grate one large cucumber. Combine grated cucumber with 2 cups plain low-fat yogurt, ½ cup nonfat sour cream, 1 Tbsp. lemon juice, 1 Tbsp. fresh dill and 1 clove chopped garlic. Stir well to combine. Let mixture chill for at least 1 hour. Serve with your favorite vegetables.

## Beat the 2018-19 Seasonal Flu

The 2017-18 seasonal flu was the worst flu in decades, according to the CDC. In fact, it was the first season to be classified as high severity across all age groups. Last year's flu activity began to increase in November and remained elevated through March. With the 2018-19 flu season approaching quickly, you need to take the proper steps to ensure you remain healthy this year.

- Wash your hands often using soap and warm water to protect against germs.
- Get plenty of sleep, stay physically active and drink plenty of water to keep your immune system strong.
- Manage your stress and eat a nutritious diet rich in healthy grains, fruits, vegetables and fiber.
- Get the flu vaccine. Becoming vaccinated against the flu is the best chance of preventing the illness.
- Avoid close contact with people who are sick and stay away from others when you feel under the weather.







## Winter is Coming: Prepare Yourself

Gone are the long, hot days of summer. That's right—winter will be here before you know it. In addition to bringing cooler temperatures, winter's arrival brings changes to you, your routine and your home. Don't let winter catch you off guard this year. Here are some simple tips to help you prepare for winter's arrival:

- **Winterize your house.** Get your house ready for the season before it arrives. This includes making sure your heating system is ready to go, your gutters are cleaned and your house's outside cracks are sealed (to keep the critters out!).
- **Switch up your skincare and beauty routine.** The cool winds and dry air can be extremely damaging to your skin. Be sure to switch your skincare products to those that are mild and gentle. You should also invest in a good moisturizing lotion and lip balm.
- **Stock up on the essentials.** Don't forget to change out your cupboard contents as the seasons change. Make sure to stock up on the essentials to make nourishing foods to keep you warm all winter long.
- **Don't forget about safety.** If you live someplace where winter means sleet, snow and ice, this is especially important for you. Make sure you have plenty of driveway and sidewalk salt and that you have a shovel. If you have one, make sure your snowblower

or snowthrower works. In addition, make sure you get your vehicle and its tires inspected, and that you pack a blanket, extra warm clothes and an emergency kit in the trunk of your car.







# Potato Skins with Buffalo Chicken

*Makes: 4 Servings*

## DIRECTIONS

- 1 Heat oven to 425 F.  
  
Place chicken in a sauté pan, add water and cover. Simmer for 20 minutes and remove from pan. Let cool slightly. When chicken is cool enough to handle, shred using two forks.
- 2 While chicken is simmering, wash and scrub potatoes with a clean vegetable brush under running water and slit each one lengthwise about 1-inch deep.
- 3 Place potatoes in a microwave-safe dish and microwave on high, uncovered, for about 10 minutes. Let cool slightly.
- 4 Slice each potato in half, lengthwise, scoop out potato, leaving a ¼-inch shell. Mash potato together with hot pepper sauce, sour cream, margarine and milk. Fold in blue cheese and shredded chicken.
- 5 Spoon mixture into potato skins slightly denting center (to hold fresh toppings after baking).
- 6 Place filled potato skins on a 9-by-13-inch baking sheet and bake about 15-20 minutes until tops are golden brown.
- 7 To serve, top potatoes with scallions and tomatoes. Serve celery sticks on the side for scooping potato contents.

## NUTRITIONAL INFORMATION FOR 1 SERVING

Calories—360  
Total Fat—12 g  
Saturated Fat—4 g  
Cholesterol—45 mg  
Sodium—550 mg

Total Carbohydrates—44 g  
Dietary Fiber—5 g  
Total Sugars—5 g  
Added Sugars Included—0 g  
Protein—20 g

Vitamin D—0 mcg  
Calcium—150 mg  
Iron—3 mg  
Potassium—1355 mg

## INGREDIENTS

12 ounces boneless, skinless chicken breast  
1 cup water  
4 medium russet potatoes  
3 Tbsp. hot pepper sauce  
¼ cup nonfat milk  
¼ cup low-fat sour cream  
2 Tbsp. margarine  
¼ cup crumbled blue cheese  
2 scallions (chopped)  
2 medium tomatoes (chopped)  
4 celery stalks (cut into 4-inch chunks)





# Cranberry Nut Bread

*Makes: 15 Servings*

## DIRECTIONS

- 1 Heat oven to 350 F. In a large bowl, mix flour, sugar, baking powder and baking soda in a large bowl.
- 2 Grate orange peel, and then squeeze juice from orange. Add additional orange juice to make  $\frac{3}{4}$  cup.  
  
In a separate bowl, blend orange juice, butter, egg and grated orange peel. Slowly add to flour mixture, stirring until just blended. Mix in cranberries and walnuts.
- 3 Pour batter into a 9-by 5-inch loaf pan, greased on bottom only.
- 4 Bake for 50-60 minutes or until a toothpick inserted in the center comes out clean. Cool in pan for 10 minutes. Remove and cool completely on wire rack.

## INGREDIENTS

2 cups flour  
 $\frac{2}{3}$  cup sugar  
1  $\frac{1}{2}$  tsp. baking powder  
1  $\frac{1}{2}$  tsp. baking soda  
2 tsp. grated orange peel  
 $\frac{3}{4}$  cup orange juice  
4 Tbsp. butter (melted)  
1 egg  
1 cup chopped cranberries  
 $\frac{1}{3}$  cup chopped walnuts

## NUTRITIONAL INFORMATION FOR 1 SERVING

Calories—153	Total Sugars—10 g
Total Fat—5 g	Added Sugars Included—8 g
Saturated Fat—2 g	Protein—3 g
Cholesterol—19 mg	Vitamin D—0 mcg
Sodium—180 mg	Calcium—37 mg
Total Carbohydrates—24 g	Iron—1 mg
Dietary Fiber—1 g	Potassium—66 mg

