

# MANAGED CARE EMPLOYEE WELLNESS NEWSLETTER



Erin Ortiz Blanco: [ortize@ccf.org](mailto:ortize@ccf.org)  
Maria Rey: [reym1@ccf.org](mailto:reym1@ccf.org)

## Say What? Food Label Translator



The package is talking. Are you listening?

### Free-range (or free-roaming) chickens and eggs

This phrase implies that your egg layer has lived its life outdoors, but the government requires only that the animal have "access" to the outside. (That's still better than hens that have been caged 24/7.)

### Natural

The USDA applies this claim only to fresh meat that is minimally processed and contains no artificial ingredients or added color. The label must explain why it's natural--no colorants, for example. It's a weak designation, but at least you're better informed.

### No added antibiotics

Red meat or poultry labeled with this claim comes from animals raised without the use of antibiotics--unquestionably a plus. When the supergerms take over the planet, these antibiotic overloads may be partly to blame.

### No hormones administered

You want to see this certification on beef products. Hogs and poultry are already hormone-free by federal law, so those products cannot carry the label. But it's one more reason to put more pig and fowl on your menu.

### Organic

Products bearing this claim come from animals that are given no antibiotics or growth hormones. The term "organic" is not regulated as strictly as it should be, and it's no guarantee that the product doesn't come from, say, Chile (with a frequent-flier carbon footprint), but it's a start.

### Pasture-raised, grass-fed beef

Grass-fed animals must have continuous access to pasture during the growing season, and their diet must be 100 percent forage (no grain or grain by-products). This may be better than organic--forage is what cattle are meant to eat.

By the Editors of Men's Health

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## Men's Corner: Beef up your Prostate



Soy has long been the prostate-protection poster food, but new findings from the University of Colorado show it's even more effective when it has help from an unlikely plate partner: Research suggests that, in moderation, meat may help convert soy into equol, a compound that reduces the growth of malignant prostate cells. In tests of 45 healthy men, those who regularly consumed one glass of soy milk with a small portion of beef, pork, or chicken produced nearly 4.7 times more equol than men who drank the soy milk but skipped the meat. What's more, their equol levels were nearly the same as those found in men who followed a high-soy diet. Need to beef up your meals? Probably not. "Most of the men who produced equol ate meat only a few times a week, versus two to three servings a day for most Americans," says study author Tammy Hedlund, Ph.D. The bottom line: Instead of cutting out meat---as some experts suggest---add a glass of soy milk daily to complement it.

### Buzz Kill

Your a.m. java jolt really starts the blood pumping, but drinking 3 cups of coffee or more each day could cause heart trouble. University of Athens researchers measured coffee consumption and aortic stiffness in 228 people and found that caffeine junkies displayed twice as many signs of abnormal arterial pressure as their less-caffeinated counterparts.

"The exact mechanism is not known, but caffeine may interfere with the metabolism of adenosine, a substance that relaxes arteries," says Charalambos Vlachopoulos, Ph.D. Limit yourself to 2 cups a day, he says. Better still, fill half your mug with decaf, then top it off with regular.

### Catch and Relief

Fish oils are already linked to better mental performance and a lowered risk of heart disease. Now, omega-3 fatty acids may help relieve neck and back pain, too. University of Pittsburgh scientists gave 1,200 milligrams (mg) of fish oil per day to 125 people with neck or back pain; 75 days later, 60 percent of them reported relief. Omega-3s block inflammation and the accompanying pain, says study author Joseph Maroon, M.D. Two Nordic Naturals Ultimate Omega capsules contains 1,400 mg fish oil, and they're lemon-flavored to help ease fish burp, a side effect of the supplements.

Men's Health

## Top 10 Foods for a Good Night's Sleep



The secret to getting a solid 7 to 8 hours? About 90 minutes before you want to nod off, head for the kitchen and make yourself a sleepy-time snack. Keep it light (around 200 calories), so you don't overload your digestive system. And include one or two foods from the list below. All help to relax tense muscles, quiet buzzing minds, and get calming, sleep-inducing hormones -- serotonin and melatonin -- flowing. Yawning yet?

**Bananas** -- They're practically a sleeping pill in a peel. In addition to a bit of soothing melatonin and serotonin, bananas contain magnesium, a muscle relaxant.

**Chamomile tea** -- Chamomile is a staple of bedtime tea blends because of its mild sedating effect, which makes it the perfect natural antidote for restless minds and bodies.

**Warm milk** -- It's not a myth. Milk has some tryptophan, an amino acid that has a sedative-like effect, and calcium, which helps the brain use tryptophan. Plus, there's the psychological throwback to infancy, when a warm bottle meant "relax, everything's fine."

**Honey** -- Drizzle a little in your warm milk or herb tea. Lots of sugar is stimulating, but a little glucose tells your brain to turn off orexin, a recently discovered neurotransmitter that's linked to alertness.

**Potatoes** -- A small baked spud won't overwhelm your gastrointestinal tract as it clears away acids that can interfere with yawn-inducing tryptophan. To up the soothing effect, mash the potato with warm milk.

**Oatmeal** -- Oats are a rich source of sleep-inviting melatonin, and a small bowl of warm cereal with a splash of maple syrup is cozy -- and if you've got the munchies, it's filling, too.

**Almonds** -- A handful of these heart-healthy nuts can send you snoozing because they contain both tryptophan and a nice dose of muscle-relaxing magnesium.

**Flaxseeds** -- When life goes awry, and feeling down is keeping you up, try sprinkling 2 tablespoons of these healthy little seeds on your bedtime oatmeal. They're rich in omega-3 fatty acids, a natural mood lifter.

**Whole-wheat bread** -- A slice of toast with your tea and honey will release insulin, which helps tryptophan get to your brain, where it's converted to serotonin and quietly murmurs "time to sleep."

**Turkey** -- It's the best-known source of tryptophan, credited with all those Thanksgiving naps. But that's actually modern folklore. Tryptophan works when your stomach's basically empty rather than overstuffed and when there are some carbs around rather than tons of protein. But put a lean slice or two on some whole-wheat bread mid-evening and you've got one of the best sleep-inducers in your kitchen.

*Dr. Roizen's RealAge.com*

## What's Your RealAge?



You may know Dr. Michael Roizen, M.D. as the head of the Cleveland Clinic's Division of Anesthesiology, Critical Care Medicine and Comprehensive Pain Management. Most recently he was appointed as the Chief Wellness Officer for the Cleveland Clinic. Dr. Roizen is a past chair of the Food and Drug Administration advisory committee. He has published more than 160 scientific papers and multiple books. There is not a more suitable Chief Wellness officer available. But, Dr. Roizen's pursuit to promote wellness in the community started long before his appointment at the Cleveland Clinic. Dr. Roizen is also the co-founder of the San Diego based company RealAge.

RealAge is the biological age of your body, based on lifestyle, genetics, and medical history. Depending on how well you take care of yourself, your RealAge might be years younger -- or older -- than the calendar indicates. Calculate your RealAge by taking the free RealAge test. Once you know your RealAge, you'll receive personalized recommendations, health information, and solutions to help make your RealAge younger.

Science is increasingly showing that certain health choices can slow and perhaps even reverse the rate of aging. Even choices made late in life make a difference. For example, people who exercise early in life, but quit, may show no longevity benefit. In contrast, people who start exercising in their 50s and 60s, or even later, show considerable benefit.



## Got Milk?

With its balanced mix of carbs and protein and rich supply of calcium and other bone-strengthening nutrients, (cow's) milk certainly does a body good. But with so many choices on grocers' shelves, how do you know which one you should buy? EatingWell helps you cut through the confusion with this guide.

### **Whole, reduced-fat, low-fat or nonfat?**

Consider whole milk—which delivers 150 calories and 8 grams fat (5 grams saturated) per cup—a once-in-a-while treat. Nutrition experts recommend drinking low-fat (1%) milk (100 calories, 2.5 grams fat) or nonfat milk (80 calories, 0.5 grams fat) to limit intake of the saturated fats that boost risk of heart disease\*. Don't be fooled: reduced-fat (2%) milk is not a low-fat food. One cup has 5 grams fat, 3 of them the saturated kind. You won't miss out on milk's nutritional boons when you opt for low-fat or nonfat milk (sometimes called "skim"): per cup, all varieties deliver about one-third of the recommended daily value for calcium and at least 20 percent of the daily value for riboflavin, phosphorus and vitamin D. \*Infants under age 2, who need extra fat to support a developing brain, should drink whole milk.

### **Organic or not?**

Sales of organic milk jumped from \$550 million in 2003 to almost \$900 million in the first quarter of 2007. Polls suggest people associate organic milk with superior nutrition, better treatment of animals and a healthier planet. But there's no evidence that organic milk is more nutritious. While preliminary research has suggested that grass-fed cows produce milk with more vitamin E and omega-3 fats than cows fed grains, organic standards don't require that cows be solely grass-fed. (Farmers must use organic fertilizers and pesticides and may not give cows preventive antibiotics or supplemental growth hormones; animals must also get some time outdoors.)

### **Lactose-free?**

This type of milk is basically regular cow's milk minus lactose, the natural sugar in milk. It provides all of the same healthful nutrients (e.g., protein and calcium), just not the sugar that stokes digestive problems for up to 50 million Americans.

### **Raw vs. pasteurized?**

During pasteurization, milk is heated to high temperatures (>161°F) then rapidly cooled to kill harmful bacteria, including salmonella, E.coli 0157:H7 and listeria. While raw-milk enthusiasts claim heating milk destroys its natural enzymes and beneficial bacteria, studies show that the nutritional differences between pasteurized and raw milk are slight. What's more, public health experts warn that drinking raw milk is like playing Russian roulette. In fact, the Centers for Disease Control and Prevention reported that raw milk accounted for 1,007 illnesses and two deaths between 1998 and 2005.

### **RBST-free or not?**

The claim "rbST-free" indicates milk produced without using the artificial growth hormone recombinant bovine somatotropin, or rbST. Giving this hormone to a cow boosts its milk production by about five quarts per day. Some consumers believe that treating cows with the supplemental hormone is inhumane, but the Food and Drug Administration (FDA) maintains that treating cows with rbST does not harm the animals—or significantly affect the hormone content of milk. In fact, all milks—even from cows not treated with rbST—contain hormones. Note: All organic milks are rbST-free, but not all rbST-free milks are organic (i.e., farmers may use pesticides, fertilizers, etc.).

Some people swear milk tastes better in pretty glass bottles, but it's best stored in opaque containers to help prevent milk's riboflavin—an extremely light-sensitive B vitamin—from breaking down.

*Eating Well Magazine*

*A man's health can be judged by which he takes  
two at a time - pills or stairs.  
-Joan Welsh*

## Mom's Unhealthy Diet: More than Just Cravings



Eating an unhealthy diet during pregnancy may raise your child's lifetime risk of obesity and elevated cholesterol and blood sugar levels, British researchers report.

In tests on rats, a Royal Veterinary College team fed one group of females a diet of processed junk food such as donuts, muffins, cookies, chips and sweets during pregnancy and breast-feeding, while another group of females received a healthy diet of regular feed.

The researchers compared the offspring of the two groups of female rats and found those born to mothers fed a junk food diet had higher levels of cholesterol and triglycerides, a type of fat found in the bloodstream. Both increase the risk of heart disease.

The offspring of the junk food-fed mothers also had higher levels of glucose and insulin, both of which increase the risk of type 2 diabetes.

These rats remained fatter through adolescence and into adulthood than the offspring of the mothers who ate a healthier diet during pregnancy and breast-feeding.

"It seems that a mother's diet whilst pregnant and breast-feeding is very important for the long term health of her child," study co-author Dr. Stephanie Bayol said in a prepared statement. "We always say 'you are what you eat.' In fact, it may be true that 'you are what your mother ate.' This does not mean that obesity and poor health is inevitable, and it is important that we take care of ourselves and live a healthy lifestyle. But it does mean that mothers must eat responsibly whilst pregnant."

Even though this study was carried out in rats, the findings are likely applicable to humans, study co-author Professor Neil Stickland added.

"Humans share a number of fundamental biological systems with rats, so there is good reason to assume the effects we see in rats may be repeated in humans. Our research certainly tallies with epidemiological studies linking children's weight to that of their parents," Stickland said in a prepared statement.

*Health Day*

*Water is the only drink for a wise man.  
-Henry David Thoreau*

## Smoke Free Policies: Effective



Smoke-free policies are extremely effective at reducing smoking rates, exposure to secondhand smoke, and even smoking-related heart disease, new research shows.

The report, by an International Agency for Cancer Research working group, also found smoke-free rules don't affect business in restaurants or bars.

The researchers analyzed available evidence and found:

- Implementation of smoke-free policies substantially decreases secondhand smoke exposure.
- Smoke-free workplaces decrease cigarette consumption in continuing smokers.
- Smoke-free policies decrease respiratory symptoms in workers.
- Smoke-free policies don't decrease business in restaurants or bars.
- Voluntary smoke-free home policies decrease adult and youth smoking and children's exposure to secondhand smoke.
- Smoke-free workplaces decrease adult smoking rates.
- Smoke-free policies decrease tobacco use in youths.
- Smoke-free legislation reduces rates of heart disease.

The working group recommended that governments implement smoke-free policies that conform to the World Health Organization (WHO) Framework on Tobacco Control (FCTC).

"Implementation of such policies can have a broader population effect of increasing smoke-free environments. Not only do these policies achieve their aim of protecting the health of nonsmokers by decreasing exposure to secondhand smoke, they also have many effects on smoking behavior, which compound the expected health benefits. These benefits will be greater if these policies are enacted as part of a comprehensive tobacco-control strategy that implements all of the provisions called for by the WHO-FCTC," the working group concluded.

Until now, most research on smoke-free policies has been conducted in rich countries. The working group recommended "the establishment of a multinational surveillance system to allow assessment of the effect of these policies in low-resource and medium-resource countries."

The report was published online and in the July edition of *The Lancet Oncology*, an issue dedicated to lung cancer.

*-Health Day*

## Diversify Your Diet



In the world of finance, experts advise you to avoid putting all your eggs in one basket. When it comes to your diet, a similar rule exists but with this twist: avoid filling your basket with only eggs. Just as with your finances, diversity is the smartest choice around when it comes to choosing the foods that you eat. Applying a diversity strategy to your eating patterns can provide you with easy opportunities to lose pounds, gain years, and enjoy some of the most delicious foods on the planet.

### Step inside the major food categories:

You probably know all the major players in the nutrition game: vegetables, fruits, grains, dairy, meat-based foods, and fats. Getting an appropriate amount of each major kind of food every day is a good start toward eating a diverse diet. But can you name five different fruits you've eaten in the past week? Within each food category is a vast array of nutrient-rich foods, each one containing hundreds of unique substances. The key is to get to know all the different powerful choices within each food category and to introduce these different foods into your diet on a rotating basis. With a little exploration, you can find hundreds of nutritious newcomers to add to your meals and make them more satisfying and more nutritious.

### Take a colorful adventure:

Start by taking a trip to the grocery store and spending a little more time than usual exploring the offerings. Hit the produce aisle first and while you're inspecting the offerings, focus on the range of colors. Richly colorful plant foods—bright berries, sunny tangerines, and dark green lettuces—contain important protective phytochemicals and antioxidants that help prevent disease and preserve health. Such healthful vegetables, fruits, and legumes are the items that are often lacking in most diets. Pick out four or five that you've never had before or that you rarely eat, plus grab a few of your favorites, too. Make sure you see a range of colors in your cart. The following table will help you appreciate the full range of nutritional power these different colors have to offer.

- Red:** Make these fruits and vegetables a regular part of your diet:  
**tomatoes, watermelon, cherries, cranberries, pomegranates, beets, red peppers, radishes, radicchio, red potatoes, rhubarb**  
 These foods contain the important phytochemicals, lycopene and anthocyanins, which help promote heart health, memory function, and urinary tract health. And, lower your risk of certain types of cancer.
- Blue-Purple:** Make these fruits and vegetables a regular part of your diet:  
**blackberries, blueberries, black currants, dried plums, elderberries, purple figs, red grapes, plums, raisins, red cabbage, eggplant**  
 These foods contain the important phytochemicals, anthocyanins and phenolics, which help promote: urinary tract health, memory function. And, lower your risk of certain types of cancer.
- Yellow-Orange:** Make these fruits and vegetables a regular part of your diet:  
**apricots, cantaloupe, grapefruit, lemons, mangoes, nectarines, oranges, papayas, peaches, persimmons, pineapple, tangerines, squash, carrots, yellow peppers, pumpkin, rutabagas, sweet potatoes**  
 These foods contain the important phytochemicals, carotenoids and flavonoids, which help promote: heart health, vision health, and a healthy immune system. And, lower your risk of certain types of cancer.
- Yellow-Green:** Make these fruits and vegetables a regular part of your diet:  
**avocados, green apples, green grapes, honeydew melon, kiwifruit, limes, green pears, artichokes, arugula, asparagus, broccoli, Brussels sprouts, cabbage, celery, cucumbers, endive, leafy greens, green onions, okra, peas, green peppers, snow peas, sugar snap peas, spinach, watercress, zucchini**  
 These foods contain the important phytochemicals, lutein and indoles, which help promote: vision health, strong bones and teeth. And, lower your risk of certain types of cancer.
- White-Green:** Make these fruits and vegetables a regular part of your diet:  
**leeks, garlic, onions, chives, bananas, brown pears, dates, cauliflower, ginger, mushrooms, parsnips, shallots, turnips**  
 These foods contain the important phytochemicals, allyl sulfides and allicin, which help promote:

### Discover new delicious foods

Continue in the same attitude of exploration as you move through other store aisles. Check out low-fat options in the dairy section; whole-grain breads, cereals, grains and pastas; fish, seafood, and lean meat options. Read product labels and learn which foods contain unsaturated fats rather than the less healthy saturated and trans fats. Whenever possible, choose fresh, unprocessed whole foods over prepared and packaged foods, which are often highly processed, low on nutrients, and potentially full of chemical additives. Chances are you'll discover quite a few new items from every food group.

### Add up the colors

Expanding your food selections to include a wide range of great-tasting foods that are full of vitamins, minerals, and fiber has many benefits. But how do you know if you are on the right track? For most people, counting servings and calories is tough to do. Try counting colors instead. You can't go wrong if you add a greater variety of colorful vegetables and fruits to each meal and push out bland colors, such as refined bread and pasta. The more colors, the greater the payoff (and food coloring doesn't count).

## Recipe of the Month



### Short & Sweet

Strawberries + pound cake + ice cream = good times. Add a little whipped cream and strawberry sauce, and you have a head-exploding-good dessert. Check it out (and no, your cranium will not actually blow up... so no worries, people).

#### Ingredients:

1 shortcake dessert shell (like a Hostess Shortcake Dessert Cup)  
1/3 cup sliced strawberries  
1/3 cup Breyers Double Churn Free fat-free ice cream, Creamy Vanilla  
2 tsp. Fat Free Reddi-wip  
1 tsp. Smucker's Sugar Free Strawberry Preserves

#### Directions:

Mix the preserves with 1/2 tsp. of hot water to make a strawberry sauce, and then set aside. Place about one-third of the sliced strawberries in the center of the shortcake. Top with the ice cream. Then, place another third of the strawberries on top of the ice cream (or if you want to be all fancy, press them into the ice cream). Drizzle the strawberry syrup over the top. Then squirt your dessert with the Reddi-wip, and top with the remaining strawberries (again, feel free to be fancy and place them prettily around the whipped topping). Enjoy! MAKES 1 SERVING

Serving Size: 1 shortcake with ice cream (entire recipe)

Calories: 190

Fat: 2g

Sodium: 180mg

Carbs: 42g

Fiber: 3g

Sugars: 22g

Protein: 4g

POINTS® value 3\*

[Hungrygirl.com](http://Hungrygirl.com)

## Cleveland Clinic EHP Wellness Programs

### Phase I

**Smoking cessation starts July 1.** On that date, enrolling in a Cleveland Clinic Tier 1 Smoking Cessation Program or the Tobacco Treatment Clinic becomes absolutely free. Those who want to kick the habit can partner with a certified smoking cessation specialist to develop a personalized treatment plan. This plan can include medication and behavioral therapy resources, such as reading material and Web-based programs. The number for the Tobacco Treatment Clinic is 216.444.8111.

### How It Works

- After you enroll in a Cleveland Clinic Tier 1 Smoking Cessation Program OR the Tobacco Treatment Clinic, call the Cleveland Clinic EHP Customer Service Unit at 216.448.0800. The EHP Customer Service Unit (CSU) will ask for your start date to track your progress in the program.
- The EHP CSU will coordinate with your pharmacy plan to waive the \$100 deductible and coinsurance for any smoking cessation pharmacy medications. (**Please keep in mind** that over-the-counter aids are not covered under the Prescription Drug Benefit.)
- The EHP CSU will send you an **EHP Wellness Program Application** to complete.
- You will have 10 days to return the application to the EHP with your signature. If you do not return the application, you will be responsible for **all charges** associated with your participation in the Smoking Cessation Program.

EHP member employees who successfully achieve their wellness goals are eligible for a \$100 cash incentive. (**Remember:** Only one award per employee is granted each calendar year.)

If you're an EHP member employee, watch for more information about the EHP Wellness Program rollout online and in the mail. And make it a point to take advantage of these terrific, free benefits and take charge of your wellbeing!

## Upcoming Managed Care Wellness Events:

*Tuesday, July 1<sup>st</sup>: Employee Health Plan Smoking Cessation Rollout begins*

*Wednesday, July 9<sup>th</sup>: Wellness Grand Rounds – Executive Conference Room*

*Thursday, July 10<sup>th</sup>: Lunchtime Yoga Session I begins – Crown Center*

*Monday, July 21<sup>st</sup>: 1:00pm-2:00pm: Lunch and Learn, Sleep Disorders – Executive Conference Room*

*Tuesday, July 29<sup>th</sup>, 12:00pm-1:00pm: Antioxidant Potluck – Executive Conference Room*