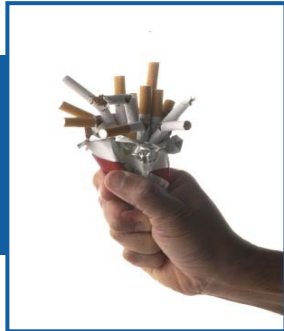


# MANAGED CARE EMPLOYEE WELLNESS NEWSLETTER



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## The Great American Smokeout



Every year, smokers across the nation take part in the American Cancer Society's Great American Smokeout® by smoking less or quitting for the day on the third Thursday of November. The event challenges people to stop using tobacco and raises awareness of the many effective ways to quit for good.

Research shows that smokers are most successful in kicking the habit when they have some means of support, such as nicotine replacement products, counseling, prescription medicine to lessen cravings, guide books, and the encouragement of friends and family members.

Cleveland Clinic employees and spouses on the employee health plan have access to a very successful program! **The Cleveland Clinic Tobacco Treatment Clinic (TTC)** is a specialized program that uses cutting edge methods to help you quit for good. The clinic and any medications prescribed by the clinic's practitioners are free of charge to employees on the Employee Health Plan.

Call 216-444-8111 to schedule an appointment. Give your family members a very special gift this holiday season – a smoke free YOU!

*Information incorporated from American Cancer Society publication*

## Walk it Out for the Smoke Out

The snow is falling as the seasons change. This is a good time to ready yourself for your own change too! Join employee wellness on November 20<sup>th</sup> for an outdoor walk in support of the Great American Smoke Out! Bring your hats and mittens – it will be chilly!

More info to come...

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## Men's Corner: Male Fertility

Experts say that male infertility may be the cause of half of all couples fertility issues. Though many factors can be behind male fertility issues, one of the easiest ways for guys to be proactive about keeping their sperm healthy and ready to go forth and multiply is by eating right.

According to Dr. Keith-Thomas Ayoob, EdD, RD, FADA, , that means focusing on a heart-friendly diet that promotes healthy blood flow. "The idea is to keep the blood flow increased," says Ayoob. "To do that, you need to have lower blood pressure and free-flowing arteries."

**Salmon:** Salmon is loaded with omega-3s, which help reduce LDL cholesterol levels -- the "bad" kind of cholesterol. This fish also packs a protein punch and health benefits that go far beyond just helping your sperm stay in game shape and keep swimming upstream.

**Watermelon:** Any kind of melon is going to be good for healthy sperm since the fruit is high in potassium, which can help in preventing high blood pressure. Watermelon is particularly beneficial, as it contains a high amount of antioxidant-rich lycopene.

**Tomatoes:** Like watermelon and most other red fruits, tomatoes are rich in lycopene. In addition to being high in antioxidants, lycopene has been shown to improve prostate health, and some research indicates that it can reduce the risk of prostate cancer. A healthy prostate helps produce healthy sperm.

**Low Fat Dairy:** Milk and yogurt contain rich amounts of calcium and potassium, both of which can lower blood pressure and open up artery flow.

**Berries:** Berries contain one of the highest concentrations of antioxidants available. Any kind of berry will do so try a mix of blueberries, strawberries, raspberries -- anything that suits your palette. Keeping berries in your diet can prevent artery damage.

**Beans:** Beans are mineral powerhouses, and they can also prevent spikes in blood sugar and help maintain healthy cholesterol.

**Oatmeal:** Oats and oatmeal can be powerful cholesterol-lowering forces. Oats are loaded with fiber, which has been shown to bring down cholesterol levels.

Eating right should only be part of the plan toward optimal sperm health. Take in the right nutrition, get enough sleep, watch your weight, maintain a healthy blood sugar level and exercise regularly.

- Article from Revolution Health



## Think Before You Drink: Tips for Cutting Holiday Cocktail Calories

It's no surprise alcohol consumption rises during the holiday season. In fact, 25 percent of distilled spirits are sold between Thanksgiving and New Year's. While a celebratory drink is obviously fine, excessive holiday drinking can take a significant toll on both your waistline and health.

Even worse are seasonal drinks like eggnog, buttered rum, and peppermint (schnapps) and hot chocolate. These are particularly problematic as they incorporate cream, butter, whole milk and chocolate along with the alcohol, thus creating a double whammy: extra calories and artery-clogging fat. If you do choose to drink them, try to count them toward your alcohol allotment plus a dessert.

### Tips for cutting cocktail calories:

1. Think before you drink: Decide how much you are going to drink in advance.
2. During the party, switch between alcoholic beverages and low-calorie, nonalcoholic drinks like club soda or water.
3. Request low-calorie, diet mixers/chasers when possible.
4. Reduce calorie and alcohol content by making a wine spritzer or adding diet ginger ale to your beer (shandy).
5. Plan ahead: Save some calories during the day (i.e., skip your mid-day snack) if you know you plan to enjoy a drink or two later in the day.

### Cocktail calories counter

These calorie calculations are based on traditional recipes. Numbers may vary depending on ingredients and ingredient amounts.

- **Eggnog with rum** (1 cup serving)  
Calories: 370
- **Peppermint hot chocolate** (1 cup serving)  
Calories: 380
- **Hot buttered rum** (1 cup serving)  
Calories: 292
- **Godiva chocolate liqueur** (3 ounces on the rocks)  
Calories: 310
- **Holiday punch** (1 cup serving)  
Calories: 234
- **Crantini:** (1 cup serving)  
Calories: 200
- **Spiced cider with rum** (1 cup serving)  
Calories: 150
- **Mulled wine** (5 ounce serving)  
Calories: 200
- **Red wine** (5 ounce serving)  
Calories: 120
- **White wine** (5 ounce serving)  
Calories: 120
- **Champagne** (5 ounce serving)  
Calories: 120
- **Vodka tonic**  
Calories: 200
- **Regular beer** (12-ounce serving)  
Calories: 150
- **Light beer** (12 ounce serving)  
Calories: 100



## Cheers! Here's to a Glass of Copper!

The cardiac benefits of wine have been touted for years, but heavy metal contamination found in some European red and white wines could turn a health benefit into a hazard. Heavy metals have been linked to neurological problems such as Parkinson's disease and may also increase oxidative stress, which can lead to chronic inflammatory disease and cancer, the researchers noted.

Among wines from Portugal, Austria, France, Spain, Czech Republic, Hungary, Germany, Serbia, Argentina, Brazil, Italy, Jordan, Macedonia, Slovakia and Greece, only three countries had wines that posed no hazard from heavy metals. Based on the wines analyzed, only those from Argentina, Brazil and Italy had THQ values that were below 1.0.

For the study researchers used the THQ, a formula developed by the U.S. Environmental Protection Agency to look for seven heavy metals in wines. These included vanadium, copper, manganese, nickel, zinc, chromium and lead. Most wines had THQ values much higher than 1.0. In fact, THQ values typically ranged from 50 to 200. Red and white wines from Hungary and Slovakia reached THQ levels of 300.

No wines from the United States were included in the study, so it is not possible to tell the heavy metal content of wines produced in this country. One critic of the study does not think U.S. wines contain dangerous levels of heavy metals."The U.S. [Alcohol and Tobacco] Tax and Trade Bureau routinely performs market basket surveys in the U.S. to test wine and alcohol for a number of components, including heavy metals," explained Gladys Horiuchi, communications manager at the Wine Institute of California.

Joan R. Davenport, a professor of soil science in the Department of Crop and Soil Sciences at Washington State University, thinks a lot more study needs to be done to figure out how these heavy metals are ending up in wine.

"Knowing what I know about not only growing wine grapes but the whole process of turning them into wine and looking at some of the countries where these wines came from, it makes me wonder what may happen in the processing," Davenport said.

A lot of the heavy metals found in the wines in the study, exist in only very small quantities in soil, Davenport said. "The likelihood of that being in the grapes isn't very likely," she said. The contamination could be coming from the metal barrels used in processing the wine, she added. Davenport isn't worried that these metals are a health problem. "I'm not going to drink any less wine," she said. "Enjoy what you enjoy in moderation. But if you like only Hungarian wine, you might be in more trouble than if you like Argentinean wine."

## The New Heart Risk



Numerous studies have linked inflammation to heart disease, DNA damage, diabetes, and cancer, but scientists weren't sure which came first, the illness or the inflammation. When researchers at the University of California at San Diego School of Medicine recently discovered that inflammation causes diabetes, they answered the chicken-and-egg question and hatched a new metric to measure wellness. Some physicians now recommend that people monitor inflammation, just as they do cholesterol, and take an active approach to preventing it.

"If you reduce inflammation, you reduce the risk of death from a heart attack," says Steven Nissen, M.D., chairman of the Cleveland Clinic's department of cardiovascular medicine.

Part of the body's immune response, acute inflammation is the swelling and pain you get when you stub your toe; it's a sign that the body is working to heal the injury.

"But when inflammation becomes chronic, the acute system doesn't shut off," explains Mark Miller, Ph.D., professor of cardiovascular science and pediatrics at Albany Medical College. "What follows is a constant war between damage and inadequate repair." Here's how to crush inflammation.

**Test your levels:** Ask your doctor for a high-sensitivity C-reactive protein blood test. A CRP level of greater than 1 mg/L means you're at risk for cardiovascular disease; greater than 3 mg/L puts you in the high-risk category. Take the test twice, a month apart, to ensure an accurate score.

**Trim belly fat:** "The best way to reduce CRP levels is to lose even modest amounts of abdominal fat," says Dr. Nissen. Use your waist-to-hip ratio to assess your risk. Measure your waist in inches around the belly button and divide that number by your hip measurement. A number higher than 0.9 means slim down.

**Ration omegas:** Experts recommend a 4:1 ratio of omega-6 fatty acids to omega-3s. But the typical American diet has 11 to 30 times more omega-6s (in saturated fats such as corn, soy, canola, and sunflower oils) than omega-3s. Doctors advise consuming 1.8 grams of omega-3s a day. That's the equivalent of eating two servings a week of fatty fish such as wild salmon or trout.

**Eat the rainbow:** The flavonoids found in brightly colored fruits and vegetables reduce inflammation. The most potent choices are blueberries, purple grapes, cherries, oranges, and sweet potatoes. Eat seven servings a week.

**Gorge on fiber:** A high-fiber diet (25 to 35 grams a day) can reduce CRP levels by as much as 14 percent, according to a recent study. Boost your fiber intake by eating more beans (especially lentils and black beans) and whole grains. Buckwheat and amaranth are good choices because they have no gluten.

**Choose beef over chicken:** Chicken is high in arachidonic acid, a fatty acid that prompts the body to produce inflammatory chemicals, so opt for beef instead, says nutritionist Monica Reinagel, author of *The Inflammation-Free Diet Plan* (McGraw-Hill, 2007). Beef tenderloin contains half as much arachidonic acid, plus higher levels of selenium and zinc, nutrients that fight inflammation. Grass-fed beef is the best, because it has a 2:1 omega-6 to omega-3 ratio. (Corn-fed cattle have a 4:1 ratio.)

**Spice things up:** Eating two to four grams of ginger a day suppresses the molecules in the body that promote inflammation. Recent studies suggest that it works at the DNA level, turning off the genes that trigger inflammation.

By Jayne Keedle, *Best Life*

"So many people spend their health gaining wealth,  
and then have to spend their wealth to regain their  
health."

## Healthy Holiday Eating: Thanksgiving



Do you know that the average Thanksgiving dinner has over 2000 calories? It can be a real challenge if you are watching your waistline. The following are some eating tips so that you can still look good and be healthy after the Thanksgiving dinner without having to deprive yourself.

### If you are a guest of a Thanksgiving dinner:

- **Don't go to the Thanksgiving dinner hungry:** we often eat faster and more when we are hungry - therefore eat a wholesome breakfast and lunch on the day to avoid overeating at dinner time.
- **Thanksgiving dinner is not an all-you-can-eat buffet:** Fill your plate half with vegetables, one quarter with a lean meat and the rest with a starch of your choice. Eat slowly and stop when you are full.
- **Turkey - go skinless:** choose your 4-oz turkey portion skinless to slash away some fat and cholesterol. Save your appetite for the side dishes and desserts.
- **Side Dishes - watch your portion size:** go for smaller portions. This way you can sample all the different foods. Moderation is always the key.
- **Make a conscious choice to limit high fat items:** high fat food items can be found in fried and creamy dishes as well as cheese-filled casseroles in a traditional Thanksgiving meal . For instance, mashed potatoes are usually made with butter and milk; green bean casseroles are often prepared with cream of mushroom soup, cheese and milk and topped with fried onions; candied yams are loaded with cream, sugar and marshmallows. If you cannot control the ingredients that go in to a dish, simply limit yourself to a smaller helping size. Again moderation is the key.
- **Drink plenty of water:** alcohol and coffee can dehydrate your body. Drink calorie-free water to help fill up your stomach and keep you hydrated.

### If you are the honorable chef of a Thanksgiving dinner:

- **Substitute** high fat ingredients with lower-fat or fat-free ingredients. (See below)
- **Leftover Turkey?** Instead of turkey sandwiches, use the leftover turkey to make a pot of soup with fresh chunky vegetables.
- **Experiment with new recipes:** we did a search on Google and found numerous delicious yet healthy low-fat contemporary Thanksgiving recipes. Experiment!

Article by Gloria Stang, RD  
Healthcastle.com

## Healthy Thanksgiving: Recipe Substitution Tips



Recipe Calls For:	Substitution
1 WHOLE EGG	2 EGG WHITES
SOUR CREAM	LOW FAT PLAIN YOGURT OR LOW FAT SOUR CREAM
MILK	SKIM OR 1% MILK
HEAVY CREAM (NOT FOR WHIPPING)	1:1 RATIO OF FLOUR WHISKED INTO NON FAT MILK
WHIPPED CREAM	CHILLED EVAPORATED SKIM MILK OR OTHER LOW FAT WHIPPED PRODUCTS
CHEESE	LOW FAT CHEESE
BUTTER	LIGHT BUTTER
CREAM OF MUSHROOM	FAT FREE CREAM OF MUSHROOM

## Super Food of the Month: Shrimp

While shrimp may be small, they are huge in their appeal as these deliciously clean and crisp tasting crustaceans can be served hot or cold and are the most popular seafood in the United States, next to canned tuna.

The firm, translucent flesh of raw shrimp comes in a wide range of colors depending upon the variety. It can be pink, gray, brownish or yellow. Once cooked, the flesh of these crustaceans becomes opaque and cream or pinkish in color.

Shrimp are anything but small in their nutrient density. Shrimp are an excellent source of selenium and unusually low-fat, low-calorie protein—a four ounce serving of shrimp supplies 23.7 grams of protein (that's 47.4% of the daily value for protein) for a mere 112 calories and less than a gram of fat. Shrimp also emerged as a very good source of vitamin D and vitamin B12.

*Info from whfoods.com*

## Recipe of the Month: Shrimp Ceviche

### Ingredients:

2-3 lbs shrimp, peeled and deveined  
2 large tomatoes, diced  
1 red onion, diced  
1 bunch cilantro, diced  
1 serrano pepper or jalapeno, diced  
8 limes, squeezed  
8 lemons, squeezed  
2 oranges, squeezed  
2 large avocados, diced  
2 large cucumbers, peeled and diced



### Directions

Blanche shrimp in boiling water for about minutes, then shock in ice cold water. Strain when cooled.

Cut shrimp into 1-inch pieces and add to bowl.

Add citrus juice and marinate for 2 hours.

Add red onion, tomatoes, chilies and cilantro, marinate for 2 more hours.

Add avocados and cucumber before serving.

Makes 12 servings:

200 calories. 69 calories from fat. 7.7g fat. 1.2g saturated fat. 115mg

## Managed Care Wellness Upcoming Events:

November 20<sup>th</sup>, 2008 from 12-1pm: Wellness Walk it Out for the Smoke Out, West Creek Campus  
December 10<sup>th</sup>, 2008 from 12-1pm: Wellness Grand Rounds Broadcast, Executive Conference Room  
December 11<sup>th</sup>, 2008 from 12-1pm: Healthy Holiday Hors D'oeuvres, Executive Conference Room

## Check this Out! Wellness Websites

Managed Care Wellness: <http://www.cchs.net/wellness/managedcare.asp>

Cleveland Clinic Employee Wellness: <http://www.cchs.net/wellness/>

Revolution Health: [www.revolutionhealth.com](http://www.revolutionhealth.com)

Real Age: [www.RealAge.com](http://www.RealAge.com)

MSN Health: <http://health.msn.com/>

World's Healthiest Foods: [www.whfoods.com](http://www.whfoods.com)