

# THE HEALTHY CPA

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*"Life Is a Journey. Have Some Fun."*

“Believe in your heart that you’re meant to live a life full of passion, purpose, magic and miracles.”

— Roy T. Bennett

## Your heart matters

Keeping your ticker in tiptop shape requires a holistic approach to health and wellness — selecting the right foods, getting physical activity, reducing stress and more.

Volume 38 • Number 2 • February 2018

***Learn how to give your heart tender loving care for lifelong health.***

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Don’t miss our favorite downloadable and printable PDF, a list of ways to express your feelings to someone you love, plus more resources like this at [Feb.HopeHealth.com](http://Feb.HopeHealth.com). Pg. 8

“Take twice as long to eat  
half as much.”

— Author Unknown

## Lose the fat, not the flavor

Use small amounts of vegetable broth or cooking wine instead of oil to sauté or stir-fry foods. Bake, broil, steam or poach meat, poultry and fish. Use a non-stick cooking spray or a non-stick pan, and place meats on a rack that lets fat drip away during cooking. Choose lean cuts of meat and remove skin from poultry.

## Fiber — helps with regularity and your heart

Eating more high-fiber foods could help your heart, according to 1 study. The findings show that adults between 20 and 59 years old who ate the most fiber had a significantly lower lifetime risk for cardiovascular disease compared to people with the lowest fiber intake. When you add more fiber, be sure to increase your fluid intake, too, to avoid constipation.

The American Heart Association recommends 25 grams or more of dietary fiber a day. Good sources of fiber include fruit, peas, bran cereal and legumes such as kidney beans.

Source: Northwestern University

# OuterAisleFresh: Your heart matters Make your ticker — and your taste buds — happy

You don't have to sacrifice taste to keep your heart healthy. Here are some good-for-your-heart foods that just might surprise you.

- **Cheese:** In moderation, cheese can be a good thing. It contains calcium that can keep your blood pressure under control. Cheese often contains saturated fats, so you may want to go for low-fat or part-skim types. Try not to eat more than an ounce or 2 a day.

- **Garlic:** The cloves contain a chemical called allicin that has been shown to relax blood vessels, which means your blood can flow smoothly. To get the biggest bang, crush — don't chop — cloves before cooking.

- **Grape Juice:** Research suggests that red and purple grape juices may have the same heart-healthy compounds as red wine to help lower LDL (*bad*) cholesterol, reduce your risk of developing blood clots and keep your blood pressure under control.

- **Curry:** Turmeric, the spice found in Chinese and Indian curry, may help to reduce the risk of heart failure.

- **Beans:** These fiber-rich legumes help lower LDL (*bad*) cholesterol levels. Red kidney beans are 1 of the best sources of fiber, with a whopping 13 grams per cup — about half the amount of fiber you need in a day.



## Mediterranean Tuna Salad

### Salad:

- 4 cups Romaine lettuce, chopped
- 1 medium tomato, chopped
- 1 stalk celery, chopped
- ¼ cup flat-leaf parsley, chopped
- 6 Kalamata olives, pitted and chopped
- 5 oz. flaked or chunk tuna, packed in water

### Dressing:

- 3 Tbsp. olive oil
- 1 ½ Tbsp. white wine vinegar
- 1 tsp. Dijon mustard

Combine oil, vinegar and mustard in a small, lidded container and shake until combined. Put chopped vegetables, olives and tuna in a bowl and top with dressing. Toss to combine.

**Makes 2 servings.** Per serving: 304 calories, 16 g protein, 23 g total fat (4 g saturated fat, 15 g monounsaturated fat, 4 g polyunsaturated fat), 10 g carbohydrate (2 g sugar, 3 g fiber) 395 mg sodium





Physical activity — even if you don't lose an ounce, you'll live longer, feel healthier and be less likely to get cancer, heart disease, stroke and arthritis. It's the closest thing we have to a wonder drug.

— Tom Frieden

## The Rule of ½ during the winter

If you're just starting an outdoor fitness routine in colder temperatures, begin your workout at half your usual warm-weather distance. If you usually run 4 miles, start with 2.

See page 8 —

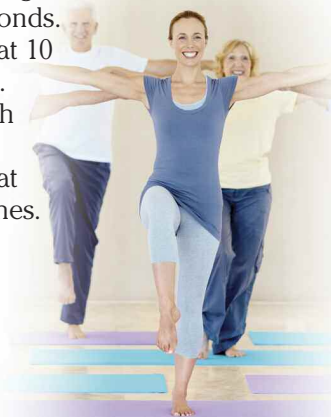
### Stock Your Toolbox:



See how you can link to Cool Tools & Resources to learn more about the topics in this issue!

## Keeping the balance

In a quest for a better quality of life, don't overlook the importance of balance exercises. Being stable on your feet may help to prevent falls and maintain control of your body, whether you're moving or still. Here's an exercise to incorporate. Stand on 1 foot. Hold the position for 10 seconds. Place foot back on the ground or floor for 5 seconds. Repeat 10 times. Switch legs. Repeat 10 times.



# GetMoving: Your heart likes activity

Your heart matters

Being active can help with overall cardiovascular health.

That's probably not a news flash. What you may not realize, though, is that "physical activity is anything that makes you move your body and burn calories," according to the American Heart Association (AHA). It doesn't need to be a formal exercise workout to count.

Physical activity includes just walking more. "It's enjoyable, free, easy, social and great exercise. A walking program is flexible and boasts high success rates because people can stick with it. It's easy for walking to become a regular and satisfying part of life," according to the AHA.

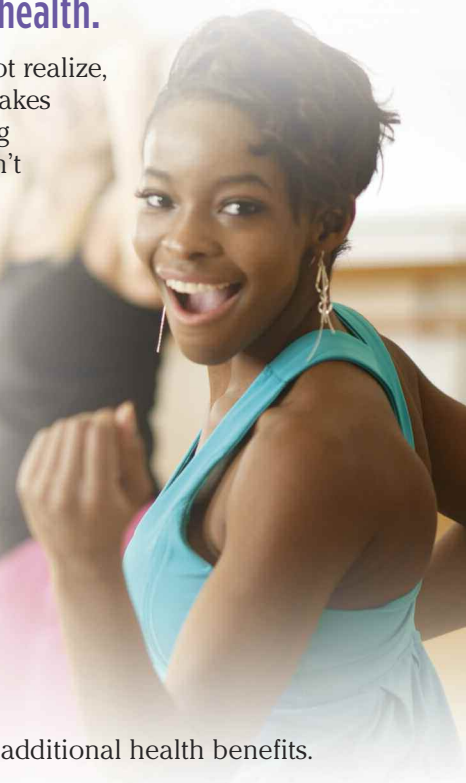
### For Overall Cardiovascular Health:

- Engage in at least 150 minutes of moderate-intensity aerobic activity weekly, or get at least 75 minutes of vigorous-intensity aerobic activity per week; or a combination of moderate- and vigorous-intensity aerobic activity, AND
- Engage in moderate- to high-intensity muscle-strengthening activity at least 2 days per week for additional health benefits.

### For Lowering Blood Pressure and Cholesterol:

- Engage in an average 40 minutes of moderate- to vigorous-intensity aerobic activity 3 or 4 times per week.

Source: American Heart Association



## GOAL SETTING: A blueprint for fitness success

Think of things you want to do that require a certain level of fitness and make those a goal.

A charity fitness 5k, a hiking vacation or a weekend bike ride are some examples.

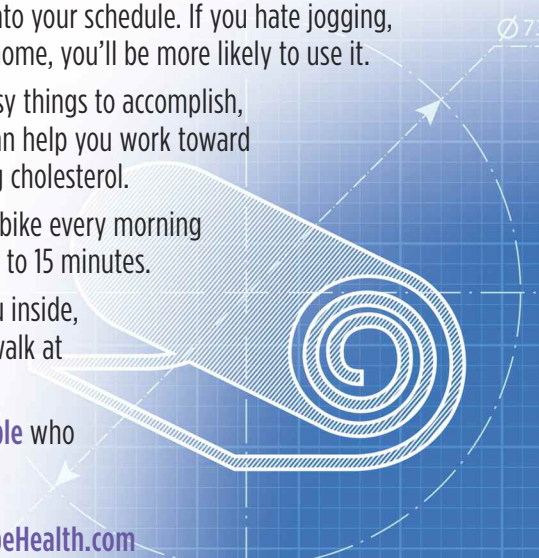
**Pick activities that you enjoy and that easily fit** into your schedule. If you hate jogging, you won't stick to it. If a gym is close to work or home, you'll be more likely to use it.

**Make long-term and short-term fitness goals.** Easy things to accomplish, such as walking for 30 minutes 4 times a week, can help you work toward long-term goals such as losing weight or lowering cholesterol.

**Start small.** Start with 10 minutes on a stationary bike every morning for a week. The next week, increase the time to 13 to 15 minutes.

**Have a backup plan.** When the weather keeps you inside, work out with an exercise video, go to a gym or walk at a shopping mall.

**Write down your goals and share them with people** who will support you.



“A man too busy to take care of his health is like a mechanic too busy to take care of his tools.”

— Spanish Proverb

## Save 3 lives in 1 hour

By donating just 1 pint of blood, you could save up to 3 lives. You need to be at least 17 years old, weigh at least 100 pounds, and pass a brief physical. From start to finish, the process usually takes about 1 hour. Car and burn accident victims as well as cancer patients are just some of the 5 million Americans every year who need blood donations. To find a blood bank donation center near you, go to [Feb.HopeHealth.com/blood](http://Feb.HopeHealth.com/blood).

## What to do about earwax

Don't use cotton swabs to remove earwax. Wax blockage is one of the most common causes of hearing loss. This is often caused by attempts to clean the ear with cotton swabs. Most cleaning attempts merely push the wax deeper into the ear canal, causing a blockage.

Usually, the ear canals should never need to be cleaned. Ears should only be cleaned when enough earwax accumulates to cause symptoms or to prevent assessment of the ear by your doctor. For more on earwax, go to [Feb.HopeHealth.com/earwax](http://Feb.HopeHealth.com/earwax).

Source: American Academy of Otolaryngology — Head and Neck Surgery

# The Whole You: PHYSICAL HEALTH

## Blood pressure: Do you know your numbers?

Your heart matters

Often called the *silent killer* because it has no symptoms, high blood pressure puts you at high risk for heart attack and stroke.

Regular exercise, limiting salt, reducing stress, losing weight and limiting alcohol can lower blood pressure. Your doctor may also prescribe medication.

### What the numbers measure

- The top number, the systolic pressure, is the pumping pressure as your heart beats.
- The bottom number is the diastolic or resting pressure between beats.

### What the numbers mean\*

- Normal blood pressure for adults 18 and older is still 119/79 or below.
- Elevated blood pressure (*no longer called prehypertension*) is 120/<80 to 129/<80.
- High blood pressure is now 130/80 to 139/89.

Source: American Heart Association

\*New blood pressure guidelines were released in November. Get your blood pressure checked at least once a year by your health care provider.

## Take CAUTION against cancer

Remembering the letters in the word caution could help save your life. Visit your health care provider if you notice any of these cancer warning signs:

- Change in bowel or bladder habits.
- A sore that does not heal.
- Unusual bleeding or discharge.
- Thickening or lump in breast or elsewhere.
- Indigestion or difficulty in swallowing.
- Obvious change in a wart or mole.
- Nagging cough or hoarseness.

Preventive measures, such as not smoking and avoiding secondhand smoke, along with early detection through screenings for breast, cervical, colorectal and prostate cancer, are the best tools for fighting cancer.

Source: Cleveland Clinic



“The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart.”

— Helen Keller

## Finding your song

Countries have national anthems. Schools have fight songs. Do you have a theme song? A song that makes you feel good about yourself and helps to boost your self-esteem, giving you a sense of hope whenever you hear it? If you don't have one, you may want to choose one — and then play it whenever you need a lift.

See page 8 —

### StockYourToolBox:



See how you can link to Cool Tools & Resources to learn more about the topics in this issue!

## Make time for me time

Don't feel guilty about taking *me* time every day. You aren't wasting time; rather, you're investing time in yourself that will benefit you and others, too.

We all need time to do something we enjoy or that will help to improve our lives. When we spend more attention on our own needs, we become better spouses, parents, grandparents, friends and employees. Find a time of day that works best for you and keep the date with yourself every day. Block off the time in your printed or electronic calendar to make it easier to keep the date.

# TheWholeYou: Emotional/Mental Health

## Too much stress can distress your heart

Your heart matters

Everyone experiences stress occasionally, but if it's non-stop, it may not be good for your heart.

When you feel stress, your body releases a hormone, cortisol, which causes your breathing and heart rate to increase and your blood pressure to rise. When stress is constant, your body remains in this heightened state for days, weeks, months or even years at a time.

One way to combat stress is to find things you enjoy doing. Try to do at least 1 thing every day that you enjoy, even if you only do it for 15 minutes.

Here are a few examples:

- Take up a hobby. • Play cards or board games with family and friends.
- Have coffee or a meal with friends.
- Play golf, tennis or ping pong or bowl.
- Take a class at your local college.
- Read a favorite book, short story, magazine or newspaper.
- Listen to music.

For more ways to reduce stress, go to

[Feb.HopeHealth.com/stress](http://Feb.HopeHealth.com/stress).

Source: American Heart Association



## 13 ways to relieve stress

1. **Understand that life is 10% what happens to you** and 90% how you react. You always have a choice.
2. **Keep a note pad by your bed.** If a worry wakes you during the night, write it down. Then you can go back to sleep knowing you'll remember it when you can do something about it.
3. **Spend some time in nature.** If you can't go outside, listen to videos or CDs with water sounds, such as waves, waterfalls and creeks.
4. **Think through things** and make a plan before you start something.
5. **Just for a while, turn off anything that beeps, buzzes, rings** or otherwise interrupts you.
6. **Get up a half-hour early** so you don't need to rush in the morning.
7. **Listen to children laugh.**
8. **Look for funny signs.** You'll find them almost anywhere.
9. **Hear people out** — let them have their say.
10. **Place a to-go box** at your front door where you can stash things you need to remember.
11. **Always keep your gas tank at least ¼ full.**
12. **Give yourself a foot massage.**
13. **Focus on solutions, not problems.**



“You are not rich until  
you have a rich heart.”

— Roy T. Bennett

## Moving? Alert your credit card issuers

Notify all credit card issuers about any move, even if you set up a mail forwarding service. That way, statements and other documents with sensitive information are not sent to anyone but you. Be sure to update any accounts or services that you have automatically charged to your credit cards, too. If the billing addresses don't match, the credit card could reject the automatic charge.

See page 8 —

## StockYourToolBox:



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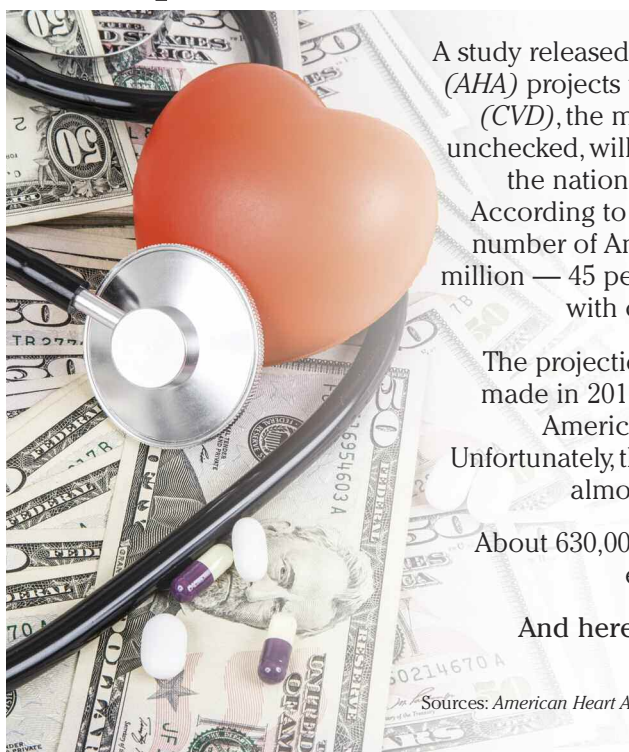
## Making cents of money apps and privacy

Use of financial apps is on the rise. Apps can save you time and money, but you need to be careful, particularly with free apps that don't come from your financial institution. Read the privacy policy before downloading and using an app. The privacy policy can be long and complex, but it will tell you how the app maintains accuracy, access and security. The policy should also outline how it uses the personal information it collects and whether it provides information to third parties.

# FiscalFitness: It pays to take care of your heart

Your heart matters

Do you ever stop to consider the financial impact of cardiovascular disease? As a society, our pocketbooks feel it.



A study released by the American Heart Association (AHA) projects that by 2035, cardiovascular disease (CVD), the most costly and prevalent killer, if left unchecked, will significantly and negatively impact the nation's financial and health care systems. According to the study, in the next 2 decades, the number of Americans with CVD will rise to 131.2 million — 45 percent of the total U.S. population — with costs expected to reach \$1.1 trillion.

The projections are an update of those the AHA made in 2011 that estimated around 100 million Americans would suffer from CVD by 2030. Unfortunately, that prediction came true in 2015 — almost 15 years sooner than anticipated.

About 630,000 Americans die from heart disease each year. That's 1 in every 4 deaths.

And here's the deal: Cardiovascular disease is largely preventable.

Sources: American Heart Association; Centers for Disease Control and Prevention

## Resist the idea of tax-refund loans

A refund anticipation loan is when a company gives you a loan in exchange for your tax refund when you get it.

It may seem convenient when you need quick access to your refund. However, you need to be aware that this creates a situation where people can take advantage of you.

Avoid businesses offering you refund loans that carry high fees and triple-digit interest rates. Instead, file your returns electronically and ask that your refund be deposited electronically into your bank account. It may take as little as a week or 2 to get your refund this way.

For more on tax-refund loans, go to  
[Feb.HopeHealth.com/taxrefund](http://Feb.HopeHealth.com/taxrefund).





The best way to cheer yourself is to cheer somebody else up.

— Mark Twain



## You may want to skip the smiley face in work emails

A study has found that a smiley is not regarded the same way as a smile and can actually have a negative impact on the initial impression created in formal work-related emails. “While an actual smile has a positive impact on creating an initial impression, adding a smiley can harm the person who included it in their email,” explains Dr. Arik Cheshin of the University of Haifa, one of the authors of the study. When emails on formal work-related matters included a smiley, the sender was perceived as less competent. Consider the context of your email before using emojis.

Source: *Newswise/University of Haifa*

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The information in the publication is meant to complement the advice of your health care providers, not replace it. Before making any major changes in your medications, diet or exercise, talk to your doctor.

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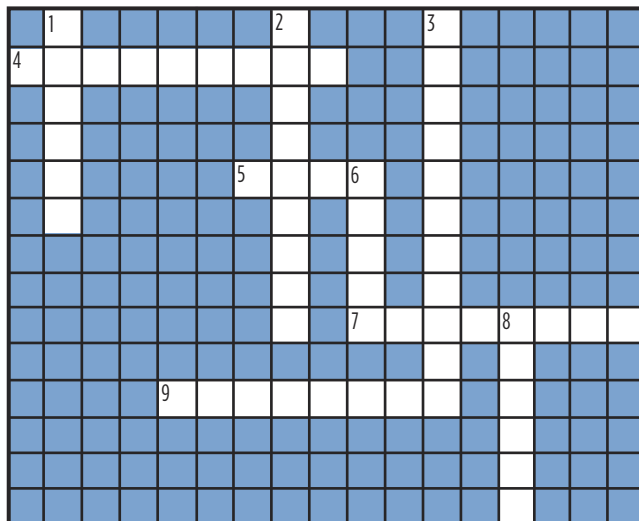
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Please recycle.

# HealthyConnections:



## Down

1. This fish is good for your heart.
2. This bean has 13 grams of fiber per cup (*no space*).
3. An average of 40 minutes of physical activity 3 to 4 times a week can lower this substance.
6. This disease kills about 630,000 Americans annually.
8. This substance is in ears (*no space*).



For the crossword puzzle answer key, go to [Feb.HopeHealth.com](http://Feb.HopeHealth.com)

## February Crossword Puzzle

*Find out how well you know the topics covered in this issue of the newsletter.*

## Across

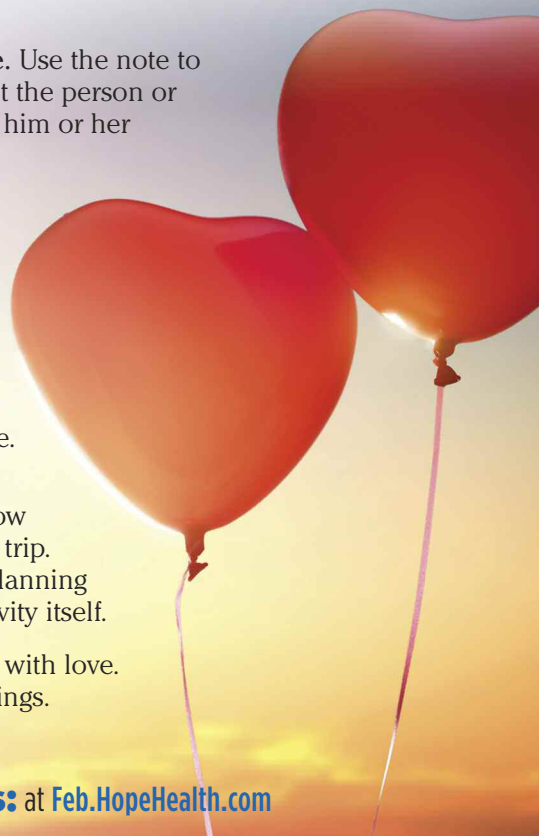
4. Cheese often contains this type of fat.
5. This type of blood pressure is often called the silent killer.
7. This spice is found in Chinese and Indian curry.
9. When you're stressed, your body releases this hormone.

# How do you say, 'I love you'?

*Everyone needs to feel love in different ways. For some, it's words; for others, it's action. There are many ways to let someone know how deeply you care. Here are some ideas:*

- Leave a note in a lunchbox or briefcase. Use the note to say thank you for what you appreciate about the person or include a promise of what you might do for him or her (*make dinner, give a back rub, etc.*).
- Send an email during the day. It doesn't have to be overly mushy. A simple, "I'm thinking about you" can make people feel they are loved.
- Pitch in with a to-do that your loved one has wanted to start or finish — whether it's painting a room, repairing a leaking faucet or organizing the home office.
- Surprise your special someone with spontaneity. Without letting the person know ahead of time, plan an evening out or a day trip. Knowing that you put time and effort into planning something can be as meaningful as the activity itself.

Go beyond just saying, "I love you." Have fun with love. Get creative with how you express your feelings.



# Your Health Matters:

## Heart-healthy habits

February is American Heart Month.

Take this time to develop lifelong habits to keep your heart healthy. Here are a few ideas. Try each suggestion for at least a week to see if it works for you.

**Feb. 1 – 7:** Eat fish at least twice per week for heart-healthy omega-3 fatty acids. Good sources include salmon, trout and herring.

**Feb. 8 – 14:** Identify and eliminate one stressor in your life — maybe it's getting up 5 minutes earlier each day so you're not so rushed in the morning or perhaps bowing out of an activity that's more time-consuming than fulfilling.

**Feb. 15 – 21:** Do housework at a more vigorous pace so you get a workout. Whoever said you had to go to the gym for physical activity?

**Feb. 22 – 28:** Create a new, regular family tradition that keeps your ticker ticking. Make dinner together or plan a family-fun night filled with active games like charades.



## Stock Your Toolbox:

### Your Source for Cool Tools & Resources

Check out [Feb.HopeHealth.com](http://Feb.HopeHealth.com) for a ton of useful well-being information. In addition to the links in the newsletter, here's what else you can find online:

*Here's a list of ways to express your feelings to someone you love — just in time for Valentine's Day:*

♥ **Make their day easier:**

Whether you pack them a lunch, take clothes to the dry cleaner or simply start the coffee before they wake, those little somethings go a long way.

♥ **Create a playlist:**

While mix tapes may be a thing of the past, compiling songs with your loved one in mind is still a welcomed and thoughtful surprise.

♥ **Send a package:**

Is there a book, beauty product or movie that's secretly been on their wish list a while? Send a little happy by mail — it will show you listened when they casually mentioned something they would like.

♥ **Design a restaurant experience at home:**

Replicate your special someone's favorite dish and flex your cooking skills, all in the comfort of casual clothes or even PJs.

♥ **Plan a scavenger hunt.**

With clues to spots that are significant for the 2 of you or as a way to explore untraversed areas and try new activities in your city.

♥ **Get the gang together:**

If your person relishes time with family or friends but rarely gets to see them, arrange a cookout or other group activity (with their OK) where they can see those they love.

♥ **Finding extra hours:**

Do you want to find out how you can earn extra money? Visit [Feb.HopeHealth.com](http://Feb.HopeHealth.com) for more information.

**A list of ways to express your feelings** to someone you love — just in time for Valentine's Day.

**A crossword puzzle** to test how well you know the topics covered in this issue of the newsletter.



Go to [Feb.HopeHealth.com](http://Feb.HopeHealth.com) to find these resources.

*"Things turn out best for the people who make the best out of the way things turn out."*

— Art Linkletter

*"Conscience is the inner voice that tells you the IRS might check your tax return."*

— Author Unknown

*"An optimist is a person who looks forward to seeing the scenery on a detour."*

— Author Unknown

*"It's a dream until you write it down, and then it's a goal."*

— Anonymous