



Positive Pulse Wellness Newsletter

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"Promote and protect the wellness of our community through education, programs, and services."

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Struggling with High Cholesterol?

People with high total cholesterol have approximately *twice the risk* for heart disease as people with ideal levels.

Cholesterol is a waxy, fat-like substance that your body needs. When you have too much cholesterol in your blood, it can build up on your artery walls. Too much cholesterol puts you at risk for heart disease and stroke, two leading causes of death in the United States. But you can take steps to manage your cholesterol levels and lower your risk.

About one in ever six adult Americans has high cholesterol. Anyone, including children, can develop it. Several factors that are beyond your control can increase your risk. These include

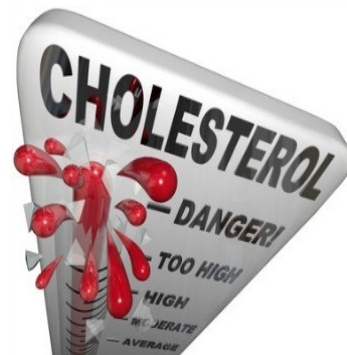
your age, sex, and heredity. But, there are some risk factors that you can change.

Steps to maintain a normal cholesterol level include:

- Eating a healthy diet. A high amount of saturated fat and cholesterol in food that you eat can increase blood cholesterol. Tips on reducing saturated fat in your diet are available in the website for CDC's Division for Nutrition, Physical Activity, and Obesity
- Maintain a health weight. Being overweight can increase your cholesterol level.
- Exercise regularly. You should try to be physically active for 2 hours and 30 minutes each week.
- Don't smoke.
- Limit alcohol use.

High cholesterol itself does not have symptoms. Many people do not know that their cholesterol level is high. That's why it's important to schedule regular visits with your doctor. Be sure to ask about having your cholesterol tested.

Doctors can do a simple blood test to check your cholesterol. If your total cholesterol level is 200 mg/dL* or more, or if you HDL (good cholesterol) is less than 40 mg/dL, you will need to have a lipoprotein profile blood test done. Ask your doctor about what may be right



August: National Immunization Month

Why immunize our children?

Sometimes we are confused by the message in the media. First we are assured that, thanks to vaccines, some diseases are almost gone from the U.S. But we are also warned to immunize our children, ourselves as adults, and the elderly.

National Immunization Awareness Month (NIAM) is an annual observance held in August to highlight the importance of vaccination for people of all ages. NIAM was established to encourage people of all ages to make sure they are up to date on the vaccines recommended for them. Communities have continued to use the month each year to raise awareness about the important role vaccines play in preventing serious, sometimes deadly, disease.

Immunizations have had an enormous impact on improving health o

children in the United States. Most Parents today have never seen firsthand the devastating consequences that vaccine-preventable diseases have on a child, a family, or community. While these disease are not common in the U.S., they persist around the world. It is important that we continue to protect our children with vaccines because outbreaks of vaccine-preventable diseases like pertussis, mumps, and measles can and do occur in this country.

Vaccination is one of the best ways parents can protect infants, children, and teens from 16 potentially harmful diseases. Vaccine-preventable diseases can be very serious, may require hospitalization, or even be deadly—especially in infants and young children.

- ◆ Remind parents of the important role vaccines play in protecting their child's health

an answer their questions about vaccines

- ◆ Encourage college students to talk to their healthcare professional about any vaccines they may need for school entry
- ◆ Educate adults, especially older adults and adults with chronic conditions, about vaccines they may need.
- ◆ Educate pregnant women about getting vaccinated to protect newborns from diseases like whooping cough (pertussis) and flu



**Keep
Calm
AND
Get
Vaccinated**

"Clean Eating" Recipe (www.nhlbi.nih.gov)

Gardening is in full force mode! I have been in Zucchini overload and constantly looking for new recipes to toss this veggie into. For those of you that have this in your garden and are looking for a healthier route other than that tasty zucchini bread here is a great healthy recipe when it's your night to cook :) Enjoy!

Crispy Parmesan Garlic Chicken with Zucchini

Author: Alyssa Prep time: 5 mins Cook time: 20 mins Total time: 25 mins

Crispy Parmesan Garlic Chicken with Zucchini is a fantastic one pan meal that the family will love! The chicken is so tender and breaded with an amazing parmesan garlic crust and the zucchini is sautéed in a delicious buttery parmesan garlic!

Ingredients

- o 2 Chicken Breasts, sliced in half, or 4 thin chicken breasts
- o 8 Tablespoons butter, divided
- o ½ cup Italian Bread Crumbs
- o ½ cup plus 1 Tablespoon grated parmesan, divided
- o ¼ cup flour
- o 2 medium zucchini, sliced
- o 2 garlic cloves, minced



Instructions

1. In a large skillet over medium heat melt 2 Tablespoons butter. To make the chicken: Melt remaining 4 tablespoons of butter in a shallow dish. In another shallow dish combine bread crumbs, parmesan cheese, and flour. Dip the chicken in the butter and then coat in the bread crumb mixture and place in skillet.
2. Cook on each side for about 3-4 minutes until the outside is crispy and the chicken is cooked throughout. Set aside on plate.
3. Add 2 Tablespoons of butter back to the skillet and saute the minced garlic for a minute. Add the zucchini to the skillet and saute until tender. Salt and pepper to taste and add some 1 Tablespoon parmesan. Add the chicken back to the skillet and heat for a minute or so. Serve immediately.

Recipe by The Recipe Critic at <https://therecipecritic.com/2016/07/crispy-parmesan-garlic-chicken-zucchini/>