



Positive Pulse Wellness Newsletter

Volume 3, Issue 9

March 1st, 2017

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

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Special points of interest:

- * Challenge Option 1: Complete the "40 Bags in 40 Days" Challenge
- * Challenge Option 2: Complete the 30-Day Challenge; Optional Modification to complete half the reps in the 30-Day Challenge

Screening Saves Lives

March is National Colon Cancer Awareness month for the State of Nebraska. Colon cancer awareness is key as Screening Saves Lives!

Among cancers that affect both men and women, colorectal cancer is the second leading cancer killer in the U.S. But it doesn't have to be.

There is strong scientific evidence that screening for colorectal cancer beginning at age 50 saves lives!

What is colorectal cancer? Cancer is a disease in which cells in the body grow out of control. Cancer is always named for the part of the body where it starts, even if it spreads to other parts of the body later.

Colorectal cancer is cancer that occurs in the colon or rectum. The colon is the large intestine or large bowel. The rectum is the passageway that connects the colon to the anus.

If you're 50 or older, get-

ting a colorectal cancer screening test could save your life.

Here's How:

- Colorectal cancer usually starts from precancerous polyps in the colon or rectum. A polyp is a growth that shouldn't be there.
- Over time, some polyps can turn into cancer.
- Screening tests can find precancerous polyps, so they can be removed before they turn into cancer.
- Screening tests also find colorectal cancer early, when treatment works best.

Who gets colorectal cancer?

Colorectal cancer occurs most often in people aged 50 years or older. The risk increases with age. Both men and women can get colorectal cancer. If you are 50 or older, talk to your doctor about getting screened.

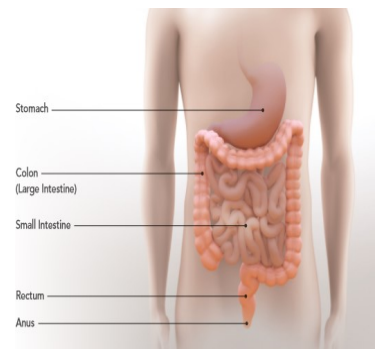
Am I at high risk?

Your risk for colorectal cancer may be higher than aver-

age if:

- You or a close relative have had colorectal polyps or colorectal cancer.
- You have inflammatory bowel disease, Crohn's disease, or ulcerative colitis.
- You have a genetic syndrome such as familial adenomatous polyposis (FAP) or hereditary non-polyposis colorectal cancer.

Speak with your doctor about when to start screening and how often you should be tested if you think you're at high risk for colorectal cancer.



National Kidney Month

March is National Kidney Month. One in three American adults are at risk for kidney disease. What puts you at risk for kidney disease? Major risk factors include diabetes, high blood pressure, a family history of kidney failure and being age 60 or older.

Kidney disease often has no symptoms, and it can go undetected until very advanced. But a simple urine test can tell you if you have kidney disease. Remember, it's important to get tested because early detection and treatment can slow or prevent the progression of kidney disease. Here are some helpful things to discuss with your doctor at your annual physical.

What to Say:

- Discuss your lifestyle
- Tell your doctor about your diet,

alcohol and tobacco consumption, physical activity, and medications or supplements you might take.



- Share your full history
- Speak up about any medical conditions you have and any family history of kidney failure.

What to Ask For:

- A sample urine test if you have any of these risk factors for kidney disease: diabetes, high blood pressure, over 60 years of age, family history of kidney failure
- Copies of your most recent blood work
- Healthy lifestyle recommendations
- Information about medications that can harm your kidneys.

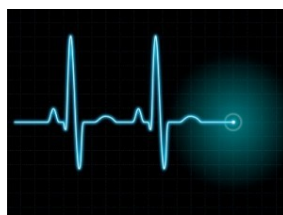
~www.kidney.org~

Target Heart Rate

The rate at which your heart beats during exercise can be used to assess how hard you are working. When performing light to moderate exercise, your heart rate increases as your work rate increases. This ensures that blood gets to the muscles so that they can get the oxygen and nutrients they need to continue working.

Being able to measure your heart rate allows you to determine aerobic exercise intensity by taking your pulse during the workout and comparing it to your target heart rate. A common

method to determine your target heart rate is based on a percentage of your estimated maximum heart rate. Once you know your target heart rate range, you can check your pulse at regular intervals (every 5 to 10 minutes) during the workout session and compare your exercise heart rate to your target heart rate.



If your exercise heart rate is below the target range, increase your pace or effort slightly to achieve the proper intensity. If your exercise heart rate is above the target range, decrease your pace or effort slightly to remain with the range.

~www.acefitness.org~



Brandi's "Clean Eating" Recipe (healthyeating.nhlbi.nih.gov)

Prep time	Cook time	Yields	Serving Size
10 minutes	30 minutes	4 servings	3 small (2-inch) or 1 large (6-inch) waffle (depending on waffle iron size) or pancakes

Ingredients

For waffles:

- 1 C whole-wheat flour
- ½ C quick-cooking oats
- 2 tsp baking powder
- 1 tsp sugar
- ¼ C unsalted pecans, chopped
- 2 large eggs, separated (*for pancakes, see note*)
- 1½ C fat-free (skim) milk
- 1 Tbsp vegetable oil

For fruit topping:

- 2 C fresh strawberries, rinsed, stems removed, and cut in half (*or substitute frozen strawberries, thawed*)
- 1 C fresh blackberries, rinsed (*or substitute frozen blackberries, thawed*)
- 1 C fresh blueberries, rinsed (*or substitute frozen blueberries, thawed*)
- 1 tsp powdered sugar



calories	340
Total fat	11 g
Saturated fat	2 g
Cholesterol	107 mg
Sodium	331 mg
Total fiber	9 g
Protein	14 g
Carbohydrates	50 g
Potassium	369 mg
Vitamin A	8%
Vitamin C	60%
Calcium	30%
Iron	6%

Percent Daily Values are based on a 2,000 calorie diet.

Add to My Recipes