

YOUR GAMEPLAN TO LIVE

HOW TO PROTECT YOURSELF FROM ROUTINE MEDICAL ERRORS

As many as 98,000 deaths occur each year due to all types of medical mistakes. 1 in 7 hospital patients experienced at least one unintended harm that prolonged his or her stay, caused permanent injury, required life-sustaining treatment, or resulted in death. What can you do to make sure this doesn't happen to you or someone you love?

- *Check your doctor's experience.* The more often a doctor has performed a procedure, the more familiar she is with its variations and complications.
- *Avoid Friday afternoons and Weekends.* The operating room staff may be fatigued on Friday afternoons, and during weekends staffing may be lighter, lab results may take longer, and on call docs may have to drive from home. ***Ask for the second or third slot of the morning on a weekday.
- *Check for Electronic Record Utilization.* If possible, use a hospital with electronic records, which can reduce prescription slipups. When information is entered electronically, the computer alerts staff of potential problems.
- *Bring your current Prescription Bottles.* Don't just write down the name; bring them with you to show them so there's less of a chance of a mistake when the staff sees what you're taking.
- *Request a blood-clot screening.* One in 100 patients admitted to a hospital die of a potentially deadly blood clot but half could have been saved with simple preventive measures. When you're admitted to the hospital, you should be screened so double-check with your doctor that your risk has been adequately assessed.
- *Have someone there.* When you're a patient in the hospital, you're likely to be worried, stressed out, and under sedation at times, so it's helpful to have relatives/friends with you to act as your advocates and keep track of everything to prevent error.
- *Get the surgery plan.* Your surgeon should call a time-out before your procedure even begins so the operating team can make sure everyone knows who you are, why you're there, and the correct site of the procedure. To be safe, ask your surgeon to draw the proposed incisions right on the body to make sure it matches the plan you've been expecting.



GARLIC BROCCOLI WITH PINE NUTS

- 1 ½ pounds broccoli
 - ¼ cup pine nuts
 - 3 ½ teaspoons olive oil
 - 1 teaspoon hot chile paste or ¾ teaspoon crushed dried chiles
 - 2 tablespoons minced garlic
 - 2 ½ tablespoons rice wine, mixed with 2 tablespoons water
 - Sauce (mixed together until sugar is dissolved):
 - 1 ½ tablespoons soy sauce
 - 1 teaspoon sugar
1. Trim the ends of the broccoli, separate the florets, peel the outer skin of the stem and cut it on the diagonal into 1-inch lengths.
 2. Toast the pine nuts until golden in a 300° oven, turning them occasionally so that they cook evenly for about 20 minutes.
 3. Heat a wok or large skillet, add oil, and heat until hot, about 20 seconds. Add the chile paste or crushed chiles and garlic, and stir-fry, tossing with a slotted spoon over medium heat until fragrant, about 15 seconds. Turn the heat to high.
 4. Add the stem sections of the broccoli and stir-fry. Pour in the rice wine and water and cook, tossing, about 30 seconds, then cover and cook about 1½ to 2 minutes, until the stems are just tender. Add the florets or leafy sections and toss over high heat, cooking for about 1½ minutes or until just tender.
 5. Add Sauce and toss lightly. Add toasted pine nuts and stir-fry a few seconds to combine the ingredients. Serve immediately.

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- **Beware of shift changes.** Before your current nurse leaves, request time to review your chart and what treatment you're supposed to get next. Ask your new nurse the same to make sure they're on track.
- **Demand a hand-wash.** Potential for infection lurks everywhere in a hospital, so ask everybody to wash their hands as soon as they arrive. Sanitary gel dispensers should be available just outside or inside your room, but if you're not sure they've been used, keep your own gel by your bedside, rub some on before shaking hands, and offer it to visitors.
- **Ask for a regular room cleaning.** Typically, a room is completely washed down between patients, but if you're there for a few days, ask that frequently touched areas be disinfected.
- **Beware of the elevator and your Dr.'s tie.** These are two of the germiest places you don't think about. Use a tissue when handling public buttons and knobs and hand sanitizer.
- **Prevent dangerous falls.** Up to 30% of falls result in serious injury--and in hospitals, they often occur when you're en route to the bathroom. Call for help if you're unsteady. And even if you're not, skid-proof socks help on slippery hospital floors.
- **Smile when you ask for something.** Being pleasant does seem to make staff particularly attentive. Try to be friendly even when there's a problem: "I understand that it's busy, but my IV is beeping, and I'm worried."

Adapted from Prevention.com December 2011. Read more: <http://www.prevention.com/health/healthy-living/14-worst-hospital-mistakes-avoid#ixzz28GJI5J6T>.

ENCOURAGEMENT FOR HAPPINESS AND SUCCESS

We all need encouragement to stay positive! We need encouragement from others, and we need encouragement from ourselves. We need to encourage, guide and praise others. Encouragement is essential, especially in the environment we live in.

Anxiety, doubt, pessimistic thoughts and words, and negative emotions can all be lessened with positive guidance and encouragement. Motivational quotes and sayings are of great benefit and readily available in books, online, etc. The happiest, most successful people often read inspirational books and quotes.

- Begin your day with thanks. Be thankful all the time!
- Start your day with good thoughts.
- Keep an optimistic attitude about the day you have ahead of you.
- Today is only temporary, and very shortly, your today is yesterday!
- Think of how you can brighten someone else's day today.
- A smile and a kind word go a long way!
- Be kind and loving even when you don't feel like it.
- Answer the phone with a smile on your lips.
- Notice beauty around you, and point it out to others.

Believe it or not, your encouragement can make a vast difference in someone else's day. It can even make a huge difference in their life. And by staying encouraged, you will be a far happier person.

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DIABETIC-FRIENDLY JERK FISH

Ingredients:

- 1/2 onion, yellow
- 1 garlic clove
- 1 tablespoons sesame seeds, toasted
- 2 teaspoons sugar substitute
- 1 1/2 teaspoons Allspice, ground
- 1 1/2 teaspoons thyme, ground
- 1/2 teaspoons nutmeg, ground
- 1 teaspoons salt
- 1/4 teaspoons black pepper
- 1/4 teaspoons cayenne pepper, ground
- 2 1/2 tablespoons canola oil
- 1/2 teaspoons white wine vinegar
- 2 pounds sole/flounder, or other white fish uncooked

Preparation:

- Puree onion, garlic, and sesame seeds with the sugar substitute, allspice, thyme, nutmeg, 3/4 teaspoon of the salt, black pepper, cayenne, oil and vinegar.
- Preheat broiler. Lightly spray pan/baking sheet with cooking spray. Rinse fish; pat dry with paper towels. Sprinkle both sides of the fish with remaining 1/4 teaspoon of salt, and place them on baking sheet. Spread spice mixture on fish.
- Broil fish until well browned and just done, about 5 minutes for 3/4-inch thick fillets.

Visit https://www.stepstobalance.com/steps_to_balance/stepstobalance/healthy_eating/100_free_recipes/starters/index.jsp for more diabetic friendly recipes.

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WHEN IS THE BEST TIME TO WORK OUT?

The best time to workout seems to be unique to the individual. For some working out at night may keep you up if you get amped up by endorphins, for others it may not. Working out in the morning is known for starting off your day right and getting your metabolism started for the day. So - it seems it may be unique to your body clock or circadian rhythm. In other words, are you a morning person or a night owl?

It's also important to mention that if you have a real problem with consistency – the morning may be your best bet. This is because if you wake up and get it done first thing you won't be able to get distracted by other time pressures or interferences. Many experts believe, though, that the most important factor is that once you find a good time that works for you and keep sticking with that time and you'll be much more inclined to make exercise a daily habit.

Also, don't forget to eat before your workout! According to Jillian Michaels on *Everyday Health*, "The first issue is that when you exercise hungry you have considerably less energy for your workout and you run the risk of cannibalizing your own muscle tissue. Your body needs a certain amount of sugar for fuel when you're training. So, when you don't have available blood sugar or stored sugar in your muscles, your body can convert your own muscle tissue into energy. Plus, the harder you train, the more calories and fat you will burn — and if you haven't eaten, you probably won't have a very intense workout."

Make sure to have at least a small snack about an hour before you workout; pairing complex carbohydrates with protein.

FISH OIL STUDY CLAIMING FISH OIL NOT SO WORTHY, BUT...

I'm sure many of you heard that there was a study claiming fish oil supplements *don't* have a significant effect on heart attacks, strokes or death.

What you NEED to know is that this isn't the entire story. For instance - the studies didn't test whether the participant's diet was already high in fish oil or if they were already sick. It didn't take into consideration the amount of fish oil or the type, i.e. DHA or EPA. It also didn't account for other medicines the participants may have been on.

"There's no question that polyunsaturated omega-3 fatty acids—the technical name for the good fats found in fish and fish oil—are important parts of a healthy diet. Our bodies can't make them, yet we need them to survive, as they form part of our cell membranes. Although the mechanism by which they might prevent heart disease, cognitive decline, and depression isn't well understood, research suggests that they reduce blood pressure and inflammation and that they increase brain blood flow and give neurons structural strength." *ScientificAmerican.com* 9/24/12

"In an accompanying editorial, experts cautioned that the research is not the final word on fish oils. The authors, Dr. Frank B. Hu and Dr. JoAnn E. Manson, from the Harvard School of Public Health, noted that the trials included in the analysis may not have been carried out over a long enough time to show the true effect of regularly taking fish oil over the long term.

They also pointed out that taking fish oil might still have a sort of insurance or protective effect in people who haven't already developed heart disease. Other



SLOW COOKER CHICKEN & SWEET POTATO STEW

Ingredients:

- 6 bone-in chicken thighs, skin removed, trimmed of fat
- 2 pounds sweet potatoes, peeled and cut into spears
- 1/2 pound white button mushrooms, thinly sliced
- 6 large shallots, peeled and halved
- 4 cloves garlic, peeled
- 1 cup dry white wine
- 2 teaspoons chopped fresh rosemary, or 1/2 teaspoon dried rosemary, crushed
- 1 teaspoon salt
- 1/2 teaspoon freshly ground pepper
- 1 1/2 tablespoons white-wine vinegar

Preparation:

Place chicken, sweet potatoes, mushrooms, shallots, garlic, wine, rosemary, salt and pepper in a 6-quart slow cooker; stir to combine. Put the lid on and cook on low until the potatoes are tender, about 5 hours. Before serving, remove bones from the chicken, if desired, and stir in vinegar.

Per serving (6):

285 calories; 6 g fat; 50 mg cholesterol; 17 g protein; 519 mg sodium

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studies that are under way — and were not included in the new report — are following thousands of healthy adults to see whether fish oil supplements can ward off heart attacks and strokes in people who have no previous history of heart disease.” *New York Times, Health and Science, NYTimes.com, 4/11/12*

Dr. Nicolas Bazan, head of the LSU Neuroscience Center, confirms research that fish oil protects brain tissue, eye functioning and could promote recovery after a stroke.

“One-hundred percent, 100 percent, and in fact there are several clinical studies showing a very close correlation between patients that have cardiovascular disease, and those patients who have cardiovascular disease are smokers, heavy drinkers, with bad dietary habits and they have liver dysfunction. And so when they have, for example, a stroke or a trauma to the brain, they are much more prone in the next decade to develop cognitive issues and specifically Alzheimer's disease,” said Dr. Nicolas Bazan in 2010 in a story about his research.

Dr. Chip Lavie, Medical Director, Cardiac Rehabilitation and Preventive Cardiology, Ochsner Heart and Vascular Institute in New Orleans, says this new study *does* show that fish oil benefits the heart. He suggests that even higher doses or, more importantly, using it regularly as part of a long-term lifestyle, is what gives the health benefits and protection. Dr. Bazan agrees that the longer patients have a balance of DHA in their diets, the better the benefit.

The fish oil you need is omega 3 fatty acids and is in cold-water fish such as salmon and tuna. If from a supplement, look for quality EPA and DHA. In addition to heart health and lowered triglycerides, omega 3's also help people with diabetes, asthma, rheumatoid arthritis, osteoporosis, post partum depression and cancer. *www.ltv.com Posted Sept. 12, 2012*

THE SKINNY ON SUGAR SUBSTITUTES

We aren't making any recommendations as to which artificial sweetener to use or not use, but it is good to be aware that there are benefits as well as concerns regarding the following. Quite frankly, we recommend satisfying your sweet tooth with fresh fruit or a tsp. of real sugar or honey (that's A tsp., not four...), but check out Mayo Clinic's information here for more information: <http://www.mayoclinic.com/health/artificial-sweeteners/MY00073>.

“For people who are looking to decrease their caloric intake, replacing a sugar-sweetened food or beverage with an artificially sweetened one may indeed be helpful in reducing caloric intake. However, she cautions to keep in mind that artificial sweeteners may be found in foods that are not always the most nutritionally sound.” *Dukehealth.org 5/28/11*

Splenda, a brand name for sucralose, is a non-nutritive or artificial sweetener, which is a decent choice for people with type 2 diabetes. Splenda is 600 times sweeter than sugar. It has no effect on blood sugar and passes through the body with minimal absorption. A packet has 3.3 calories.

Saccharin has been around a long time. You usually see it in a pink packet with the brand name Sweet 'N' Low; it's calorie-free and is about 300 to 500 times sweeter than sugar.

Aspartame, a non-nutritive artificial sweetener, is 200 times sweeter than sugar. It is sold under the brand names NutraSweet and Equal. Note: the U.S. Food and Drug Administration has reviewed the scientific research and found aspartame to be safe for



THREE BEAN TURKEY CHILI

- 1.3 lb (20 oz) fat free ground turkey breast
- 1 small onion, chopped
- 1 (28 oz) can diced tomatoes
- 1 (16 oz) can tomato sauce
- 1 (4.5 oz) can chopped chilies, drained
- 1 (15 oz) can chickpeas, undrained
- 1 (15.5 oz) can black beans, undrained
- 1 (15.5 oz) can small red beans, undrained
- 2 tbsp chili powder

Topping:

- 1/2 cup chopped red onion
- 1/2 cup chopped fresh cilantro for topping
- shredded cheddar to top

Brown turkey and onion in a medium skillet over medium high heat until cooked through.

Drain any fat remaining and transfer to slow cooker.

Add the beans, chilies, chickpeas tomatoes, tomato sauce and chili powder mixing well.

Cook on high 6-8 hours.

Garnish with onions, cilantro and cheese and enjoy!

Servings: 12; **Calories:** 206; **Fat:** 1.4; **Protein:** 16.8 g; **Fiber:** 9.0 g

Skinnytaste.com 1/11/09

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human consumption, but there have also been some conflicting studies on aspartame's safety. In addition, people with phenylketonuria (PKU), a rare condition in which they are unable to metabolize phenylalanine (a key component of aspartame), should not consume it.

Truvia is a newer sugar substitute, and is one brand of the sweetener *derived* from the leaf of the stevia plant. It is calorie-free and has been shown to have little to no impact on blood sugar. The U.S. Food and Drug Administration has approved the use of certain stevia extracts as a sweetener in foods and beverages. Note: There have been some reports of side effects associated with over-consumption of stevia, including headaches and gastrointestinal symptoms, but to date there is no solid scientific research to back this up.

Agave is a form of sugar derived from the sap of the agave plant. It is low on the glycemic index, so it is absorbed more slowly by the body than sugar, but it has 60 calories per tablespoon. It is 1.5 times sweeter than sugar.

Sugar Alcohols (sorbitol, xylitol, mannitol, etc.) are derived from the natural fibers in fruits and vegetables. They contain carbohydrates, so they are nutritive sweeteners. Sugar alcohols are low in calories and blood-sugar friendly, but they can cause indigestion, bloating, diarrhea, and headaches for some people.

WEIGHT LOSS WITH TWO-A-DAYS

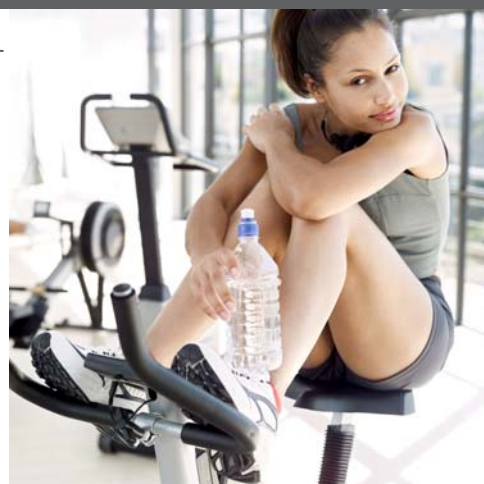
Just cardio is not enough; we encourage a schedule that fits in cardio, strength, and flexibility training. A great way to accomplish this is by doing cardio in the morning and combining strength and flexibility in the evening with Pilates or yoga (or vice versa). Not only do Pilates and yoga build strength, muscular endurance and flexibility, but both have many other benefits such as core stability, better balance, better posture, and mental focus/meditation that rids stress and tension, which are all so important as we age. Some of the days - switch out with weight training and you'll have the complete package!

Including all types of exercise into your routine is a sure way to help your metabolism and lose weight, but remember working out without the right diet is like putting on your sneakers without tying the laces...you can only go so far. You can get stronger and look better, but a lot of the times you won't lose much weight.

So remember to find a diet that's right for you. And don't forget breakfast! If you're doing a morning exercise, you'll need calories to get your best workout in, and breakfast jumpstarts your metabolism for the day. Be sure to eat plenty of fiber with fruit, vegetables, and whole grain. And get plenty of lean protein. Also - eat at times that work best for your schedule. Eating large meals at once make many people lethargic, which isn't good for keeping your energy up.

At Occupational Athletics, we know that the future of healthcare is in the *prevention* of illness and injuries.

It is our mission to provide preventative care utilizing sports medicine principles and lifestyle modification training to create an atmosphere of health, safety, and performance to allow employees to enjoy an enhanced quality of life and reach their retirement—and beyond—SUCCESSFULLY!



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