Wise Woman
HAP takes care of you while you take care of everyone else.

Get Real with Your Workout
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Are You an Antibiotic Ace?
Take our quiz on the back cover.

Antibiotic Ace Quiz Answers:

1. False. Antibiotics can become resistant to regular use of antibiotics.
2. False. Some antibiotics can affect the stomach lining and may cause diarrhea.
3. True. It’s important to finish the full dose of an antibiotic.
4. False. Some antibiotics can affect the baby’s growth.
5. False. Antibiotics are not likely killed.
6. False. Some antibiotics can affect the baby’s growth.

Advice

Fear S.A.D.? Three ways to protect against Seasonal Affective Disorder.
Six Tips to Fight Dry Winter Skin We’ll help you stay silky.
Yawn If You Have a Thyroid Disorder. Wise Women and Thyroid Disease.
Lighten Up! Can laughter really boost your health?
Are You an Antibiotic Ace? Take the test.

Members
Women Helping Women HAP Wise Woman readers share their lifestyle tips.

Nutrition

Broccoli Salad with Dried Cherries

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Has Your Child Reached the Terrible Teens?

“How was school, Shelby?” Janet asks her daughter cheerfully, as the teen walks in after school.

“Mmmmmmmm,” Shelby answers, staring at the screen of her cell phone as she walks to her room and shuts the door.

When children reach their teens … sometimes even sooner … exchanges like this become the new "normal."

“Teenage years can be a challenging time,” acknowledges Kelly Rogalski, M.D., Henry Ford Health System Behavioral Services. “Teenagers are seeking independence, but they’re not prepared to be adults. They need boundaries. It can be hard for parents to know when to allow independence and when to set limits. It’s important to look at the big picture, and evaluate whether your teen is maintaining an overall picture of health. If they’re making good choices as a pattern, a single incident becomes less concerning.”

What’s Normal?

“Experimenting with a new look, pushing limits with rules … those things are somewhat normal among teens,” says Dr. Rogalski. “Mood swings can also be normal. However, if the mood lasts more than a day, that may be cause for concern, especially if it’s accompanied by changes in appetite, sleep, school attendance or grades.”

That attachment to the cell phone? Also not unusual. “Teens communicate with technology differently than we did,” says Dr. Rogalski. “They do lots of text messaging and use social media such as Facebook™ and MySpace™ to maintain friendships. It becomes abnormal if it gets in the way of school or other activities, or if their use becomes inappropriate. Obviously, text messages should never be sexual in nature, and teens should never use the Internet to seek out romantic relationships.”

What’s Not Normal?

“A consistent pattern of defiance, not sleeping or not communicating with family or friends are causes for concern,” says Dr. Rogalski. “In addition, too many teens have the perception that some experimentation with drugs and alcohol is normal. This is not a healthy behavior and can lead to a tremendous number of consequences. Parents should always strive for zero drug and alcohol use. And finally, talking about death should always be taken seriously.”

Smoothing the Way

“Set expectations together,” advises Dr. Rogalski. “Begin the conversation on mutual ground, where you agree. Work with your teen to have him/her set goals, and discuss what needs to be done to meet them. Set clear expectations together, as well as consequences when those expectations aren’t met. Put the plan on paper, and follow through.”

Consequences should suit the infraction – for example, if the teen breaks curfew, the teen stays in next weekend, or if the teen sends inappropriate text messages, the teen loses the phone. “Remember your own teen years,” adds Dr. Rogalski. “Keep in mind that independence is a healthy thing in adulthood. When behavior becomes unhealthy, that’s when you step in.”

If you have concerns about your teen’s behavior, your family pediatrician can direct you to a therapist or adolescent psychiatrist. You can also find help by calling HAP Coordinated Behavioral Health Management toll-free at (800) 444-5755.
Lifestyle changes and reinforcement work better than “dieting.”

In April 2009, I went to donate blood and found out I had super-high blood pressure. That resulted in a visit to my doctor and then to a cardiologist, along with many tests – all to tell me I was overweight and needed blood pressure medication. I decided to begin using the treadmill at the gym. I hated it. It was a chore. But I lost 30 pounds.

One day, I attended a lecture at Henry Ford West Bloomfield Hospital. The staff at Vita – the health and wellness center within the hospital – showed me the facility. It was beautiful. I signed up for a membership, which enables you to take all their classes free. I attend yoga, weight loss and exercise physiology classes, plus I use their free health coaching services every month. Being a member of Vita makes it fun to exercise, and the reinforcement I receive by being around professionals helps keep me on track. We don’t talk about diet. It’s all lifestyle changes. Since January 2010, I’ve lost another 50 pounds, for a total of 80 pounds lost. My doctor told me I no longer need blood pressure medication!

Making lifestyle changes has worked for me. I may slip up once in a while, but I don’t feel bad like I used to. I’ve lost the weight, and there’s always tomorrow.

Lynn Marie Lee, Lathrup Village

Do you have a great story or tip to inspire other Wise Women?
Send an e-mail to us at hapwisewoman@hap.org.

Get a 15% discount at Vita through HAP Advantage. Learn more at hap.org.

Taking Health Personally with \textit{iStrive}^SM \textit{for better health}

People who have tried \textit{iStrive}^SM \textit{for better health}, the online health improvement program offered at hap.org, feel confident the solutions were written just for them. The truth is, although the 16-page, personalized action plan is automated, it is so precisely tailored to your needs, it is created just the way a personal health coach would do it for you. And it’s free.

A detailed questionnaire evaluates your health, considering not only habits such as nutrition, weight, exercise, stress, and alcohol and tobacco use, but your confidence that you can actually make a change in any given behavior and any barriers that could present challenges. Even the questions change based on your answers. It all works together to create an action plan that is ideally suited for your life.

Try it for yourself.
Log in at hap.org and then select \textit{iStrive}^SM in the “Quick Links” box on the right-hand side.
Menopause Gut Check

Is it your imagination, or after menopause did hordes of fat cells migrate from other parts of your body to your belly?

Alas, it’s true. As women age, our percentage of body fat increases at a higher rate than men. After menopause, body fat does, in fact, shift from our arms, legs and hips, settling in the abdomen. These extra fat cells in the abdomen can produce hormones that can promote insulin resistance (which can lead to Type 2 diabetes) and estrogen (which may increase your breast cancer risk) – and they’ve also been linked to heart disease and many other health issues.

A waist measurement of 35 inches or more indicates an unhealthy concentration of abdominal fat. Daily, moderate-intensity exercise is the best way to beat the bulge. Lose weight, tone the muscles and you’ll notice your belly fat shrinking, too.

Feeling S.A.D.?

If long, dark winter months make you feel moody and sluggish, you’re not alone. It may be Seasonal Affective Disorder (S.A.D.). These measures may help:

Open those curtains. Make your environment brighter, and sit in the sun.

Get outdoors. Take a long walk, and take in some crisp air and daylight.

Exercise. Physical activity can relieve stress and anxiety, and feeling fit can help your mood.

Six Tips to Fight Dry Winter Skin

1. Stay hydrated – drink water throughout the day.
2. Apply sunscreen – it adds moisture and protects against harmful rays.
3. Choose a moisturizer containing avocado oil, mineral oil, primrose oil or almond oil.
4. Exfoliate in the shower to remove dead skin and help moisturizers take hold. (Try the salt scrub recipe, below.)
5. Use humidifiers in your home and office.
6. Take a shorter, cooler shower.

MAKE YOUR OWN SALT SCRUB

Ingredients:
- 8 cups coarse salt (pickling or Kosher)
- 2 cups avocado oil or jojoba oil
- 1 cup apricot oil or peach kernel oil
- 1 cup unsweetened cocoa or ¼ cup freeze-dried coffee crystals
- 2 tablespoons vanilla extract
- A few drops of pure essential oil – vanilla, lavender, chamomile, rose, mandarin orange or lemon work well

Directions:
Mix oils into the salt slowly, until you can form the mixture into a wet, but not dripping, ball. Add more oil as needed. Add a few drops of essential oils until scented to your liking. Store in a jar with a secure cover. Since all the ingredients are natural, you will want to use or discard the scrub within 30 to 45 days.

Make extra batches for Valentine’s Day gifts!
Wise Advice

Organization Is the Best Medicine

With every visit to your doctor or pharmacy, you leave with paper. There’s a receipt showing your copayment, treatments and procedures; informational handouts and notes you jotted down. Plus there are test results that were mailed to you. Important legal documents such as an Advance Directive (a document outlining your wishes regarding treatment if you should become unable to speak for yourself) and Durable Power of Attorney (DPOA) for Health Care and your individual family health history.

Multiply all that by each member of your family, and by the number of visits each family member needs.

That’s a lot of paperwork.

“Organized personal health information can improve your quality of care and communication with your physician,” says Michaeline Raczka, R.D., Certified Life Coach, motivational speaker and owner of clutterbustingcoach.com. “Organized records will also make tax time easier and can save you money. If you have a flexible spending account, for example, it doesn’t carry over year to year. You need to make sure you’re budgeting appropriately.

Organized records can also help you make better benefit choices and help you spot important trends in your own health care. When we’re at an office visit and they give us that questionnaire to complete, we often rely on memory. When it comes to your health, do you really want to do that? You may miss a medication, a past procedure or situation that could be a clue into your current situation,” notes Michaeline.

In Your File Cabinet

To organize your medical records, Michaeline encourages finding a system that works for you. “You can have hard copies or electronic copies. I like to keep a hard copy, using a three-ring binder. You can easily add tabs for each family member, for medical records and dental records, or create a section if you’re dealing with a specific medical condition. It’s also nice to have one summary page, with contact information and the name of your patient advocate (a person you trust to make health care decisions if you’re incapable).”

In Your Computer

A number of online resources have emerged, that offer the ability to link your medical information to additional resources, track health conditions and check prescriptions for drug interactions. They can also make your medical records available to you when you travel. Because users can choose designated patient advocates to access their secure information, online health records can be useful for managing the care of a relative, or for parents with joint custody of children.

Be sure your patient advocate and your family doctor have a copy of your Advance Directive and DPOA for Health Care. Medical services receipts used for tax purposes should be kept for seven years. Your medical history is ongoing and a summary should be kept permanently.

Check Out These Free Online Health Resources:

Microsoft Health Vault  www.healthvault.com/personal/index.aspx
Google Health       www.google.com/health
WebMD            www.webmd.com/phr

Yawn If You Have a Thyroid Disorder

For many Wise Women, the symptoms read like a list of everyday complaints. Fatigue. Dry, brittle hair. Anxiety. If these are symptoms of thyroid disease, is there anyone who does not have it?

In fact, says Ashish Verma, M.D., Department of Endocrinology with Henry Ford Macomb Hospitals, next to arthritis, thyroid disorders are the most prevalent health problem among women ages 35 to 55. “Women are four times more likely to be affected than men, but we don’t understand exactly why.” While thyroid disease symptoms can occur due to many other causes, thyroid problems are common enough that most personal care physicians check thyroid function as a part of routine blood work in regular physical exams.

The thyroid gland, located just below your Adam’s apple, regulates metabolism and calcium balance. Thyroid disease is an autoimmune disorder in which the gland is either overactive or underactive.

Hyperthyroidism: Too Much

If the thyroid gland is overactive, the condition is called “hyperthyroidism.” The most common type of hyperthyroidism is called “Graves’ disease”; it occurs when the immune system attacks the thyroid gland and causes it to overproduce the hormone thyroxine. This cranks up the body’s metabolism and causes symptoms like:

- Anxiety
- Insomnia
- Rapid heartbeat
- Increased perspiration
- Irritability
- Fatigue
- Tremors
- Sensitivity to heat

“All thyroid disease can have far-reaching ramifications,” says Dr. Verma. “If not treated, Graves’ disease can be especially serious. You can wind up with atrial fibrillation, which can lead to hospitalization, stroke or death. It can also lead to osteoporosis.”

While treatments for Graves’ disease cannot prevent the immune system from attacking the thyroid gland, they do alleviate symptoms and lower the production of thyroxine.

Hypothyroidism: Not Enough

Even more common in women is hypothyroidism. “Mild hypothyroidism is not immediately dangerous, but in the long run, it can lead to increased cholesterol and heart disease,” Dr. Verma says. Symptoms of hypothyroidism include:

- Fatigue
- Sluggishness
- Constipation
- Elevated cholesterol
- Joint stiffness or swelling
- Dry skin, brittle hair and nails
- Hoarseness
- Heavy menstrual periods
- Depression
- Sensitivity to cold

Treatment of hypothyroidism with a synthetic thyroid hormone is usually simple, safe and effective.

The good news? If you have thyroid disease, it can easily be detected during your routine physical exams. “The TSH test, a simple blood test, is the best indicator of thyroid disease,” Dr. Verma explains. “This test is used routinely in all screening blood work, and it’s recommended that women ages 35 to 55 have this test done every three to five years. If there is a strong family history of thyroid disease, or if somebody has diabetes or is obese, they might need it more often.”
While out for a daily walk, a Wise Woman noticed a little old man rocking in a chair on his porch. He looked so content, she couldn’t resist approaching him. “I was just admiring how happy you look,” she said. “What’s your secret for a long, happy life?”

“I smoke three packs of cigarettes a day,” he answered. “I also drink a case of whiskey a week, eat fatty foods and never exercise.”

“That’s amazing,” said the woman “How old are you?”

“Twenty-six,” he replied.

Depending on how long you laugh at that joke, you could burn up to 40 calories. Laughing 10 to 15 minutes can burn between 10 and 40 calories, and humor has been proven beneficial to health in many other ways:

- Laughter improves blood vessel health. Researchers at the University of Maryland School of Medicine in Baltimore showed movies to a group of people and found that blood vessels constricted when they watched stressful subject matter, but comedies caused the inner lining of blood vessels to dilate, increasing blood flow.
- Some studies show humor can raise levels of infection-fighting antibodies for a stronger immune system.
- Laughter can lower blood sugar levels. A study showed patients with diabetes had lower blood sugar levels after watching a comedy than they did after attending a dull lecture.
- Just the physical action of smiling releases “feel good” hormones.

“Laughter is sometimes known as a body-mind-soul medicine supporting your physical and mental health,” says Donna Marie, professional life coach and HAP’s Revive™ Simple Tools to Overcome Stress facilitator. “A good laugh helps to bring your body back into balance. It stimulates your organs, relaxes your muscles and can decrease pain. It can draw people to us, as well, strengthening interpersonal relationships and opening up ways to resolve conflicts.

If you’re making jokes around others, though, be sure you’re not making other people the object of the joke. Hurtful humor is never funny.”

Try these tips for bringing more humor into your life:

- Get a free “joke of the day” sent to your e-mail or smart phone.
- Make an effort to spend time with people you think are funny.
- Visit the “humor” section of your local library or bookstore.
- Rent comedy films – organize a group of friends and make a night of it.
- Visit a comedy club.
- Read the “funnies” or comics in the paper, or customize your homepage to show your favorite comic strip.
- Record each of your family members laughing.

“A lot of the way we experience life, including our health, is in our attitude,” adds Donna. “Humor can be a holistic approach to illness. It’s a natural capability we were born with to reduce stress and change our attitude. Humor is our birthright.”
Get Real with Your Workout

For most women, life is tougher than any workout. It’s a pentathlon of briefcase, purse and laptop hauling, kid wrangling, grocery carrying, laundry loading and housework tackling. And no matter how many ab crunches, bicep curls or leg extensions you pack in, somehow you still experience that nagging hip, back or shoulder pain.

If you have persistent joint or muscle pain, your workout needs more functional fitness, suggests Sherry McLaughlin, M.S.P.T., O.C.S., C.S.C.S., founder and president of Michigan Institute for Human Performance, Inc. (MIHP), and facilitator for HAP’s MoveWell Every Day program. “Think about conventional exercises, like doing a dumbbell front raise, with your elbow locked,” Sherry says. “Does it strengthen that shoulder muscle? Absolutely. Does it teach it to work like it would in real life? No. If I put a box on the floor in front of you and asked you to put it on a high shelf, you’d squat down, pick up the box, pull it up to your chest and press it over your head to get it on the shelf. That would work your feet, hips, trunk, shoulder and your entire arm. That’s the idea behind functional fitness. Functional fitness does more than just strengthen muscles. It teaches them to work in coordination with other muscles, like they do in real life.”

Follow Sherry at the www.MIHP.net web site or on Facebook™

Create Your Own Functional Fitness Workout

You can create a functional fitness workout by choosing and combining exercises you already know. “A solid functional fitness training program consists of no more than nine exercises,” says Sherry. “Make sure together they address the three planes of motion: front-to-back, side-to-side and, most important, rotational (twisting).”

Choose three upper-body, three lower-body and three core (abdominal) exercises.

- Upper-body exercises should incorporate push/pull or throwing/punching motions.
- For lower-body exercises, choose lunges, squats and step-up/step-down (as opposed to the more conventional leg extension and hamstring curls).
- An excellent core exercise is, surprisingly, the pushup – because it forces you to keep your abdomen taut while you work your arms, shoulders and chest.

“Most exercises should be done standing. If an exercise doesn’t look like something you do in the real world, it’s probably not functional,” Sherry advises.

Once your first nine exercises become easy, start new exercises, and rotate them over time. “Google ‘lunge’, and you’ll find 20 different variations,” says Sherry. “That can keep you busy for months! Muscles only learn the lessons we teach them, so teach them the lessons that will help you achieve better movement in the real world.”

HAP Member Victoria Griffin is guided by Sherry McLaughlin
Can you give me some new ideas for incorporating more fruits and vegetables into my family’s diet?

Great question. Right now, the American Cancer Society is so convinced about the cancer-fighting abilities of fruits and vegetables, it is considering recommending nine to 11 servings of fruits and vegetables each day. How in the world can you do that? Here are some ideas:

- Add shredded carrot to your spaghetti sauce.
- Use salsa in snacking and cooking. It adds plenty of fat-free flavor while boosting your vegetable intake.
- Have a salad with every lunch and dinner, but use romaine, spinach or dark leaf lettuce instead of iceberg. Or you can make a salad with no lettuce at all – just tomatoes, cucumbers, carrots, peppers, celery. Try a carrot-raisin salad with fat-free mayo dressing, or my Broccoli Salad with Dried Cherries (see recipe).
- Make a big batch of vegetable soup, and have a bowl every day.
- The fresh vegetable platter isn’t just for holidays. Make it a weekly tradition to whip one up as a snacking staple.
- Add berries to yogurt or cold or hot cereal.
- Make smoothie drinks with frozen fruits.
- Snack on frozen, unthawed fruit like strawberries, raspberries, blueberries and cherries.

Follow the DIET FREE lifestyle and Zonya on Facebook™.

Q: Can you give me some new ideas for incorporating more fruits and vegetables into my family’s diet?

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Wise Members

Among the Best!

For the third consecutive year, our members rated HAP “Highest in Member Satisfaction among Commercial Health Plans in Michigan” in the J.D. Power and Associates 2010 National Health Insurance Plan StudySM. The study measures seven key drivers of satisfaction and the members’ overall health plan experience: Coverage and Benefits, Provider Choice, Information and Communication, Claims Processing, Statements, Customer Service and Approval Processes. Please check out these ratings on hap.org.

Receiving this award for the third year in a row makes this an exciting time at HAP! Our intense focus on customer service excellence continues to set us apart from other Michigan health plans.

HAP is committed to enhancing the health and well-being of the lives we touch, and this award shows that our efforts are being observed.

We know you have other health care plan choices, and we appreciate your continued membership with HAP.

For more information on this ranking, visit J.D. Power Consumer Center at jdpower.com.

Health Alliance Plan of Michigan received the highest numerical score among commercial health plans in Michigan in the proprietary J.D. Power and Associates 2008 – 2010 U.S. Member National Health Insurance Plan StudiesSM. 2010 Study based on 33,986 total member responses, measuring four plans in Michigan (excludes Medicare and Medicaid). Proprietary study results are based on experiences and perceptions of members surveyed in November - December 2009. Your experiences may vary. jdpower.com

HAP WISE WOMAN RECOMMENDS:

The Immortal Life of Henrietta Lacks by Rebecca Skloot

A story about faith, science, journalism and grace, The Immortal Life of Henrietta Lacks is also a tale of medical wonders and medical arrogance, racism and poverty. Henrietta Lacks was a 31-year-old mother of five when she died of cervical cancer in 1951. Without her knowledge, doctors treating her took tissue samples from her cervix for research. They spawned the first viable cell line – known as HeLa. These cells have aided in medical discoveries from the polio vaccine to AIDS treatments. The story portrays the devastating impact of Henrietta’s death and the eventual importance of her cells to her family.

MEET THE AUTHOR

The Detroit Public Library will host Rebecca Skloot on Saturday, March 26, 2011 at 2 p.m. in the Friends Auditorium, Main Library. For more information contact the Detroit Public Library at www.detroit.lib.mi.us.
Are You an Antibiotic Ace?

Antibiotics have been called “wonder drugs” because of their ability to treat bacterial infections that were once deadly. But overuse of these drugs has allowed some bacteria to become resistant to them. Learn more about this important issue by taking this quiz. The answers are on page 2.

- **True**  **False**  Antibiotics kill both viruses and bacteria that cause illness.
- **True**  **False**  Antibiotics will help you recover from a cold or the flu.
- **True**  **False**  If you are taking antibiotics, it’s OK to stop taking the medicine once you start to feel better.
- **True**  **False**  Antibiotics kill not only the bad bacteria causing your illness, but also the good bacteria that inhabit your body.
- **True**  **False**  All antibiotics are safe to take while you are pregnant or breast-feeding.
- **True**  **False**  Over time, people can become resistant to antibiotics.

Get more answers about antibiotics at [Facebook.com/hapwisewoman](http://Facebook.com/hapwisewoman).

FEEDBACK

We love hearing from you. You may contact us:

- **By mail:**
  HAP Wise Woman Editor
  2850 W. Grand Boulevard
  Detroit, MI 48202

- **By phone:**
  (800) 825-4HAP (4427) Toll-free
  (313) 664-5912 Fax

- **By e-mail:**
  hapwisewoman@hap.org
Help them Quit for Good.

Men are more likely than women to smoke. Smoking raises their risk of lung cancer by more than 22 times. It also puts them at risk for:

- Emphysema
- Chronic bronchitis
- Heart disease
- Stroke
- Cancer
- Impotence and infertility

If the man in your life is a HAP member, smoking cessation help is available by calling (313) 874-1885 or e-mailing TobaccoFree@hfhs.org.

Non-HAP members can obtain free help from a National Cancer Institute counselor by calling toll-free (877) 44U-QUIT (877-448-7848).
Dear ________________________,
This Valentine’s Day, I want you to know your health matters to me because ____________________________

Here is a little reminder to take care of you. Please remember to:
❤️ Get your blood pressure checked at every doctor’s visit, which should happen at least every two years.
❤️ Get a cholesterol check at least every five years.
❤️ Beginning at age 45, get a blood sugar or HgA1C test every three years.
❤️ Know your numbers; your blood pressure, cholesterol, body mass index and waist circumference. Talk with your doctor about what they mean for your health.
❤️ If you need help with any of the above, just let me know.

It’s good for you. It’s good for your heart. And that’s good for my heart.
Wishing you health, happiness and love,
_____________________________________

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It’s good for you. It’s good for your heart. And that’s good for my heart.
Wishing you health, happiness and love,
_____________________________________

As a Wise Woman, you have a lot to offer the men in your life. And that includes influencing their health and well-being. Men usually don’t learn about health issues by reading, watching television or researching it online. In fact, men typically learn about health from their wives, girlfriends, sisters or mothers.

Pass along these Valentines to the most important men in your life, to let them know you care. You might just put them on the path to taking charge of their health.