



November 2020

The Tempting Season

Thanksgiving through Christmas

It's easy to visualize. There is turkey with dressing, potatoes with butter and sour cream, ham, candied sweet potatoes, casseroles, noodles and scalloped oysters. Then comes the cakes, cookies, candy and pies!

These are just some of the delicacies you will find on the endless tables of the holiday season. You could weigh 6 to 10 pounds more by New Year's Day.

Science comes to the rescue. Doctors at the University of Washington say your body is good at matching energy intake to energy usage. In other words, if you pay attention to how hungry you are, you'll eat about as much food as your body needs.

To avoid the temptation to eat it all, here is some good advice:

- ◆ Select a combination of protein and complex carbs at each meal.
- ◆ The American Dietetic Association says a good breakfast would be a boiled egg, whole grain toast with peanut butter, and skim milk.
- ◆ Have a snack like fruit or some nuts and a big glass of water before you go to the feast. Don't arrive ravenously hungry.
- ◆ Survey all foods at the table and choose what you really want instead of taking some of everything.
- ◆ Get regular exercise, especially on the day of the big dinner.
- ◆ Know the difference between boredom and hunger. With all the goodies available during the holidays, it's easy to munch mindlessly. Play a game—phone a friend—but don't munch!

Eat sensibly and regularly, plan how to approach the feast, exercise, and you can avoid both temptation and weight gain.

Cultivating Thankfulness

People who have faced losses early in life tend to have higher levels of optimism, suggesting that adversity can promote personal growth over time. But you don't have to wait for a tragedy to grow your feelings of gratitude. You can start today. Here's how:

- **Keep a gratitude journal.** At least once a week write down all of the things you are thankful for.
- **Create a list of benefits in your life.** How much do you take these for granted? This can be a concrete visual way to maintain mindfulness of your gratitude.
- **Talk to yourself** in a creative, optimistic, & appreciate manner. Reflecting on things for which you're thankful or, if you're facing a challenging situation, think about how it can ultimately be beneficial. For instance, having to cope with difficult people in your job can improve your patience and understanding.
- **Reframe a situation** by looking at it with a different, more positive attitude. For example: Rather than seeing his 6-year-old daughter as cranky, irritable, and troublesome, a father might reach the conclusion that the youngster is tired and needs rest.

Not convinced these simple gratitude strategies can improve your overall health and well-being? There's one way to find out.....Try it out for yourself.

Veterans Day 2020—Nov 11th

Veterans Day honors all veterans but focuses on the contributions of living veterans. Various cities honor veterans by holding parades or special ceremonies. In this time of turmoil, it is comforting to remember the men and women of the various services who have given up much to defend us.

They may be our brother, sister, father, mother, uncle, aunt, grandfather cousin, or neighbor. All veterans deserve our heartfelt thanks and appreciation!



Lung Cancer Awareness Month

Lung Cancer Deaths Decline with Treatment Advances



Lung cancer is responsible for more deaths than any other cancer among Americans. More people die from lung cancer than breast, colon and prostate cancers combined—about 150,000 deaths in 2018, according to the Cancer Research Institute.

But, lung cancer deaths—particularly from non-small cell lung cancer, which occurs more commonly in non/never smoking patients—are decreasing. These improvements in mortality are likely due to lower incidence overall, and critical advances in treatment (particularly targeted therapies), according to the *New England Journal of Medicine*.

“Targeted therapies” use specific drugs to attack certain types of cancer cells, disrupting the signals that cause them to grow, according to *Lungevity*, while “immunotherapies” alter the body’s immune system to target and destroy cancer, according to *Oncology Nurse Adviser*.

According to *Healthline*, as more is understood about lung cancers, researchers are optimistic that physicians will be able to continue to refine and personalize lung cancer treatments for individual patients. The bottom line is...fewer people are being diagnosed with lung cancer, and those who are diagnosed are more likely to survive longer said Xiuning Le, M.D., PhD., of the University of Texas MD Anderson Cancer Center in Houston.

The Great American Smokeout—November 19th

COMMIT TO QUIT—The annual Great American Smokeout is on November 19th this year! Abraham Lincoln said, “Commitment is what transforms a promise into reality.”

According to the Mayo Clinic, cigarette smoke delivers over 40 known cancer causing chemicals, poisons such as arsenic and cyanide—and 4,000 other substances, many of them confirmed carcinogens.

Most smokers want to quit and November 19th is a great day to do it!



Fish Tip: Freshwater fish have omega-3s

If you're a fisherman or have friends who share their catch with you, here's good news: Ocean-going fish may be rich in those important omega-3 fatty acids, but salmon, tuna, mackerel and herring are not the only sources.

Freshwater game fish have omega-3s, as well. Lake Superior lake trout are actually richer in this nutrient than Atlantic salmon or Atlantic mackerel. The trout has 3 grams per 3.5-ounce serving as opposed to 1.84 for the salmon and 1.2 for the mackerel.

Other freshwater game fish with omega-3s include whitefish with 1.6 grams per 3.5 ounce serving, chub with 1.5, herring with 1.1, bass with 0.9, smelt with 0.5, walleye at 0.4, and northern pike with 0.1 ounces per serving.



Reminder—Don't Forget Flu Season

Fact: 35.5 million people got sick with influenza in 2019 and 34,200 died. 188 were children.

With all the attention on COVID-19, don't overlook getting a flu shot. Flu season usually starts around October and can run until the following May. It peaks in December and January.

