

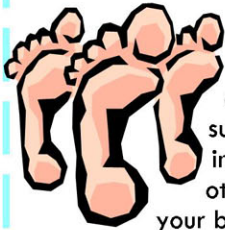
# Here's to Your Health!

NetCare's Health & Wellness News

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## Keep your **FEET** Healthy and Happy!

The human foot is a biological miracle: strong, flexible, and built to support hundreds of tons of pressure and withstand the tremendous forces of everyday



living. It's no wonder that your feet are more susceptible to injury than any other part of your body. Here

are 10 tips to help keep the 26 bones, 33 joints, and thousands of muscles, ligaments, tendons, blood vessels, and nerves in your feet safe.

1. **Wash your feet regularly**, especially between the toes, and dry them completely.
2. **Trim toenails straight across**, but not too short. Be careful not to cut nails in corners or on the sides; it can lead to ingrown toenails.

3. **Inspect your feet regularly.** Pay attention to changes in color and temperature, look for thick or discolored nails (a sign of developing fungus), and check for cracks or cuts in the skin. Peeling or scaling on the soles of feet could indicate athlete's foot. Any growth on the foot is not considered normal.

4. **Make sure that your shoes fit properly.** Purchase new shoes later in the day when feet tend to be at their largest and replace worn out shoes as soon as possible.

5. **Select and wear the right shoe** for the activity that you are engaged in (i.e., running shoes for running).



6. **Alternate shoes** — don't wear the same pair of shoes every day. Give them time to air out!

7. **Avoid walking barefooted** — your feet will be more prone to injury and infection. At the beach or when wearing sandals, always use sunblock on your feet just as on the rest of your body.

8. **Be cautious when using home remedies** for foot ailments; self-treatment can often turn a minor problem into a major one.

9. If you are a person with diabetes, it is vital that you

**see a podiatric physician** at least once a year for a check-up.

10. **Don't ignore foot pain** — it's not normal. If the pain persists, see a podiatric physician.

## April is: Alcohol Awareness Month

We all know alcohol can have detrimental effects on our health, but do you know exactly what alcohol does to your body? Here are some short and long-term effects of alcohol consumption.



- Lethargy, drowsiness, and blurred vision
- Confusion, loss of balance, and heightened emotions
- Poor coordination and pain response
- Increased risk of gouty arthritis
- Increased risk of cancer in the liver, pancreas, rectum, breast, mouth, pharynx, larynx, and esophagus
- Raised blood pressure and risk of stroke and heart disease

- Increased risk of kidney enlargement and/or kidney failure
- Fatty liver, alcoholic hepatitis, and cirrhosis
- Hyper- or Hypoglycemia
  - Neuropathy & dementia
- Depression, anxiety, and insomnia



## Nutrition 101: Sodium!



Sodium is one of the major minerals required by our body for normal function and development. This mineral plays a vital role in regulating blood and body fluid balance and helps in muscle contraction, the transmission of nerve impulses, heart activity, and certain metabolic functions.

Diets are rarely lacking in sodium, so unlike most other nutrients there is no *minimum* recommended intake for sodium, but rather a recommended *maximum* in order to help prevent certain diseases, such as high blood pressure, osteoporosis, and renal failure, linked to high intakes of sodium. The recommended maximum intake is 6 grams per day (2400 mg) or about 3 teaspoons. The average person, however, consumes around 8 grams per day, or 4 teaspoons.

Processed foods contain a lot more sodium than whole, unprocessed foods, and this is where most of the sodium in our diet comes from. Other sources include table salt, soy sauce, meat, milk products, and bread.



## Questions? Comments?

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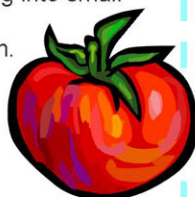
# Beefy Mushroom Lasagna!



- 15 whole-wheat lasagna noodles
- 8 oz. lean ground beef
- 2 tsp. olive oil
- 3 large Portobello mushroom caps, diced
- 4 cups good quality store-bought marinara sauce
- 1 15 oz. container part-skim ricotta cheese
- 1 10 oz. pkg. frozen chopped spinach, thawed & drained
- 1 egg, lightly beaten
- 1/2 tsp. salt
- 1/2 tsp. freshly ground black pepper
- Pinch ground nutmeg
- 1/4 cup grated Parmesan
- 2/3 cup grated part-skim mozzarella cheese

Preheat oven to 375 F.

Cook noodles al dente according to package. Drain & lay on waxed paper. Heat large skillet over medium-high heat. Add beef, brown lightly, breaking into small pieces. Transfer meat to plate; discard any fat in pan. Add oil to same pan and heat over medium-high heat. Add mushrooms; cook, stirring occasionally until brown and liquid has evaporated. Return meat. Stir in 2 cups tomato sauce and simmer 2 minutes.



In medium bowl, mix ricotta cheese, spinach, egg, salt, pepper, nutmeg. Spread 1 cup of tomato sauce on bottom of 9x13 baking dish. Place layer of noodles on top, not overlapping. Spread half of ricotta mixture on top of noodles. Add another layer of noodles. Top with half of beef mix. Repeat with another layer of noodles, remaining cheese mix, noodles, remaining beef mix, and 1 more layer of noodles. Top with remaining sauce; sprinkle with grated cheeses. Cover loosely with foil and bake 45 minutes. Uncover and bake 15 minutes more.

## Nutrition Facts

Servings per recipe	6
Calories	530
Total Fat	16g
Saturated Fat	7g
Cholesterol	90mg
Sodium	1150mg
Carbohydrate	62g
Fiber	9g
Protein	35g

# Test Your Foot Ailment IQ!

Match the common foot ailment or disorder on the left column with its meaning on the right!

- |                      |  |
|----------------------|--|
| 1. Arthritis         | A. Having multiple toes                                  |
| 2. Athlete's Foot    | B. "Webbed Feet" or no separation of skin between toes   |
| 3. Blister           | C. Heel pain   |
| 4. Bunion            | D. Swelling and inflammation of the cartilage and joints |
| 5. Corns/Calluses    | E. Skin disease caused by a fungus                       |
| 6. Hammertoe         | F. Enlargement of the joint of the big toe               |
| 7. Plantar Fasciitis | G. Bending of the toes into a claw-like position         |
| 8. Polydactyly       | H. Small, soft tissue bump or lesion caused by a virus   |
| 9. Spur              | I. Growth of bone on the underside of the heel           |
| 10. Syndactyly       | J. Compacted layers of dead skin cells                   |
| 11. Wart             | K. Pustules formed by friction that shouldn't be popped  |

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# Easy ways to FILL UP on FIBER!

- Replace your white bread with whole wheat bread — Breads that are "whole wheat" contain as much as 7g of Fiber per serving!
- Stay away from sugary cereals — Instead, choose whole grain cereals which can hold up to 14g of Fiber for a 3/4 cup serving!
- Bring on the beans — Cooked beans can easily be added to salads, soups, or eaten on their own for an extra punch of Fiber in every meal!
- Don't skimp on the skin — The skin of most fruits and veggies are where a lot of fiber is hiding, so eat 'em whole and with the skin on! Also, opt for whole fruits instead of juices!
- Go Brown — Rice is an important part of every island diet, so instead of giving it up completely, try opting for brown rice instead. Or if you prefer, substitute half of your white rice for brown!
- Add variety with veggies — Vegetables should be a staple at every meal just as much as rice. Not only do they contain fiber, but they are also low in calories and loaded with vitamins, minerals, and antioxidants!
- Stay Fresh — Fresh, whole foods naturally contain more fiber and less sodium, sugar, and fat than processed and canned foods. Besides, there isn't anything better than good old home cooking!



Answers to "Foot Ailment IQ": 1.D, 2.E, 3.K, 4.F, 5.J, 6.G, 7.C, 8.A, 9.I, 10.B, 11.H



# Happy Easter!

from your friends at  
**NetCare**

