

# County Medical Services Program (CMSP) Wellness

## Healthy Snack Day

September 12, 2019 is a statewide day of action for healthy snacks. Healthy Snack Day's goal is to educate California's on the benefits of eating nutritious and healthy foods. The idea is to provide easy and money saving ways to work on establishing healthy habits for life. Some healthy snack ideas that can help make positive and healthy behavior changes are:

- Apples or fruit and nut butter
- Fruit and Greek yogurt
- Avocado toast
- Carrots or bell peppers and hummus
- Chia seed pudding made with soy milk and berries
- Nut butter balls



Remember, healthy snacks are small. The amount of snack should be just enough to satiate hunger until the next meal. Challenge yourself to have a healthy snack on the 12<sup>th</sup>!

## Add those seeds

If you have issues or allergies with nuts, try seeds! They can have a nutty flavor and be used in different ways or replace nuts in the diet. Seeds may help your digestive system and possibly help with inflammation. Different products are on the market shelves today, and perhaps you've seen them. Most people have seen chia seeds, flax seeds, sunflower seeds and pumpkin seeds. Adding seeds to your meals can be as easy as throwing them into whatever you are serving such as salads, oatmeal, yogurt or cookies. You can make chia or flax seed pudding by just adding whatever milk you want and letting it sit overnight; add flavor by using vanilla, coconut, fruit and more makes this a wonderful breakfast or snack. Try adding seeds into your diet today!

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## Ovarian Awareness

August is ovarian cancer month. According to the American Cancer Society, 22,240 women are diagnosed each year, and over 14 thousand deaths will occur. Symptoms include:

- Frequent bloating
- Feeling full when eating (pretty quickly after starting)
- Difficulty eating
- Frequent/urgent need to urinate
- Pain or discomfort in the abdomen or pelvis

Other less pointed symptoms can include

- Lower back pain or worsening back pain
- Pain during intercourse / vaginal bleeding
- Weight changes (loss or gain)

If you have any of these symptoms, talk to your health care provider and get checked. The earlier ovarian cancer is detected, the better survival outcome.

## Prostate Awareness

September is prostate cancer awareness month. Screening by your health care provider is very important because unfortunately, most of the time, prostate cancer doesn't usually give any warning signs.

Symptoms to watch for include:

- Urgent need to urinate/urination flow changes/painful or burning urination
- Erection issues and ejaculation issues
- Blood in urine or semen
- Pressure or pain in the rectum
- Hip/back/thigh pain or stiffness

Be proactive and go annually to your health care provider to have regular baseline exams.



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## Hydrate Responsibly

Summer is the time where we drink many more beverages. For most people, they increase the amount of water that they consume. Unfortunately, adults also increase their consumption of sugary and alcohol-based beverages. The calories associated with these beverages can be enormous. It's easy to pack on extra weight when drinking these high calorie beverages. Why not try infused water instead. Some ideas for infused water (which include water with additional items):

- Cucumber slices
- Oranges or lemon slices
- Strawberries and mint
- Blueberries and lemon
- Cinnamon sticks
- Orange slices and cinnamon stick

These are just some ideas. Be creative and see what tastes good to you.



## Painful patches

Psoriasis is a chronic autoimmune disorder that causes a rapid buildup of skin cells. This extra skin is produced causes itchy, scaly, painful patches on the skin. Some people even crack and bleed. Flare ups are linked to medications, skin injuries, infection, stress and possibly diet, weather, or allergies. Psoriasis is not contagious and can be found in 2-3% of the population.

## Let's Talk Eyes

August 19-23 is Contact Lens Health Week. Approximately 45 million people wear contact lenses in the United states. Warning signs of infections and other complications include:

- irritated, red eyes
- pain in or around your eyes
- blurry vision
- sudden vision issues
- discharge from the eyes

If you have any of these signs, immediately remove your contact lenses. If the symptoms persist, see your optometrist or other eye care provider