

MAGAZINE

JANUARY 2024

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**GREATEST
SCIENTISTS**

Linda B Buck



WELCOME

to the Floridacare Family

Prevention rather than cure should be the watchword of each person for their health care, in order to avoid risk factors that can lead us to suffer from a disease. We must promote a healthy physical and mental lifestyle, and that is the objective of this magazine, that whoever reads it, can know the importance of preventive health.

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Why is wellness important?

Over the past year, we have all experienced new challenges that have affected our physical, mental, and social well-being. Many of us have felt tired and stressed, which is why wellness and self-care are more important than ever. Below, we share some new ideas to achieve your well-being in all its dimensions and you can nourish your mind and body.

1. Do exercises
2. Drink water regularly.
3. Track your fitness.
4. Take multivitamins.
5. At the office, stand up every 30 minutes.
6. Go outside
7. Get enough sleep.
8. Eat organic food if possible.
9. Practice gratitude.
10. Read books
11. Eat more fruits and vegetables.
12. Correct your posture.
13. Take a daily probiotic.
14. Get vaccinated.
15. Minimize sugar intake.
16. Meditate.
17. Listen to music.
18. Share with friends and family.
19. Do not abuse electronic equipment
20. Organize your days.



Why MISSING SLEEP is WORSE FOR WOMEN THAN FOR MEN



Not only do females get less sleep than males, their health suffers more from it

Although roughly one-third of all adults don't get as much sleep as they should, women seem to suffer disproportionately from not getting enough zzz's.

A new study in *Diabetes Care* finds chronic insufficient sleep — even getting about six hours of sleep instead of the seven to nine recommended — increases insulin resistance, raising risk for diabetes in otherwise healthy women. This adds to past research that finds women are more likely than men to not get the recommended amount of shut-eye, increasing their risk for everything from heart disease to depression.

To make matters worse, sleep

deprivation and the negative health effects from it can be even more pronounced for women who've gone through menopause, researchers found in the *Diabetes Care* study and previous research published in the journal *Hypertension*. That study found that pushing back bedtime by an hour and a half, while waking up at the same time, led to an increase in blood pressure. Again, the effect was more pronounced for those who had gone through menopause.

In general, irrespective of age and other factors, "women tend to report poorer sleep quality overall," says Marie-Pierre St-

Onge, director of the Center of Excellence for Sleep & Circadian Research in the Columbia Irving Medical Center. St-Onge, who was a coauthor on the *Diabetes Care* and *Hypertension* studies, explains that hormonal changes, like those women experience during menopause, can further disrupt sleep. But that's only one piece of a complex puzzle. Experts still don't know all the answers for why women have a more fitful relationship with sleep than men — who, to be sure, also have significant issues getting the rest they need. One thing is certain: Sleep quality declines with age for both sexes.

Understanding women's sleep struggles.

Getting to the root of your unrested development, or an emerging sleep problem, isn't so easy. But experts say understanding, at least in part, what's contributing to sleep loss is critical to adequately address the problem before it gets worse and torpedoes your health.

"Whenever we don't sleep well, it literally makes every

other component of our life and health worse," says Marjorie Soltis, M.D., a neurologist and sleep medicine specialist at Duke Health in Durham, North Carolina. "It makes pain worse, it makes anxiety worse, it makes depression worse," she says, to name a few examples.

Soltis adds that sleep deprivation causes medical conditions to progress more rapidly as well. The Centers for Disease Control and Prevention (CDC) notes that

insufficient sleep contributes to or worsens mental health issues, brain disorders and chronic diseases.

Research finds women are more likely to experience insomnia, and the CDC reports that 17 percent of women have trouble falling asleep most nights, if not every night (when surveyed about the last 30 days), compared with almost 12 percent of men.

"There are so many different reasons, I think, why women tend

to be more sleep-deprived than men,” Soltis says. “A lot of that can relate directly to the hormones that are involved in making us female, allowing us to have children – and, of course, having children and caring for children also definitely impacts the degree of sleep deprivation that women experience.” Frequently, sleep loss continues into later life as well, Soltis says, as women continue to take on a disproportionate share of family caregiving.

Women are also slightly more likely to be diagnosed with depression or anxiety, which can contribute to insomnia and insufficient sleep, she adds. Women commonly experience

sleep problems during perimenopause and menopause when hormone levels become irregular and symptoms such as hot flashes, which tend to be worse at night, and night sweats make it especially difficult to get a good night’s rest. The relationship between sleep and mental health is complex, and the effect of one on the other goes both ways, complicating diagnosis.

So in the space of a quick visit with a primary care doctor, sleep-related problems can easily be overlooked. More pointedly, when “women seek

care for various conditions, it may be written off as anxiety or depression when it may not actually be the case,” Soltis says.



In cases where those issues are actually present, an underlying sleep problem that’s contributing could also be missed.

Getting to the root cause of restless nights

The first step to getting a better night’s rest involves taking sleep concerns seriously. As common as short sleep might be, experts say women and men often don’t think of it as a health issue at all. But a problem like sleep apnea — a common and potentially dangerous sleep disorder where a person’s breathing stops and starts many times overnight — can have dire cardiovascular consequences, causing heart rate and blood pressure to elevate. Although it’s most common in overweight men, sleep specialists emphasize that the disorder affects women, too, and people of all sizes and shapes.

For persistent sleep issues, it’s important to see a health professional who can help.

“Starting with a primary care physician [PCP] is good, but I

don’t want patients to jump [right] to medications,” says Safia Khan, M.D., a sleep medicine specialist and program director of the Sleep Medicine Fellowship Program at UT Southwestern in Dallas, who coedited *A Clinical Casebook of Sleep Disorders in Women*. “If that’s what their PCP is offering, then they should request referral to a sleep specialist.”

Khan says PCPs are perfectly capable of assessing patients’ sleep problems. The issue is typically one of time: If a patient has multiple conditions they’re seeing the doctor for, it’s unlikely the doctor is going to have enough time to dig deep into evaluating why they can’t sleep. Khan suggests that patients schedule an appointment specifically to see their doctor about sleep issues — so there’s time to do more than prescribe a sleep aid, and they can deeply evaluate the causes of sleep woes.





SOLUTIONS TO HELP WOMEN SLEEP BETTER

Treatments for sleep problems are as varied as the issues, or disorders, themselves. But for specific symptoms related to menopause or hormonal changes, some women turn to hormone replacement therapy (HRT).

“There have been studies showing improvement with sleep and other vasomotor symptoms (like night sweats) with hormone replacement therapy,” Soltis says. “That being said, some studies have shown hormone replacement therapy to be associated with an increased risk of heart disease, stroke, certain cancers and blood clots.” Ultimately, Soltis says, the decision to pursue HRT has to be made on an individual basis with your doctor. When having that conversation, it’s important to assess the potential risks versus benefits of HRT, which, she notes, may vary based on age, duration of treatment and other medical conditions. If hot flashes are disturbing your sleep, there are some strategies that help, such

as limiting alcohol, caffeine and spicy foods. Also, the FDA approved a new pill this year, Vezah, to treat hot flashes, so talk to your doctor about whether this new medication may help. For more intractable and deeper cultural or societal issues, such as women often taking on a greater share of caregiving, experts say help from others — family, friends, medical professionals and support groups — is key. Sharing caregiving responsibilities is critical to support the health and sleep of caregivers as well as those they’re supporting.

Soltis stresses that every situation is different and needs to be approached accordingly. For example, for more complicated situations, such as a spouse with dementia or other serious health concerns, part of the solution could involve having outside caregivers come into the home to take shifts overnight, she says, so the partner can get much-needed rest.

How to choose a sleep specialist?

If you are thinking about seeing a specialist, just know that there’s no cookie-cutter sleep doctor. Rather: With sleep medicine, physicians may come from all different backgrounds. A sleep medicine provider could be a neurologist, a pulmonologist, anesthesiologist, family doctor or have a background in behavioral health, psychology or psychiatry.

If a person has chronic obstructive pulmonary disorder (COPD) or other significant breathing issues that affect sleep, a pulmonologist may be a good fit. If you are having abnormal behaviors like kicking, punching or acting out dreams at night, or have an issue that you think might be restless leg syndrome or narcolepsy? Maybe a neurologist is a good choice. Longstanding history of anxiety or depression that’s hard to control? A sleep psychiatrist might be the right professional for you.

Sara Nowakowski, an associate professor at Baylor College of Medicine in Houston who has studied the impact of sleep issues on women’s health and a licensed clinical psychologist board-certified in behavioral sleep medicine, says many people aren’t even aware that sleep professionals like her exist. She helps people make behavior changes, like recommending that patients get out of bed when they can’t sleep and creating a sleep schedule – and employs cognitive behavioral therapy for insomnia.

But if you’re still not sure where to start, besides a recommendation from your primary care doctor, Soltis points out that many doctors have online bios detailing their areas of interest and conditions they see frequently.

Improving Your Sleep Hygiene

Even the most inspired sleuthing to get to the root cause of your sleep woes with help from a professional can't overcome bad sleep habits. You still have to prioritize getting rest.

That includes making time for sleep – but not too much. Don't sleep less than six hours or more than 10. If you can't fall asleep, do your best to not stress or worry about it, which could make the problem get worse. Get out of bed, do something calming like reading, then go back to bed when your eyes get heavy.

Also, ensure your bedroom is conducive to sleep by keeping it cool and dark. Dim lights before bedtime – and give your smartphone the side-eye.

"Phones are a huge distraction," Khan reminds. Get an old-fashioned alarm clock if it's disrupting

your sleep and you're scrolling your feed every time you should be dozing off. She says she often asks her patients about their screen time. She recommends starting your cellphone diet by breaking away from that screen during the day and doing more physical activity. Both time away from the cellphone and being more active during the day can help you ease into a more restful night.

Because ultimately what happens in the middle of the night will follow you around for the rest of the day – if not the rest your life.

"Disrupted sleep affects us in a lot of different ways, and affects a lot of different body systems," Soltis says, reiterating just how important it is for overall health.





4 COVID PREDICTIONS *for 2024*

As the pandemic enters its fifth year, here's what experts expect to change — and what to stay the same

It's been about four years since COVID-19 was first identified, and in that time, much has changed, including the virus itself. We now have pills that can treat it and at-home tests that can identify an infection. We also have vaccines that have been updated to better match versions of the virus that are currently circulating.

Despite these achievements, COVID-19 is still with us — and will be for some time, health experts say. Here's what we can expect as we head into our fifth year with COVID-19.

1. COVID probably won't settle into a predictable pattern

The cold-weather months are synonymous with respiratory viruses. But unlike flu and RSV — where activity picks up in the fall and winter and peters off in the spring and summer — COVID-19 doesn't have a set season. Waves hit in the winter, spring, summer and fall.

While COVID could settle into a more predictable pattern in the future, that likely won't happen in 2024, says Robert Murphy, M.D., an infectious disease expert and executive director of the Robert J. Havey, MD Institute for Global Health at Northwestern University Feinberg School of Medicine.

"COVID is different," Murphy says. "It is its own thing."

If it did turn into a fall and winter virus, says Andrew Pekosz, a professor of microbiology at Johns Hopkins Bloomberg School of Public Health, that could be helpful for a few reasons.

"That makes vaccination approaches and various public health messaging a lot easier than something that's around year-round and we're just waiting for unpredictable surges to occur," Pekosz says. Knowing when to expect the worst can also help hospitals and health care providers prepare for an uptick in patients.

2. New variants will continue to emerge

Remember how easy it was to keep track of the virus during those first years of the pandemic? There was alpha, then beta, then delta, then omicron. Now, the variant pool is more like a crowded alphabet soup, with new descendants of omicron emerging every few months, and with names that don't exactly roll off the tongue — BA.2.86 and FL.1.5.1, for example.

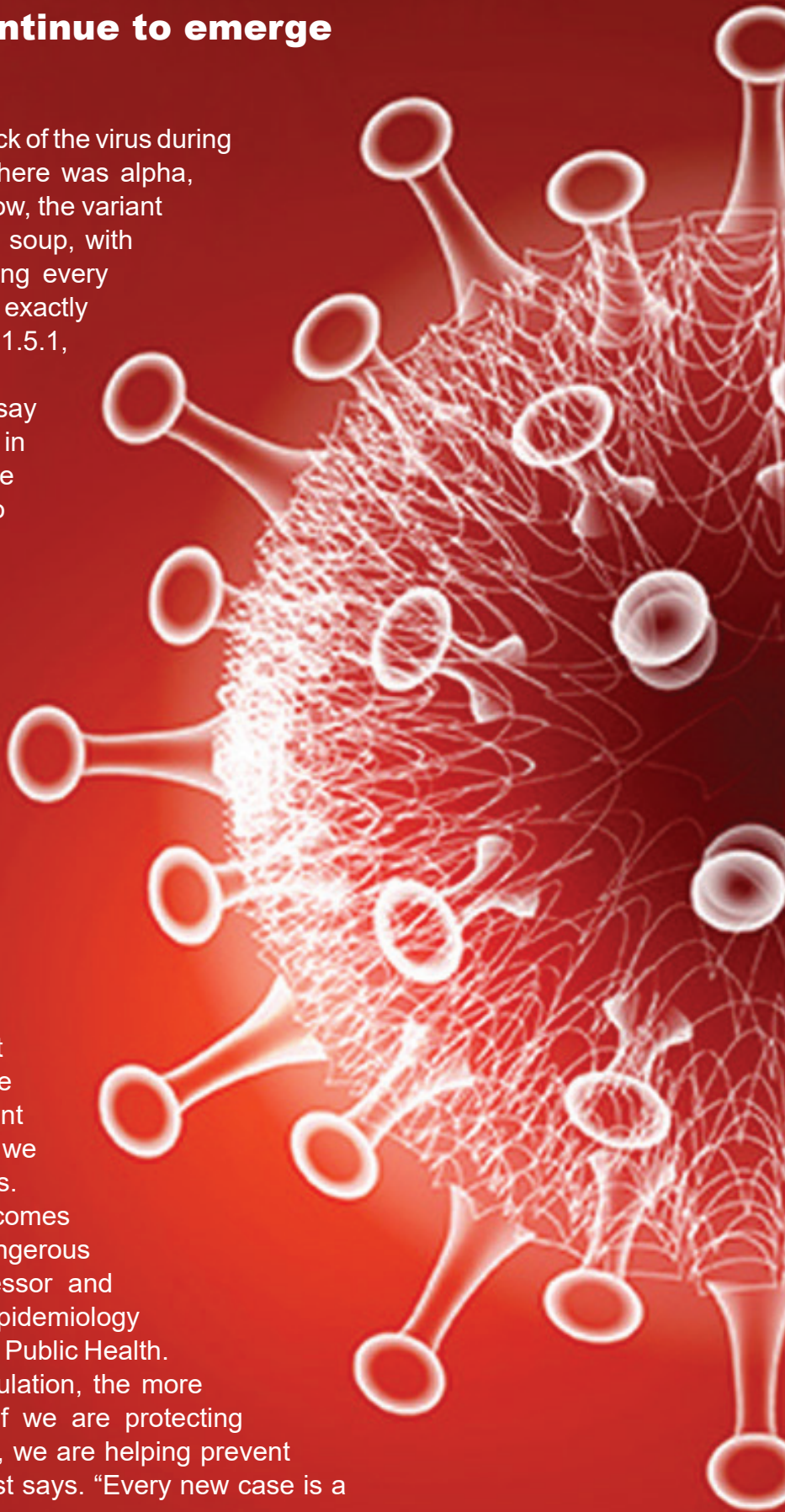
Get used to it, because virus experts say we can expect to see more variants in 2024. "The only constant in this whole thing really is continuous change. So people should expect that the virus will continue to evolve," says Ziyad Al-Aly, M.D., a COVID-19 researcher and assistant professor of medicine at the Washington University School of Medicine in St. Louis.

For the most part, the virus has been making small changes since omicron arrived in late 2021, Pekosz says, and we've been able to adjust with updated vaccines that can target the more recent versions of the virus. But there's no guarantee it will continue down this path.

"The worry that I have is if they evolve in a different direction and the current vaccines become obsolete, then we have to design new ones, or our current vital antivirals become obsolete and we have to design a new one," Al-Aly says.

Individuals are not powerless when it comes to preventing new, potentially more dangerous variants, says Jodie Guest, a professor and senior vice chair in the department of epidemiology at Emory University's Rollins School of Public Health.

The more a virus circulates in a population, the more opportunities it has to mutate, so "if we are protecting ourselves and others from COVID-19, we are helping prevent new variants come popping up," Guest says. "Every new case is a place for a variant to happen."



3. We'll get closer to solving the mystery of long COVID

Millions of people who have had COVID-19 experience lingering, sometimes disabling symptoms that can interfere with everyday life — a phenomenon known as long COVID.

So much remains unknown about the condition, but that could soon change. “I think 2024 hopefully will give us more answers than we have right now,” Al-Aly says.

A big reason has to do with new studies underway. The National Institutes of Health recently launched large-scale clinical trials to better understand, treat and prevent long COVID. One will investigate whether the COVID-19 treatment Paxlovid can help to improve symptoms of the mysterious condition. Another will study interventions to help with brain fog, memory loss and other cognitive complications caused by long COVID. Results from this research initiative, which includes a few other studies, will be published on a rolling basis.

Over the next year, Al-Aly is hopeful that we'll also learn more about why and how long COVID occurs, or its so-called mechanism. Doing so could lend some insight on how to prevent it in the first place, he says. “I do hope 2024 will not only further enhance national awareness of the problem, but also our ability to tackle it [medically],” he adds.



4. We'll probably have new vaccines

Given the changing nature of the virus, it's likely the COVID-19 vaccine will be updated next year to match whatever new versions of the virus are spreading, much like how the flu shot gets updated annually, says Rachel Presti, M.D., professor of medicine and medical director of the Infectious Disease Clinical Research Unit at Washington University School of Medicine in St. Louis.

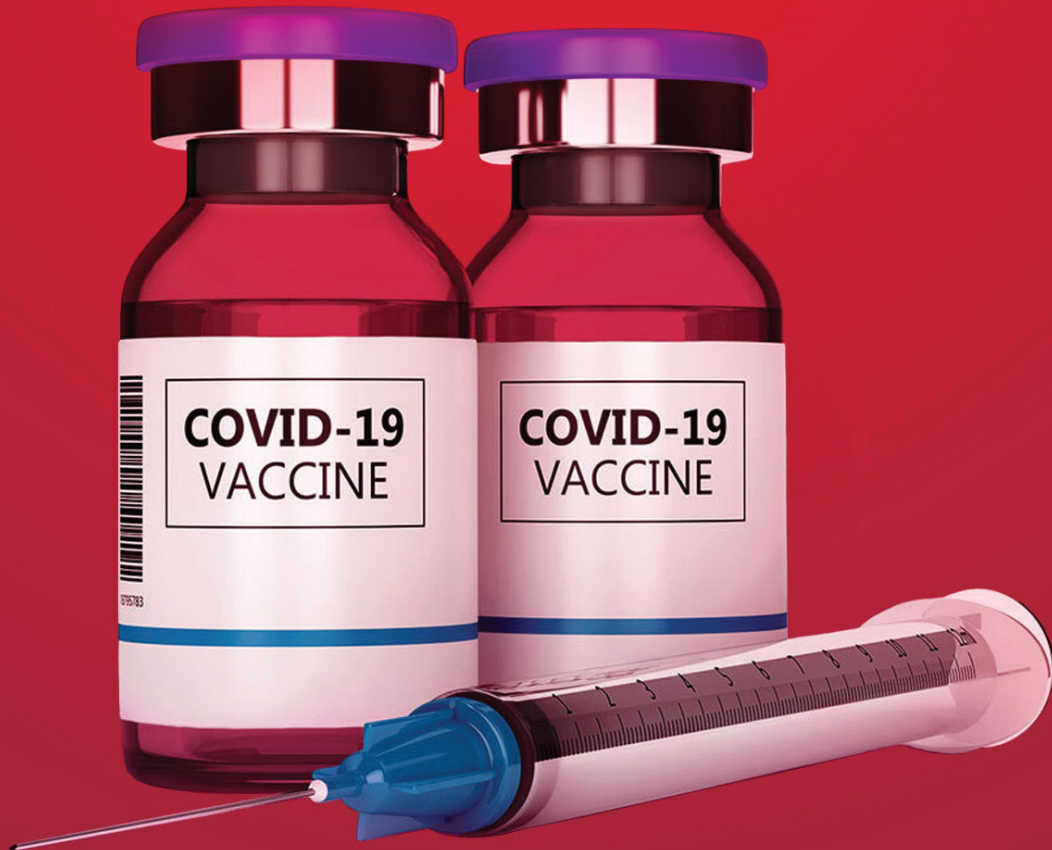
"We're already seeing [the virus] shift a little bit away from the vaccine that we're giving this year," even though this new vaccine, released in September, is a much better match for the current variants than last year's vaccine would have been, Presti says.

You might also hear more about a combined flu-COVID vaccine in 2024. That's because vaccine manufacturers are testing a single shot that helps protect against both influenza and the coronavirus. Early trial data has produced positive results, and Phase 3 studies are in the works.

"I'm really excited about them," Pekosz says. "All the same reasons that you would get the flu vaccine are the same reasons you would get the COVID vaccine, yet we're seeing a really big difference in terms of people who take the COVID vaccine versus the influenza vaccine."

According to data from the Centers for Disease Control and Prevention (CDC), roughly 42 percent of adults in the U.S. received a flu shot, as of Dec. 14, while only 18 percent of adults got the new COVID-19 vaccine.

"So I'm hoping that a combination vaccine will really send the message to most of the population, particularly those who are susceptible to severe COVID or influenza, that, look, here's a simple way for you to protect yourself from both of these very dangerous pathogens — one and done," Pekosz says.



5 WAYS TO EXERCISE YOUR BONES

These easy moves can help keep your body strong

Beginning in our 30s, we experience a gradual decline in bone mineral density, losing about 1 percent each year. But there's evidence that if you are physically active on a regular basis, you can optimize your bone health throughout your life, says Wendy Kohrt, distinguished professor of medicine in the Division of Geriatric Medicine at the University of Colorado. Any movement that causes you to fight gravity by standing up and moving is good for your bones. If you want to amp up the protection, these five exercises will help keep you — and your bones — strong for life.

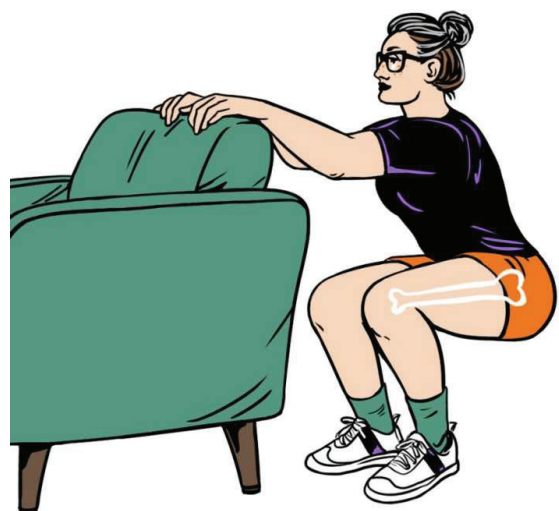


Push-ups

You can do these against a wall, on bent knees or on the floor. Extend your arms and put your hands shoulder-width apart on the surface in front of you. Tighten your abs, then bend your arms, lowering your torso toward the surface. Push yourself back up. Perform the exercise three to five times, rest, and repeat for a second set.

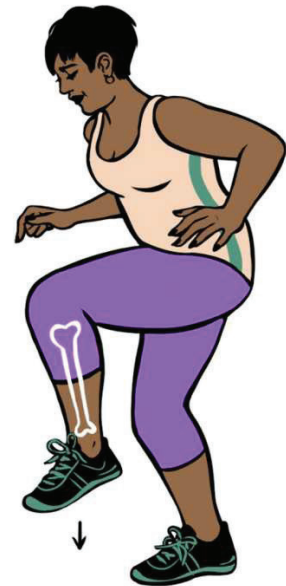
Squats

You don't have to do a deep squat for this exercise to be effective. Stand with your feet hip-width apart, then bend at the knees to slowly squat down. (Rest your hand on a sturdy object if you need extra balance.) Squat as far as you can, but don't let your butt get below your knees. At the bottom of the movement, tighten your buttocks and use your butt and thigh muscles to return to a standing position. Repeat eight to 12 times.



Walk and stomp

Bones are stimulated when they're jolted something that doesn't happen on your typical stroll. Running and hiking will fit the bill, but walking is more your speed, consider a walk-and stomp routine: While walking, stomp each foot two or three times every 10 steps or so, imagining you are crushing a can. (BTW: Walking on real ground requires you to lift and push off with your legs in a way that's much more beneficial than using a treadmill.)



Stair-climb

Stair-climbing increases bone density, particularly in postmenopausal women, because it forces your body to resist gravity as you climb while strengthening the leg and hip muscles that support your pelvic bones. Use a handrail as needed — and consider adding an occasional stomp for more bone stimulation

Hip-leg lifts

This exercise strengthens the muscles around your hip bones, which are vulnerable to fracture, and can help to improve balance. To begin, place your hand on a counter or against a wall for balance, and set your feet hip-width apart. Shift your weight onto your left foot, then straighten your right leg and lift it out in front of you until your right foot is about 6 inches off the floor. Do a set of eight to 12 lifts, then shift your weight to your right foot and repeat the motion with your left leg.



GREEK YOGURT ^{vs.} REGULAR YOGURT

We break down the difference

Do you ever feel overwhelmed by the endless options in the dairy aisle? Here's a suggestion: Make plain low-to-no-fat yogurt a staple on your grocery list. Not only is it a versatile ingredient or a standalone snack, it also packs a punch of nutritional benefits. Whether you prefer the thicker, tangier Greek yogurt or the timeless appeal of regular yogurt depends on your culinary preferences and dietary needs.

"Nutrition-wise, yogurt is probably one of the best ways to take in your dairy," says William Lendway, a dietitian, chef and assistant professor at Johnson & Wales University, a school whose specialized degrees include culinary arts and nutrition. "It's an easy source of protein and vitamin D because of its fortification and calcium."

Regularly enjoying yogurt can make it easier for your body to digest lactose and help you tolerate it better. And it's not just about digestion. Foods like yogurt and kefir might also lower your chances of getting breast or colorectal cancer, type 2 diabetes and heart problems, a recent review of over 100 studies found. Plus, yogurt may help you maintain a healthy weight, keep your bones strong and support a happy gut.



Greek Yogurt vs. Regular Yogurt: Key Differences

How is yogurt made?

Broadly speaking, yogurt is a fermented dairy food made with milk and live active cultures, often referred to as “good bacteria.”

Making yogurt starts by adding beneficial bacteria to pasteurized milk. These bacteria thrive on lactose and transform it into lactic acid, which infuses the yogurt with its distinctive tangy flavor. Over the course of six to eight hours, the mixture continues to ferment until it turns into yogurt, says Erin Coffield, a dietitian and vice president of health and wellness communications for the National Dairy Council.

Regular yogurt is turned into Greek yogurt by straining it with a cheese cloth or a stainless-steel sieve for 24 to 36 hours until its volume is reduced by half.

Consistency

You’ll notice that Greek yogurt is thicker. That’s because whey, the watery liquid you see at the top of regular yogurt, is removed from the Greek variety through the straining process. That extra step gives Greek yogurt a creamier consistency.

Nutrition Comparison

	Greek-yogurt (low-fat)	Regular yogurt (low-fat)
Calories	73	63
Protein	10 g	5 g
Fat	2 g	2 g
Carbohydrates	4 g	7 g
Sugar	4 g	7 g
Calcium	115 mg	183 mg
Potassium	141 mg	234 mg
Sodium	34 mg	70 mg

Nutritional benefits of yogurt

Both Greek and regular yogurt have a distinct nutritional profile, and the choice between them depends on your nutritional goals.

“From protein to things like calcium and vitamins, they are going to be in both regular and Greek yogurt,” says Coffield. However, the specific quantities of those nutrients may differ between the two.

Whether it’s Greek or regular, yogurt can be a healthy part of your diet. It’s a good source of protein, calcium and B vitamins, and also improves your gut microbiome. One analysis of studies published in Nutrition Reviews found links between eating yogurt and lower risk of breast and colon cancer, type 2 diabetes and heart disease. Studies also linked yogurt consumption to healthy weight.

Protein

If your focus is on incorporating more protein in your diet, you’ll want to steer towards Greek yogurt. On average, low-fat Greek yogurt contains as much as 10 grams of protein, compared to 5 grams in regular low-fat yogurt. That’s double the protein! More protein in your diet is beneficial for muscle recovery and growth, and it helps keep you feeling fuller longer.

Sugar

Yogurt is one of those healthy foods that can easily be made less healthy because of the sugar content. Some yogurts taste like dessert.

Just a cup of strawberry flavored yogurt can have 15 grams of sugar, 12 of which are added to make it taste sweeter. Instead of buying yogurts with added sugar, choose plain yogurt and customize it at home with your favorite fruit or nuts.



Carbohydrates

Lactose inherently contains carbohydrates, and it’s present in whey, that watery layer you find on top of regular yogurt. While both yogurt varieties contain carbohydrates, Greek yogurt tends to have less. This is due to the straining process, which eliminates water containing carbohydrates, ultimately reducing the yogurt’s overall carb count.

Fat

Nutritionists usually suggest choosing nonfat yogurt. Do that and you'll find both regular and Greek yogurts with less than 1 gram, as they're made with skim milk. But if you go full fat, regular yogurt has fewer fat grams. A 100-gram serving of full-fat Greek yogurt has 5 grams of fat, half of it being saturated. Conversely, the same portion of regular yogurt made from whole milk contains 3 grams of fat, with 2 grams of saturated fat.

"A little disclaimer that goes along with promoting dairy products is that we usually suggest that people get a lower fat version of it," Lendway says. U.S. dietary guidelines recommend that adults eat three servings of dairy a day and that saturated fat be limited to less than 10 percent of your daily calories.

However, some studies suggest full-fat dairy may be better for weight loss and heart disease, despite its high calorie count as long as there is a focus on fermented dairy products and limiting butter and cream.

Calcium

Regular yogurt has more calcium than Greek yogurt because the straining of Greek yogurt removes some of the original calcium. However, in both instances, yogurt is an easy way to get calcium, because you don't have to eat as much of it compared to green vegetables.

"I'm all for eating green vegetables, but sometimes it's a little bit hard to get your calcium and iron from these vegetable sources. You just have to eat more of it," Lendway says.

For example, even though cooked kale boasts 150 mg of calcium, it falls short of the 183 mg found in an equivalent serving of low-fat regular yogurt. Opting for full-fat yogurt doesn't provide any additional calcium compared to its low-fat counterpart either.

Probiotics

"When it comes to the best bang for the buck, yogurt is one of our best dairy sources. And one of the biggest pros in that is having those probiotics," Lendway says.

Probiotics play a crucial role in digestion, supporting the immune system and absorbing essential vitamins. Certain medications like antibiotics can kill a lot of those essential bacteria. Lendway recommends repopulating what's lost by having multiple servings of yogurt (or other fermented foods), especially after a round of antibiotics.

Lactose

Thanks to its straining process, Greek yogurt has less lactose than regular yogurt. But even regular yogurt has less lactose than milk due to the fermentation process that eats away at the naturally occurring sugar. Therefore, some people with an intolerance to other dairy products might be able to eat yogurt without complications and may eventually begin to better tolerate lactose in general.

How to incorporate yogurt into cooking

Plain yogurt can act as a blank canvas in recipes, as it is capable of transforming into both sweet and savory creations. Whether it's eaten straight from the container or incorporated into various dishes, it's a protein-rich option that requires neither knife nor fork, making it particularly well-suited for individuals with hand mobility issues or dysphagia, where swallowing poses a challenge.

"It's an ancient food that delivers on modern 21st century wellness needs," Coffield says.

Baking: Make pizza crust, pancakes and cheesecakes with yogurt as a healthier alternative in baking. Doing so makes traditional baked goods more nutritious.



Marinade: Use yogurt as a marinade for meat to enhance tenderness.

Appetizers: Create diverse appetizers, such as ranch dip and homemade yogurt cheese (labneh).



Substitution in recipes: Swap out mayonnaise with yogurt in dishes such as potato salad, dips, macaroni salad or coleslaw for a healthier twist. You can also use yogurt to replace cream in foods like soup by adding it to the dish during the final stages of cooking.

Healthy Food

Pan Seared Salmon with Kale and Apple Salad



YIELDS:

4

PREP TIME:

20 min

COOK TIME

10 min

TOTAL TIME:

40 min

INGREDIENTS:

- Four 5-ounce center-cut salmon fillets (about 1-inch thick)
- 3 tablespoons fresh lemon juice
- 3 tablespoons olive oil
- Kosher salt
- 1 bunch kale, ribs removed, leaves very thinly sliced (about 6 cups)
- 1/4 cup dates
- 1 Honeycrisp apple
- 1/4 cup finely grated pecorino
- 3 tablespoons toasted slivered almonds
- Freshly ground black pepper
- 4 whole wheat dinner rolls

DIRECTIONS:

1. Bring the salmon to room temperature 10 minutes before cooking.
2. Meanwhile, whisk together the lemon juice, 2 tablespoons of the olive oil and 1/4 teaspoon salt in a large bowl. Add the kale, toss to coat and let stand 10 minutes.
3. While the kale stands, cut the dates into thin slivers and the apple into matchsticks. Add the dates, apples, cheese and almonds to the kale. Season with pepper, toss well and set aside.
4. Sprinkle the salmon all over with 1/2 teaspoon salt and some pepper. Heat the remaining 1 tablespoon oil in a large nonstick skillet over medium-low heat. Raise the heat to medium-high. Place the salmon, skin-side up in the pan. Cook until golden brown on one side, about 4 minutes. Turn the fish over with a spatula, and cook until it feels firm to the touch, about 3 minutes more.
5. Divide the salmon, salad and rolls evenly among four plates.

GREATEST SCIENTISTS

Linda B Buck



Linda B. Buck , (born January 29, 1947, Seattle, Washington, U.S.), American scientist and corecipient, with Richard Axel, of the Nobel Prize for Physiology or Medicine in 2004 for discoveries concerning the olfactory system.

Buck received a B.S. (1975) in both microbiology and psychology from the University of Washington and a Ph.D. (1980) in immunology from the University of Texas Southwestern Medical Center. She first worked with Axel in the early 1980s at Columbia University in New York City, where Axel was a professor and Buck was his postdoctoral student. Buck held various positions with the Howard Hughes Medical Institute (HHMI) and at Harvard Medical School from 1984 until 2002, when she joined the Fred Hutchinson Cancer Research Center in Seattle.

In 1991 Buck and Axel jointly published a landmark scientific paper, based on research they had conducted with laboratory rats, that detailed their discovery of the family of 1,000 genes that encode, or produce, an equivalent number of olfactory receptors. These receptors are proteins responsible for detecting the odorant molecules in the air and are located on olfactory receptor cells, which are clustered within a small area in the back of the nasal cavity. The two scientists then clarified how the olfactory system functions by showing that each receptor cell has only one type of odour receptor, which is specialized to recognize a few odours. After odorant molecules bind to receptors, the receptor cells send electrical signals to the olfactory bulb in the brain. The brain combines information from several types of receptors in specific patterns, which are experienced as distinct odours.



Axel and Buck later determined that most of the details they uncovered about the sense of smell are virtually identical in rats, humans, and other animals, although they discovered that humans have only about 350 types of working olfactory receptors, about one-third the number in rats. Nevertheless, the genes that encode olfactory receptors in humans account for about 3 percent of all human genes.

The work helped boost scientific interest in the possible existence of human pheromones, odorant molecules known to trigger sexual activity and certain other behaviour in many animals, and Buck's HHMI laboratory carried on research into how odour perceptions are translated into emotional responses and instinctive behaviour.



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EAST HIALEAH

4218 East 4th Ave
Hialeah, FL 33013

BLUE LAGOON

7200 NW 7 Street # 202
Miami, FL 33126

LITTLE HAVANA

1149 SW 27 Ave
Miami, FL 33135

LITTLE HAVANA

434 SW 12 Ave, Ste 100
Miami, FL 33130

CORAL WAY

11825 SW 26 Street
Miami, FL 33175

EUREKA

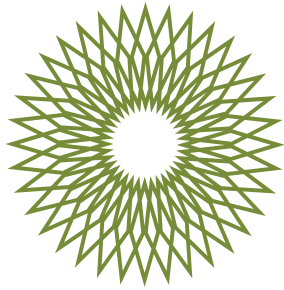
10980 SW 184th Street
Miami, FL 33157

HOMESTEAD

28610 SW 157 Ave
Homestead, FL 33033



MEET OUR PARTNERS



PREMIER
EYE CARE

UNIQUE INSIGHT.
BETTER SOLUTIONS.

ROUTINE VISION

Premier manages hundreds of unique vision plans for our partner Health Plans. Through our expansive network of ophthalmic physicians, we provide exams, eyeglasses and contact lenses to members insured by our Health Plan partners.

Routine comprehensive eye exams are vital to our overall health:

Our vision is important to our general health and well-being.

- 80 percent of what children learn is through their eyes
- Children have better academic success when their vision is fully developed
- As we age, our vision affects our balance – loss of vision may lead to falls with life changing impact

Routine comprehensive eye exams can detect not only vision problems and eye disease, but also general health problems, such as diabetes, hypertension and hardening of the arteries, before you are even aware that a problem exists. Early detection of cataracts, retinal disorders, glaucoma and macular degeneration can help prevent vision loss or blindness.

MEDICAL & SURGICAL

Premier delivers comprehensive medical eye care through contracted medical eye providers, from office exams to complex ocular surgical procedures.

Credentialed Premier providers must meet high standards. Ophthalmologists are eligible to be certified through the American Board of Ophthalmology, which awards certification to providers who meet a series of accredited medical training requirements in ophthalmology; pledge to practice with compassion, integrity and respect for human dignity, and complete an intensive evaluation process. Optometrists maintain high standards for quality, meeting the requirements to maintain their licensure and staying current with the latest standards of eye care.

As part of our shared dedication to excellence, Premier works with providers and Health Plans on a Medical Management Program for eye complications – retinal edema, cataracts, retinopathy, and others – related to diabetes. This reporting system adds a fifth digit sub-classification to the provider's coding on claims, which provides the most accurate information about the complication and about the patient's health to Health Plan partners.

BOCA RATON
6501 Park of Commerce
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Boca Raton, FL 33487

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HAPPY NEW YEAR



www.floridacare.com

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