

10 WAYS TO STAY
SAFE FROM A
POOL-RELATED
ILLNESS

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YOUR LIVER

**WHAT IS THE
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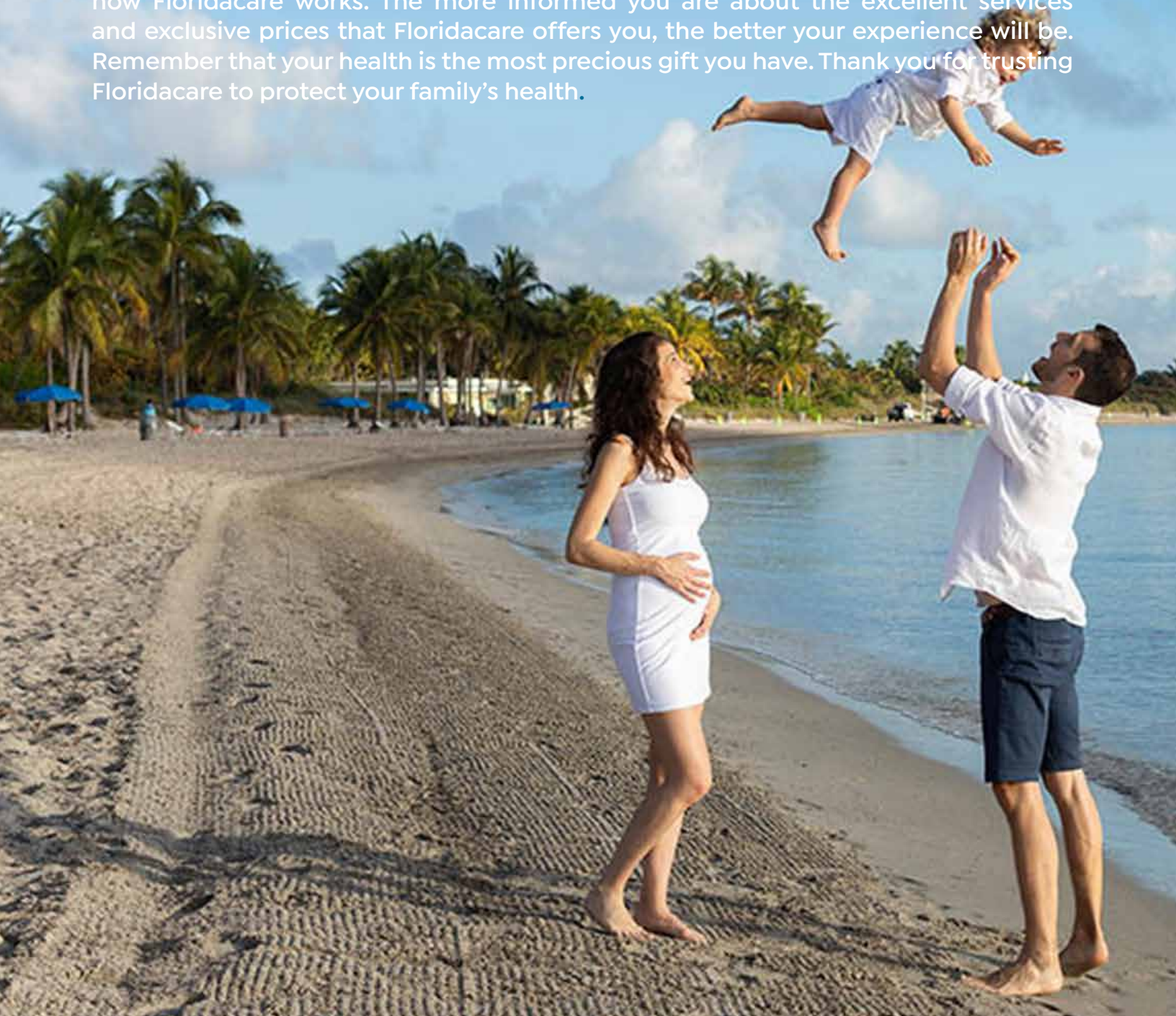
GRANDES
CIENTIFICOS
Dmitri Mendeleev

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.

You can start using your plan right away, but please note that you must present your membership card and photo ID at the time of service to verify your eligibility. For general questions, appointment assistance, or customer service, call 305-294-9292, between 8:30 am to 5:00 pm. We encourage our new members to take a moment and familiarize themselves with this booklet so that you can better understand how Floridacare works. The more informed you are about the excellent services and exclusive prices that Floridacare offers you, the better your experience will be. Remember that your health is the most precious gift you have. Thank you for trusting Floridacare to protect your family's health.



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.



10 WAYS TO STAY SAFE FROM A POOL-RELATED ILLNESS

1. Stay out of the water if you have diarrhea. If you have been diagnosed with cryptosporidiosis, the illness caused by the parasite, don't go back into the water until two weeks after diarrhea has completely stopped.



3. Don't swallow the water. The number one way you can protect yourself from crypto is to avoid swallowing the water. Chlorine kills most germs within minutes; it doesn't kill germs instantly.



5. Beware of red eyes and a strong "chlorine" smell. The smell comes from a chemical irritant called chloramine that occurs when chlorine combines with what washes off swimmers' bodies. Chloramine also causes red, blood-shot eyes. An abundance of chloramine likely means there is an excess of urine, feces or sweat in the pool. It also means there's less chlorine remaining in the water to kill germs.



2. Shower before you swim. Rinsing off in the shower for 1 minute removes most of the dirt or anything else on your body that uses up pool chemicals to kill germs. Most people have about 0.14 grams of feces — comparable to a few grains of sand — on their body at any given time, according to the CDC.



4. Have kids? Take frequent bathroom breaks. For those who are very little, check diapers every hour and change them away from the water to keep germs from contaminating it.





6. Protect open cuts or wounds. It's best to stay out of the water, especially if the cut or wound is the result of a recent surgery or piercing. If you do go in, use waterproof bandages to completely cover the cut or wound.



7. Mind your ears. Dry ears thoroughly after swimming or wear a bathing cap or ear plugs to prevent swimmer's ear, an infection in the outer ear canal. The bacterial infection is more common in children



8. Shower after with soap. After getting out of water for the day, remove your swimsuit and lather up to kill any germs clinging to your skin. Wash your swimsuit, too — this prevents "hot tub rash," an itchy red bump that can fill with pus around hair follicles.

9. Conduct your own inspection. If it doesn't meet proper criteria, talk to the pool operator or go to your local health department to make sure the pool or hot tub is operating properly:

- Make sure the drain at the bottom of the deep end of the pool is visible, secured and in good condition.
- Use test strips that can be purchased at a pool supply or hardware store to check the chlorine or bromine levels and pH in the water.
- Chlorine should be at least 1 part per million (ppm) in pools and at least 3 ppm in hot tubs.
- Bromine, an alternative to chlorine, should read at least 3 ppm in pools and 4 ppm in hot tubs.
- The pH level represents how effectively germs are killed and should be between 7.2 and 7.8.



10. Do your part. If swimmers and caregivers of young swimmers are doing their part — not swimming with diarrhea, not swallowing the water — we can all have a great summer in and around the pool this year. It's just going to take all of us doing that together.

7 ways to PROTECT YOUR LIVER



1. Fill up on healthy foods

Try to eat less saturated fat — especially from red and processed meat — and more plant-based foods, according to research from the journal *Nutrients*. Other research, in the journal *Gut*, points to the “green-Mediterranean diet” — which pairs the traditional Mediterranean diet with additional polyphenols (plant compounds) from green tea and an aquatic plant called Mankai, or Mankai duckweed — as being beneficial for liver health. When in doubt, simply opt for lower-fat foods and smaller portions, says Nicholas Lim, associate professor of medicine in the Division of Gastroenterology, Hepatology, and Nutrition at the University of Minnesota Medical School. He says the same eating patterns that lower your risk of heart disease and type 2 diabetes also promote liver health.



2. Lose weight if you're overweight

Because NAFLD is so closely connected to obesity, losing weight is perhaps the most important way to prevent this condition, Lim says. Losing just 7 to 10 percent of your starting weight should translate to a significant reduction in liver fat content, liver inflammation and scarring (fibrosis). Forget fad diets, which only work in the short term. “Whatever diet helps you lose weight in a steady, stable manner is a good diet for you,” Lim says.

3. Limit sugary snacks and soft drinks

Sure, it will help you control your weight, but that's not all: These foods are typically loaded with simple sugars including fructose, which seems to play a role in advancing liver disease. Although the exact mechanism is not understood, fructose may induce the body to form and store more fat .also promote liver health.





4. Exercise several times a week

Moving more really matters for liver health, even if it doesn't lead to any weight loss. Research has linked exercise to lower risk of liver disease, and studies have found that people with NAFLD who engage in aerobic or resistance exercise for about 45 minutes three times a week can reduce their fatty liver by 20 to 30 percent within 12 weeks.



5. Cut way back on alcohol

Limiting your alcohol intake is also important for liver health, especially if you have alcohol-related liver disease. Per recent Canadian guidelines, the safe amount of alcohol is zero, and women are extra vulnerable to the effects of alcohol. In fact, when women drink the same amount of alcohol as men, it can be twice as toxic to their bodies.



6. Refill your coffee cup

Whether you like a little buzz or prefer to stick with decaf, know that coffee consumption has been associated with a decreased risk of advanced fatty liver disease and even liver cancer. Research suggests up to around three to four cups a day can be protective.



7. Steer clear of unnecessary supplements

A few supplements, such as milk thistle, might have anti-inflammatory effects on the liver, but no good data supports their use. Meanwhile, there's a far longer list of dietary supplements — including ashwagandha, chapparal and kava — that can cause liver toxicity. In fact, about 20 percent of cases of hepatotoxicity in the U.S. stem from herbal and dietary supplements. A lot of people ask about herbal remedies or supplements, but the advise is not taking them because they are not regulated by the [Food and Drug Administration], so we don't really know what goes into them. Most don't help your liver, and some can cause severe liver damage.

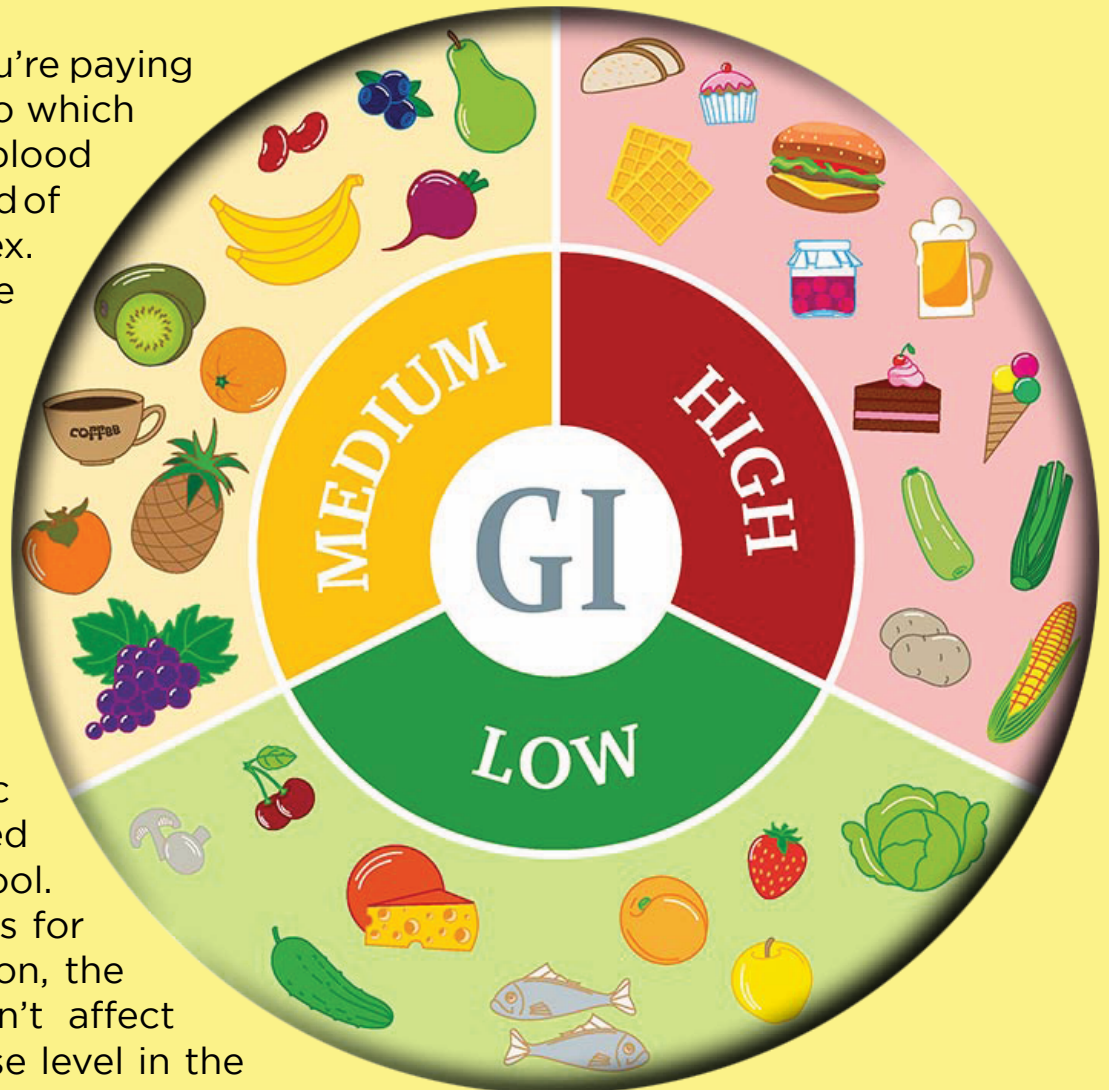
Patients often make the mistake of thinking that "natural" means something is safe or beneficial. We would remind them that lightning and snakes are natural and not exactly healthy.

GLYCEMIC INDEX

What is it?

Chances are, if you're paying closer attention to which foods spike your blood sugar, you've heard of the glycemic index. This is used to rate foods containing carbohydrates by how quickly they can cause blood sugar to rise. The scale starts at zero and goes up to 100 for pure sugar.

The glycemic index was designed as a research tool. But while it allows for easy categorization, the same food doesn't affect everyone's glucose level in the same way. How foods are prepared or if they've been combined with other foods can also affect blood sugar. So if you're meal planning, try to avoid separating foods, like sweet potatoes and white potatoes, into "good" and "bad" categories, respectively. White potatoes can be healthful if they eat them with the skins, and their glycemic index is not too dissimilar from that of sweet potatoes. Taking it all with a grain of salt — or, say, a sugar molecule — here's where some foods fall on the glycemic index:



Low (55 or less)

- Oatmeal
- Apples, oranges and grapes
- Carrots and other non-starchy veggies
- Quinoa
- Most nuts and beans
- Skim milk
- White potato, boiled (54)

Medium (56 to 69)

- Cherries, cantaloupe and raisins
- Sweet potato, boiled (61)
- Pumpkin
- Macaroni and cheese
- Bagel
- Couscous
- Honey

High (70 and higher)

- Watermelon
- White potato, mashed (83)
- Rutabaga
- Cheerios, corn flakes and many other cereals
- White bread
- Gluten-free bread
- Rice cakes

Can eating ice cream

PREVENT DIABETES?



In a delicious odyssey, an Atlantic article recently dealt with a swirling controversy around an “inconvenient” finding replicated in various nutrition studies: Consuming not only dairy, but ice cream in particular, has been linked with a lower risk of diabetes.

As detailed in “Nutrition Science’s Most Preposterous Result,” not only individual studies but analysis of decades of research has failed to dispense with this clearly consumer-approved but scientifically improbable association. A 2016 paper published in *The American Journal of Clinical Nutrition* summarizing data from about a dozen studies found that tucking into at least half a cup of the dairy dessert per week was associated with a 19 percent decrease in diabetes risk (even higher than the 14 percent risk reduction seen with yogurt).

But, as noted in the story, the authors of that paper, like other experts, wrote off the findings to what’s called “reverse causation” — in essence that the link between ice cream and diabetes wasn’t going in the direction you’d think. That is to say, for instance, people who are healthy and already at lower risk for developing diabetes might have felt more at ease having rocky road, while those who were already at higher risk for developing the chronic disease might have had less.



The key takeaway in all of this, buried about 3,300 words into the sweetly self-indulgent exposé, is sadly vanilla: “To be clear, none of the experts interviewed for this article is inclined to believe that the ice-cream effect is real.”

Mark Pereira, an epidemiologist at the University of Minnesota, has long wrestled with the ice cream–diabetes risk reduction correlation in his own research. “I don’t think I’ve ever experienced anything like this finding in my career because it’s completely unexpected”. “The Atlantic article was really good journalism,” added Pereira, who was interviewed for that story.

But even lacking an explanation for the link, Pereira isn’t about to advise people to make soft serve a feature of their daily diet in the name of diabetes prevention.

“There could be something there that’s causal,” Pereira acknowledges, giving at least a glimmer of hope to gelato apologists the world over. “But that’s a far cry from saying, ‘Oh, I would recommend that people with prediabetes increase their ice cream intake.’ I mean there’s so many other ways that you could change your diet and improve your physical activity to reduce your A1C [a measure of blood sugar] and prevent diabetes.”

Scooped another way: There’s still no proven reason to expect ice cream will protect you from diabetes. So, for now at least, experts still suggest savoring ice cream in moderation — and not for prevention.



3 RELAXATION TECHNIQUES TO

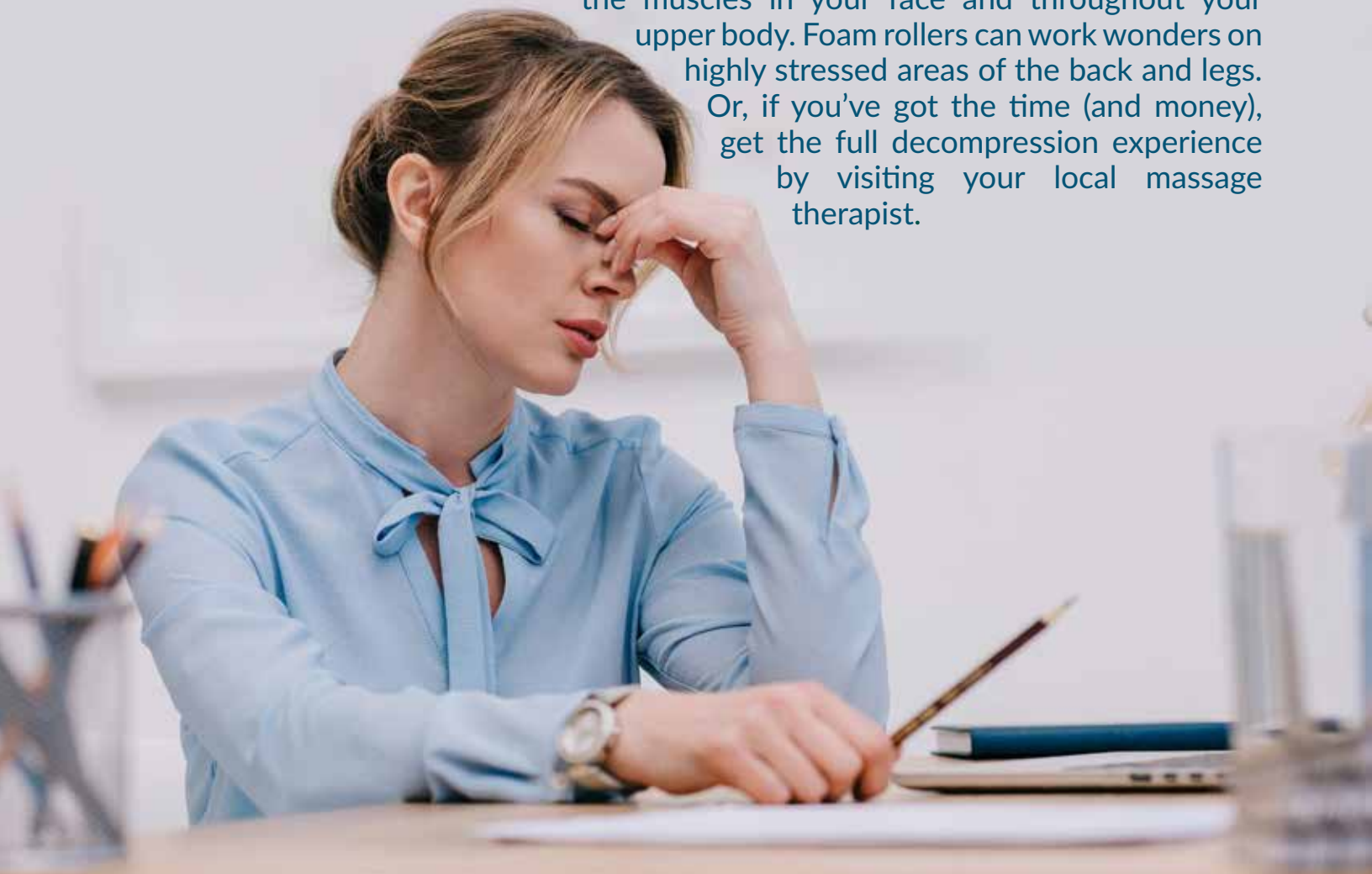
Manage Stress

We all know the impact that stress can make on our bodies and on our minds. Whether you're experiencing everyday stress or you're suffering from prolonged stress caused by an ongoing circumstance in your life, one thing is certain – you need to help yourself relax! Thankfully, there are all kinds of relaxation techniques to counteract the stressors life throws at us.

Staying Sharp examines various relaxation techniques. The best is the one that resonates with you personally. We share three of our favorites below.

DECOMPRESSION

To counteract more physical forms of stress, try this simple technique: Apply a warm heat wrap to your neck and shoulder area for 10 to 15 minutes. Making sure to relax the muscles in your face and throughout your upper body. Foam rollers can work wonders on highly stressed areas of the back and legs. Or, if you've got the time (and money), get the full decompression experience by visiting your local massage therapist.



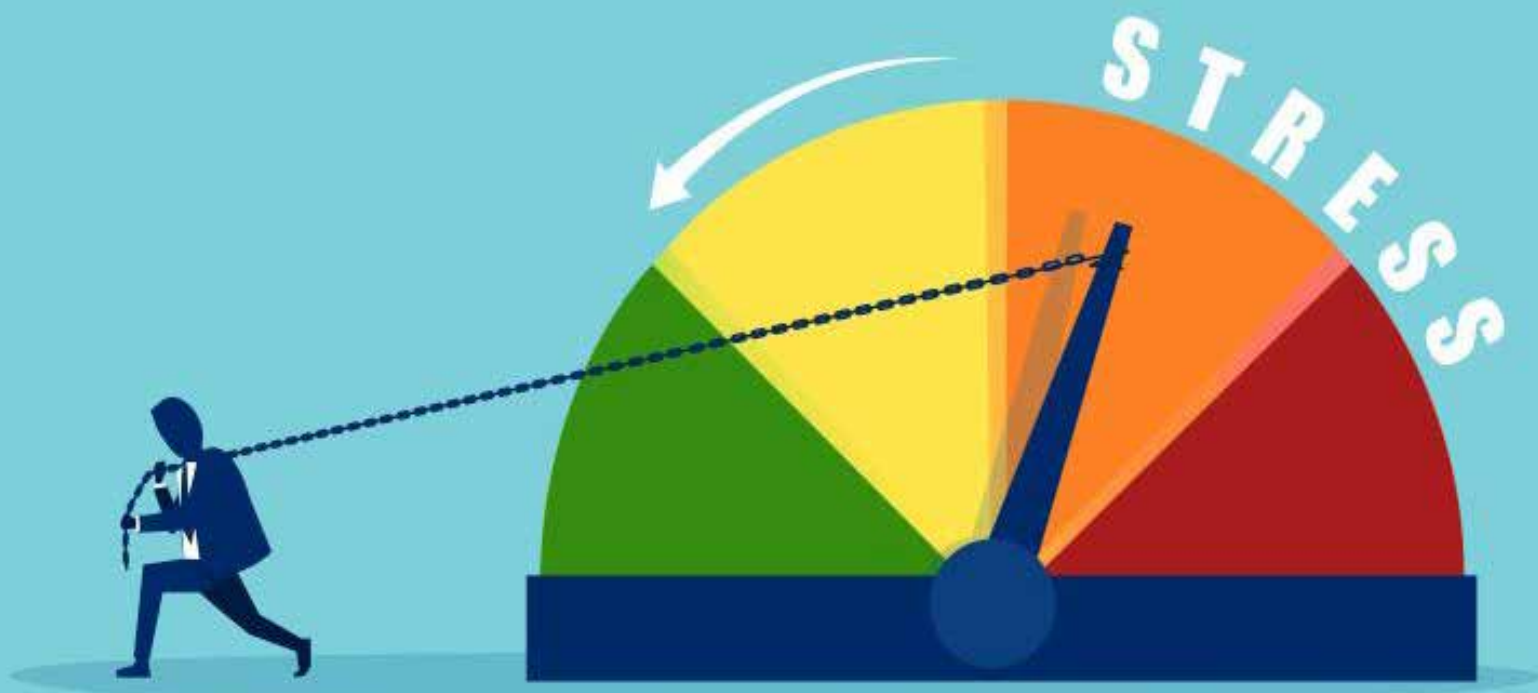
MEDITATION

Meditation is a powerful way to calm your heart rate, focus attention and increase awareness of potential sources of stress. Research has found that regular meditation can even change the structure of the brain and strengthen the hippocampus, an area of the brain crucial for memory and learning. The two most popular meditation techniques are mindfulness (being aware of any feelings, thoughts, ideas as they present themselves) and concentrative (disciplined focus on a mantra, a singular sound or image). Sit comfortably with eyes closed; best practices recommend staying engaged between 15 to 20 minutes, although newcomers may be challenged to do more than a few minutes. Start small, stay consistent, and don't give up!

MOVEMENT

Getting the body moving and the blood flowing has been demonstrated to heighten mental stimulation and is one of the very best stress relievers. Try practices such as yoga to actively engage body and mind, and increase flexibility and balance, effectively reducing stress levels. If all you have time for is a walk or a jog, take the opportunity to counteract the cortisol and enjoy the sense of well-being brought on by the presence of endorphins in the brain.

Use these techniques and more to slow down your heart rate and breathing, bring down your blood pressure, return your blood sugar to a normal level, increase blood flow to painful areas, relieve tension, elevate your mood, boost confidence, increase your energy level, sharpen your concentration and even get a better night's sleep!



7 ways to PREVENT HIP INJURIES

1. Avoid overstretching and overexertion

Physical therapists can help you with your pain signals for overstretching, overexertion and exceeding your range of motion, says Keelan Enseki, chair of the American Physical Therapist Association's hip special interest group and the director of clinical practice innovation at University of Pittsburgh Medical Center Rehabilitation Institute. "If you try to push through that, you're going to cause problems."

Whenever you are in a stretch and the pain increases as you spend time in it, you should stop, says Urvika Choksey, M.D., medical chair of the Yale New Haven Hospital integrated hip fragility fracture program. Another sign you need to pull back on an exercise is when you feel a deep or shooting pain, Enseki says. When patients come in who have been doing one exercise such as running or dancing their whole lives, the answer may not be to give up the exercise. Sometimes a cross-training approach works best, for example, running fewer days and alternating running with other types of exercise. Also promote liver health.



2. Choose gentle exercises as part of your fitness plan

"Do gentle yoga that opens your hips to improve strength and flexibility, but stop when your body tells you to," says CoreBarreFit cofounder Fred Devito. "There's a natural point during a stretch where your body just stops," he says. Any further push from there should be what your body does naturally by breathing into a stretch. Breathing into a stretch means simply holding a stretch at your natural stopping point, but exploring whether your body stretches a little further while you take deep breaths.

Try other hip- and joint-friendly exercises, too, such as swimming, cycling, walking and tai chi, says Tamara Huff, M.D., CEO of VIGEO Orthopedics.



3. Do a variety of exercises throughout the week

Don't do any one exercise as your only workout. Based on a recent study, exercises that combine balance, joint motion and strength resistance may be more effective at preventing falls than a single-focus exercise program. "Walking is good, but it's not enough for reducing hip fractures," Choksey says. "You want to also include some resistance training and some stretching."





4. Set up your home to avoid falls

One of the easiest ways to avoid falls is to set up your home so that you're less likely to trip over cords, pets or rugs. Choksey suggests night-lights to avoid tripping when going to the bathroom at night, decluttering to clear paths and being wary of rug edges. Also helpful: Make sure you get vision exams and hearing checkups.

In addition, watch out for unexpected beings or items in your path. For instance, Choksey has had patients come in because they've fallen as a result of tripping over their cat or dog. If you have pets, watch carefully for where they are when you are walking through your home. Also, watch for where they may have placed their toys and treats. Develop an evening routine that includes looking for and carefully putting away your pets' toys at the end of the night. Creating a checklist for falls with your doctor or physical therapist that includes items you can check off every day may help, too.

5. Vary your work and hobby positions

Exercise is great, but how you move throughout the day also matters, says Enseki. When gardening, for example, vary your position to avoid putting too much strain on your body, he says. You may want to sit sometimes instead of squatting, and try alternating which hand you're using to dig or weed.

If you're sitting for long stretches while at work, Enseki recommends using a back support on your chair. Make sure to get up when you can — at least once an hour — and walk around for a few minutes. Standing at a desk for a full eight-hour day may not be good for someone with knee or hip pain, he says. Instead, work in a variety of positions. When watching television, the best position is sitting up straight with back support and your knees bent at 90 degrees, according to Choksey.



6. Check your vitamin D and calcium levels

Vitamin D and calcium are the most important nutrients for your bone health, Choskey says. Have your doctor check your levels via blood tests to insure you are getting enough before you start taking supplements or make dietary changes. Vitamin D is necessary for calcium absorption, she says. However, too much vitamin D can cause "nausea, vomiting, muscle weakness, confusion, pain, loss of appetite, dehydration, excessive urination and thirst, and kidney stones," according to the National Institute of Health, so be careful not to get more than the recommended amount. can be protective.



7. Get enough protein throughout the day

In addition to vitamin D and calcium for bone health, protein is known to help preserve bone mass, according to Choksey. The CDC recommends at least 46 grams of protein for women age 51 or older and 56 grams of protein for men age 51 or older. Based on the latest research into protein needs for older bodies, AARP's Whole Body Reset recommends 25 to 30 grams per meal for slowing muscle loss and weight gain.

Common ways to get protein are through beans, meat, poultry and fish. However, grains, fruit and vegetables can also contribute to your protein intake. For instance, according to the United States Department of Agriculture, a cup of asparagus or passion fruit has over 5 grams of protein. Granted, that's not as much as a cup of diced turkey, which has 37 grams of protein, but it can add up when creating a balanced diet with a variety of foods.

Your exact protein requirements can vary for reasons such as how much you exercise or whether you have diabetes or another condition. Make sure to consult a medical professional before making any major diet or exercise routine changes.

Healthy Food



SESAME-CRUSTED TUNA WITH GREEN TEA NOODLE SALAD

INGREDIENTS

- 2 tbs white sesame seeds
- 1 tbs black sesame seeds
- 1/2 tsp togarashi (Japanese seven spice, from Asian food stores)
- 1 tsp coarsely ground black pepper
- 400g sashimi-grade tuna, skin on
- 1 tbs extra virgin olive oil
- 320g green tea noodles
- 1 cup (140g) frozen edamame, thawed
- 2 long green shallots, thinly sliced
- Pickled ginger, to serve
- Shiso leaves (from Asian grocers, substitute Thai basil or coriander), to serve

GINGER AND SOY DRESSING

- 100ml sesame oil
- 4cm piece (20g) ginger, finely grated
- 2 tsp soy sauce
- 2 tsp fish sauce
- Juice of 2 small limes

DIRECTIONS

On a tray, combine white and black sesame seeds with togarashi, pepper and 1 tsp salt flakes. Press tuna into sesame mixture to coat all over, then cover and set aside at room temperature for 10 minutes.

For the ginger and soy dressing, combine all ingredients in a bowl. Set aside. Heat a medium frypan over high heat. Drizzle tuna with oil. Sear tuna for 30 seconds each side – you want it to remain rare inside. Cool briefly, then thinly slice.

Cook noodles according to packet instructions, adding edamame in the last minute of cooking. Drain and rinse briefly with cold water. Transfer to a large bowl. Add dressing and toss to combine. Top noodles with sliced tuna, edamame, shallot, pickled ginger and shiso leaves to serve.

A portrait of Dmitri Mendeleev, an elderly man with a long, full white beard and hair, wearing a dark suit and a white shirt with a dark tie. He is looking slightly to the right of the viewer.

GREATEST SCIENTISTS

Dmitri Mendeleev

- **Born: February 8, 1834, Tobolsk, Russia**
- **Died: February 2, 1907, Saint Petersburg, Russia**

Although previous attempts were made at sequencing and classifying elements, Dmitri Mendeleev conceived the most elaborate and the most accurate of them all. He is therefore credited with one of the most important scientific innovations of the 19th century. His publication (in 1869) was praised for its insightful inclusions. Chief among these were the periodic trends of all the then known elements, the relationships of those residing in the same groups, and the possibility of predicting the properties of undiscovered ones. The impacts of Mendeleev's works on Chemistry and Physics were enormous. With them, it became easier to anticipate the characteristics, behaviors and nature of not only elements, but their compounds and mixtures as well. Even today, any student who understands the periodic table will have little or no problem in comprehending other aspects of chemistry. As straightforward as it may seem now, its significance then, cannot be overemphasized. It was after publishing his Periodic Law that Mendeleev collaborated with Lothar Meyer and Robert Bunsen: in upgrading the periodic table. He also made crucial (but obscure) contributions to geology, meteorology and hydrodynamics. Another of his feats pertained to the invention of pyrocollodion, which he achieved via experimentation with nitrocellulose. Apart from introducing the metric system of measurements into the Russian Empire, Dmitri Mendeleev was the sole force behind the establishment of the Russian Chemical Society. Indeed, he presented his periodic table to the society's assembly on March 6, 1869. Dedicated to him are: the Mendeleevium transuranic element, and 313-kilometer-wide Mendeleev lunar crater.

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