



WELLNESS MAGAZINE

OCT 2022

GOOD NEWS

FOR BLACK TEA
DRINKERS!

7 WAYS
TO FOLLOW A
LOW-SODIUM
DIET

FLU SEASON

HOW BAD WILL IT
BE THIS YEAR?

Can a Multivitamin
**GIVE YOUR BRAIN
A BOOST?**

**MEET OUR
PARTNERS**
VITAL IMAGING
Medical Diagnostic Services

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.



BLACK TEA MAY INCREASE YOUR ODDS OF **A LONGER LIFE**



A study from the National Institutes of Health and Northwestern University Feinberg School of Medicine suggests black tea may have health benefits for those who drink two or more cups daily. “Higher tea intake was modestly associated with lower mortality risk during a median of 11.2 years of follow-up,” according to the study published in *Annals of Internal Medicine*.

Previous research has suggested an association between consumption of green tea and lower mortality risks, but there had been limited and inconsistent findings for consumption of black tea. To sharpen the results, the researchers turned to a health database that includes a large pool of tea lovers in the United Kingdom.



The UK Biobank includes nearly 500,000 men and women, ages 40 to 69 years, who have completed health surveys over more than a decade.

“In addition to a high prevalence and wide range of tea intake, the UK Biobank has a large sample size, extended follow-up, information on tea additives and temperature, genetic data, and comprehensive assessment of lifestyle and disease risk factors,” the study said.



The researchers noted that 19 percent of the cohort drink six or more cups per day. But, more importantly, about 89 percent of habitual tea drinkers in the UK consume black tea rather than green tea.

The large sample of black tea drinkers allowed the researchers to analyze other factors in tea consumption than simply the number of cups. They also considered differences among tea drinkers who added sugar and milk to their cup, as well as temperature. They also looked at genetic variations related to caffeine metabolism.

After analyzing the data, the researchers concluded that those who reported drinking two or more cups per day had 9 to 13 percent lower risk of mortality than those who did not drink tea. The associations, they said, were observed “among participants who reported adding milk or sugar to tea and among those with a slower genetically inferred caffeine metabolism rate.” (Previous research has found genetics may play a role in how fast people metabolize caffeine.) The researchers also found that those who drank more tea in the study also had a lower risk of heart disease and stroke.



FLU SEASON

HOW BAD WILL IT BE THIS YEAR?

U.S. health officials typically look to the Southern Hemisphere for an indication of what to expect, and Australia is wrapping up its worst flu season in five years. The Australian flu season also arrived significantly earlier than normal, with cases spiking two or three months before their typical peak.

"You can never predict with 100 percent certainty, but all signs predict influenza will be back this year, and data from Australia suggests it will be a strong flu season," says Andrew Pekosz, a virologist and professor of microbiology at the Johns Hopkins University School of Public Health.

In addition, health officials anticipate another surge in COVID-19 cases as school starts, the

weather cools and people move inside. Those patients could potentially compete for hospital beds with patients who have complications from the flu. It's also possible to get the flu and COVID-19 at the same time, and a recent study published in *The Lancet* found that adults who have a dual flu-COVID infection are at greater risk of severe disease and death than patients who have COVID-19 alone or with other viruses.

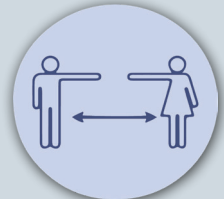
But there is a way to blunt influenza's expected burden, and that's with a flu shot. The vaccine is especially critical for older adults, who see a natural decline in immune function with age and are at higher risk of developing complications from the flu. Older adults are also at higher risk of COVID-19 complications.

Remember the 3 W's

Wear a mask



Watch your distance



Wash your hands



Can a multivitamin **GIVE YOUR BRAIN A BOOST?**



Adding a multivitamin to your daily routine could help keep your brain sharp as you age, a new study suggests, though experts caution that additional research is needed before any health recommendations are made.

A team of researchers from the Wake Forest University School of Medicine, in collaboration with Brigham and Women's Hospital in Boston, tested whether daily administration of cocoa extract versus a placebo and a multivitamin-mineral versus a placebo could improve cognition in more than 2,200 adults 65 and older over the course of three years.

Results from the randomized controlled trial — which is considered the gold standard of study designs when evaluating a treatment or intervention — surprised the researchers, according to lead author Laura Baker, a professor of gerontology and geriatric medicine at the Wake Forest University School of Medicine.

The cocoa extract — rich in compounds called flavonols that have been linked to better brain health — had no impact on cognition, showed the study, which was published in *Alzheimer's & Dementia*. The adults who were randomly assigned to take a daily multivitamin, however, saw a statistically significant improvement — one that translated to a 60 percent slowing of cognitive decline (or a 1.8-year delay). The benefits were greatest in adults with cardiovascular disease.

NOT A TREATMENT FOR DEMENTIA

Baker cautions that the study does not suggest a multivitamin can prevent or cure dementia, a cluster of conditions that affect more than 55 million people worldwide. However, if additional research confirms the findings, it could be “a layer of protection against [cognitive] decline,” going hand in hand with other habits that can protect the brain, like regular physical activity and a healthy diet.

Plus, it's an intervention that's inexpensive, accessible and familiar to most Americans. Research from AARP shows that nearly 8 in 10 (78 percent) adults 50 and older take a vitamin or dietary supplement.



10

SIMPLE WAYS TO RELIEVE STRESS

It might surprise you to learn that biological stress is a fairly recent discovery. It wasn't until the late 1950s that endocrinologist Hans Selye first identified and documented stress.

Symptoms of stress existed long before Selye, but his discoveries led to new research that has helped millions cope with stress. We've compiled a list of the top 10 ways to relieve stress.



Listen to music

If you're feeling overwhelmed by a stressful situation, try taking a break and listening to relaxing music. Playing calm music has a positive effect on the brain and body, can lower blood pressure, and reduce cortisol, a hormone linked to stress. We recommend cello master Yo-Yo Ma playing Bach, but if classical really isn't your thing, try listening to ocean or nature sounds. It may sound cheesy, but they have similar relaxing effects to music.



Talk it out with a friend

When you're feeling stressed, take a break to call a friend and talk about your problems. Good relationships with friends and loved ones are important to any healthy lifestyle. They're especially important when you're under a lot of stress. A reassuring voice, even for a minute, can put everything in perspective.



Drink tea

A large dose of caffeine causes a short-term spike in blood pressure. It may also cause your hypothalamic-pituitary-adrenal axis to go into overdrive.

Instead of coffee or energy drinks, try green tea. It has less than half the caffeine of coffee and contains healthy antioxidants, as well as theanine, an amino acid that has a calming effect on the nervous system.



Be mindful

Most of the tips we've suggested provide immediate relief, but there are also many lifestyle changes that can be more effective in the long run. The concept of "mindfulness" is a large part of meditative and somatic approaches to mental health and has become popular recently.

From yoga and tai chi to meditation and Pilates, these systems of mindfulness incorporate physical and mental exercises that prevent stress from becoming a problem. Try joining a class.



Talk yourself through it

Sometimes calling a friend is not an option. If this is the case, talking calmly to yourself can be the next best thing. Don't worry about seeming crazy — just tell yourself why you're stressed out, what you have to do to complete the task at hand, and most importantly, that everything will be okay.



Eat Right

Stress levels and a proper diet are closely related. When we're overwhelmed, we often forget to eat well and resort to using sugary, fatty snack foods as a pick-me-up. Try to avoid sugary snacks and plan ahead. Fruits and vegetables are always good, and fish with high levels of omega-3 fatty acids have been shown to reduce the symptoms of stress. A tuna sandwich really is brain food.



Laugh it off

Laughter releases endorphins that improve mood and decrease levels of the stress-causing hormones cortisol and adrenaline. Laughing tricks your nervous system into making you happy.

Our suggestion: watch some classic Monty Python skits like "The Ministry of Silly Walks." Those Brits are so hilarious, you'll soon be cracking up, rather than cracking up.



Exercise (even for a minute)

Exercise doesn't necessarily mean power lifting at the gym or training for a marathon. A short walk around the office or simply standing up to stretch during a break at work can offer immediate relief in a stressful situation.

Getting your blood moving releases endorphins and can improve your mood almost instantaneously.



Sleep better

Everyone knows stress can cause you to lose sleep. Unfortunately, lack of sleep is also a key cause of stress. This vicious cycle causes the brain and body to get out of whack and only gets worse with time.

Make sure to get the doctor-recommended seven to eight hours of sleep. Turn the TV off earlier, dim the lights, and give yourself time to relax before going to bed. It may be the most effective stress buster on our list.



Breathe easy

The advice "take a deep breath" may seem like a cliché, but it holds true when it comes to stress. For centuries, Buddhist monks have been conscious of deliberate breathing during meditation.

For an easy three- to five-minute exercise, sit up in your chair with your feet flat on the floor and hands on top of your knees. Breathe in and out slowly and deeply, concentrating on your lungs as they expand fully in your chest.

While shallow breathing causes stress, deep breathing oxygenates your blood, helps center your body, and clears your mind.

7 ways to follow A LOW- SODIUM DIET

Despite being an essential nutrient for the body to function properly, too much sodium can be bad for your health. In fact, 9 in 10 Americans are getting too much sodium from their diet, mainly from salt, according to the Centers for Disease Control and Prevention (CDC).

"As we age, our dietary restrictions are tightened as far as what we can eat," said William Lendway, a dietitian, chef and assistant professor at Johnson & Wales University, a school whose specialized degrees include culinary arts and nutrition. "It's a lot easier to get used to a better diet when you're younger than when you're older and you're dealing with multiple health issues."

In addition to age, other factors may influence how sodium affects blood pressure, including weight, ethnicity, gender and some medical conditions like diabetes or chronic kidney disease, according to the American Heart Association (AHA). But dietary changes and a little attention can make a major difference in the amount of sodium you consume.

How does excess sodium affect the body?

Sodium pulls water into our blood vessels, increasing the amount of blood flowing through our veins — which may raise blood pressure. Over time, high blood pressure can stretch our arteries and accumulate plaque, which can block blood flow.

As a result, high blood pressure, also known as the "silent killer," is a major risk factor for heart disease and stroke, the first- and fifth-leading causes of death in the U.S., according to the CDC.

What is the function of salt in cooking?

Salt is a flavor enhancer and can also be utilized to reduce bitter flavors.

"Adding a little bit of salt really takes that edge of bitterness off," said Lendway. "A lot of green leafy vegetables tend to be bitter — like brussels sprouts and cabbage. So, it becomes really difficult to eat these things with less sodium because they're just not that desirable for us."



Ways to Enjoy Food Without Putting a Strain on Health.

1

STICK WITH IT

Dietary guidelines recommend consuming no more than 2,300 mg of sodium a day, which equates to about a teaspoon of salt.

"That may seem like a lot until you see how much is spread through your day," said Lendway.

On the bright side, research has shown that our taste or preference for salt can decrease by gradually reducing the amount we consume.

"It's frustrating for people, and salt can impact their health so drastically," said Lendway. "I like to tell people that it gets better. It's hard, but stick with it."

3

TRY OTHER WAYS TO "SALT" YOUR FOOD

In addition to low-sodium or "lite" salts, which are blends of salt and potassium chloride, there are other ways to enhance a dish's flavor. Experiment with using garlic, citrus juice, salt-free seasonings or other spices.

Meanwhile, avoid sauces, mixes and instant products like flavored rice that can be loaded with added sodium. Opt for the most basic or least processed forms of rice, beans and other dry goods and season them yourself.

For example, when preparing a tabbouleh salad, Lendway used orange juice instead of lemon juice and added some dried fruit to avoid relying on salt.

"I was absolutely amazed. It did not need any salt at all," he said. "So, focusing a little more on a sweet-sour or a sweet-tangy sauce, and less on the salt is another strategy. You're balancing sweet, tangy, sour flavors."

5

SWAP YOUR SALTY STAPLES WITH HEALTHIER OPTIONS

If you don't like low-sodium products, try swapping them with a similar product.

"If you've ever had low-sodium tomato juice, it's horrible. If you take a product and modify it, just by virtue, that product is going to be second-best. It never tastes as good," said Lendway. "Why don't you switch to something like orange juice, which doesn't normally have sodium?"

7

INCREASE POTASSIUM IN YOUR DIET

If you have high blood pressure, eating more potassium can help lower it to a healthy level. Good sources of potassium include bananas, oranges, melons, cooked spinach, broccoli, potatoes and sweet potatoes. Find a full list of potassium-dense foods [here](#).

2

2. AVOID PROCESSED FOODS

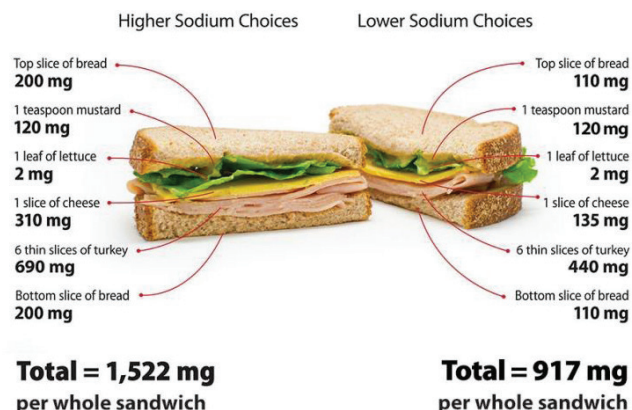
Foods that are processed include cooked, canned, frozen, or packaged goods that are preserved or prepared in a way that changes their nutritional composition. Over 40 percent of the sodium we eat comes from just 10 types of food, including breads, rolls and pizza, which top the list of the greatest sources of sodium consumed by Americans.

To avoid processed foods, look for alternatives that have less than 5 percent of the daily value of sodium per serving. Think fresh fruits and vegetables or other products that are labeled "no salt added" or "no sodium." If you choose to buy packaged or prepared foods, choose those labeled "low" or "reduced sodium." Prepared meals should have no more than 600 mg of sodium per meal, the CDC recommends."

4

SEEK OUT NO- TO LOW-SODIUM RECIPES

Utilize the internet and specialty cookbooks to find low-sodium recipes. The AHA has a low-salt cookbook with some free recipes online.



6

ASK TO HOLD THE SALT WHEN EATING OUT

About one-third of our food calories come from outside the home, according to the Food and Drug Administration. Depending on the level of scratch cooking a restaurant offers, you can ask which menu items are already salted and request if items like fries or vegetables can be plated without added salt.

Healthy Food

ASIAN Quinoa and Prawn SALAD



- Difficulty: Easy
- Total Time: 40 min
- Elaboration: 15 min
- Cooking: 25 min

INGREDIENTS

Quinoa.....	60 g
Raw prawns peeled or already cooked.....	150 g
Avocado.....	1
Canons.....	100 g
Cherry Tomato.....	100 g
Lime Juice.....	20 ml
Chili Flakes (1/4 teaspoon) optional.....	2 g
Soy Sauce.....	15 ml
Maple Syrup or Agave or Honey.....	2.5 ml

INSTRUCTIONS

We will start by boiling the quinoa following the manufacturer's instructions, approximately 15 minutes. Drain and reserve in a clean container. Cook the prawns, if they are raw, and reserve. We make the dressing by mixing the lime juice and chili flakes, the oil and the maple syrup. Add half of the dressing to the quinoa and add the chopped onion, the lamb's lettuce, the prawns, the sliced avocado and the cherry tomatoes cut in half. Season to taste and add the rest of the dressing. Sprinkle with chopped fresh coriander..

A portrait of Margarita Salas, an elderly woman with short, wavy brown hair, wearing a blue patterned blazer over a white shirt. She is looking directly at the camera with a slight smile. The background is a soft-focus indoor setting with light-colored curtains and a wooden door frame.

THE GREATEST SCIENTISTS

Margarita Salas

- She was born in Canero, Asturias, on November 30, 1938.
- She died in Madrid, on November 7, 2019.

Graduated in Chemistry from the Complutense University of Madrid in 1960, she later obtained a doctorate in Biochemistry. After her doctorate, she went to the US to work in the laboratory of Nobel Prize winner Severo Ochoa, who was also her mentor.

Pioneer in the field of biochemistry and molecular biology in Spain. One of the most notable contributions of this great scientist has been the phi29 DNA polymerase method, which allows DNA to be amplified millions of times in order to be analyzed, whose patent has also been one of the most profitable of the CSIC

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