

MAGAZINE

SEPTEMBER 2023

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Gertrude B Elion



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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 equip



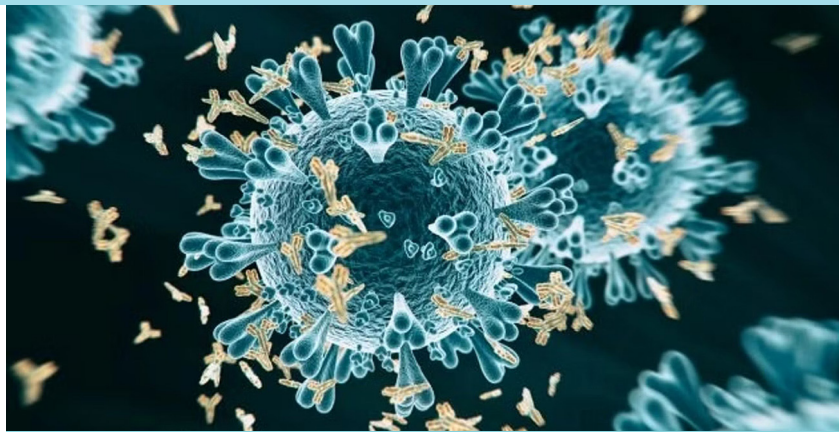
NEW COVID-19 VARIANT HAS SCIENTISTS WORRIED

Rapid mutations could make it better at infecting people

A new coronavirus variant is grabbing the attention of health experts across the globe due to a striking number of genetic differences that set it apart from previous versions of the virus.

The Centers for Disease Control and Prevention (CDC) says this new variant, officially known as BA.2.86 and nicknamed “Pirola” on social media, may be more capable of infecting people with prior immunity, though it’s unclear at this time whether those infections would result in more severe illness.

This new variant is not yet widespread. Only two cases of COVID-19 caused by BA.2.86 have been confirmed in the U.S., with a few others confirmed in Denmark, Israel, South Africa and the United Kingdom, according to an Aug. 23 risk assessment from the CDC. Its arrival, however, coincides with a late-summer COVID-19 surge that has put the virus back on the minds of many. After several months of steady decline, COVID-19 hospitalizations have risen in recent weeks, and wastewater surveillance suggests cases are increasing, too. Deaths from the illness are also up by about 21 percent, federal data shows, though they remain low compared with previous surges.



Mutations put the variant ‘high on radar screen’

All viruses change over time, including the one that causes COVID-19. These changes can affect how contagious a virus is or how well it responds to treatment, the CDC explains, which is why scientists keep close tabs on the coronavirus’ evolution.

What’s concerning about BA.2.86, however, is that it has a lot of changes — there are more than 35 mutations relative to the omicron strains that have recently been circulating. According to the CDC, that’s a difference that is more in line with those seen between the initial omicron variant and its predecessor, delta.

“This is an insane amount of change at once,” epidemiologist Katelyn Jetelina wrote in a recent Substack post examining BA.2.86.

The location of these mutations matter too, says Andy Pekosz, a professor of microbiology at Johns Hopkins Bloomberg School of Public Health: “A lot of those mutations are in areas where we know antibodies bind to the spike protein,” which is what the virus uses to enter our cells.

“Those mutations are on important sites that would cause this virus to evade a lot of the vaccine and previous infection-induced immunity,” Pekosz says. “So that’s why that variant is really high on our radar screen.”





Treatments, tests and vaccines still work

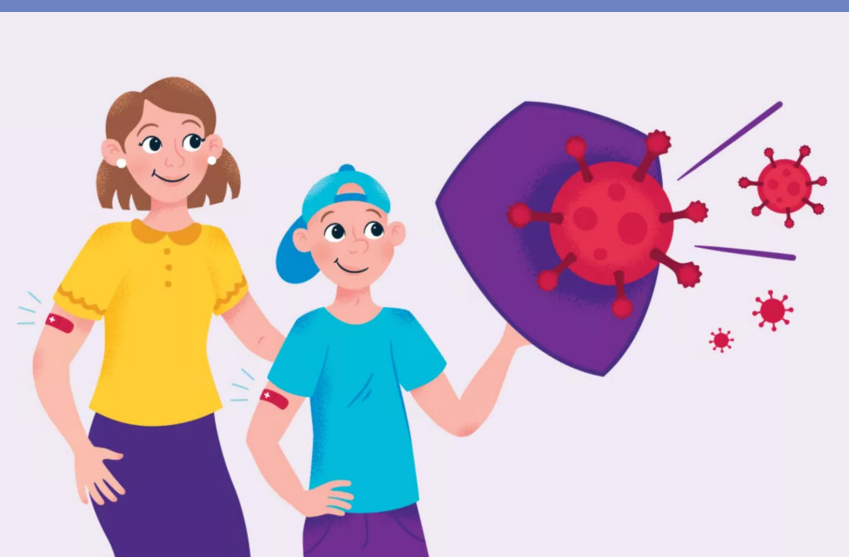
That doesn't mean the tools we have are necessarily powerless if this variant becomes more widespread. Experts say existing tests used to detect the virus, and medications used to treat COVID-19, should still be effective when it comes to BA.2.86.

The CDC also expects that the updated vaccines, due out in mid-September, will "be effective at reducing severe disease and hospitalization," even in the wake of the genetic differences, though evaluation of just how well they'll work against BA.2.86 is ongoing.

"Vaccines oftentimes will continue to protect against severe disease, even if they lose the ability to protect against infection," Pekosz says. When it comes to BA.2.86, "we're hoping that it can't evade enough to really cause very severe disease at a high rate," he says.

Plus, it's important to keep in mind that the forthcoming vaccines target the variants that are currently driving infections in the U.S., like Eris (EG.5) and other XBB strains.

"So right now, the plan for rolling out the vaccine and getting a vaccine looks pretty good because it's well-matched to the vast majority of [variants] that are circulating right now," Pekosz says.



Get a COVID-19 plan in place

While health experts don't yet know how well BA.2.86 spreads, they do know that it spreads in the same way as previous variants, meaning the same measures used throughout the pandemic to cut down on transmission still work for BA.2.86.

Make sure you're up to date on your vaccines, the CDC says. Stay home if you are sick, and wash your hands often. And with COVID-19 cases climbing, and cold and flu season right around the corner, consider wearing a mask again in crowded indoor areas if you have stopped, Pekosz says.

"If you want to protect yourself, masks are one of the things that you can do if you're in that highly vulnerable population," he adds.

It's also a good time to check your stock of COVID tests (and check their expiration dates), so that if you come down with symptoms, you'll have some on hand. If you test positive for COVID-19, you may be eligible for antiviral treatments, which can help keep a mild infection from turning more severe.

"Now's not the time to panic or to fear the worst," Pekosz says. "Now's the time to really sort of say, 'What would I do if I was positive for COVID? Do I have a home test? How would I get antivirals? And when would I get the vaccine when it comes out?' Because those are all things that we know limit severe COVID."



WHEN LYING IS A SIGN OF A HEALTH PROBLEM

The creation of false memories can be concerning but is often unintentional



Memory is a funny thing. We all get details wrong from time to time, misremember or simply have gaps in recall. You may remember eating in a nice Italian restaurant before seeing *My Fair Lady* but really you ate at that restaurant before seeing *Chicago*. This kind of memory confusion is normal. But less commonly, because of underlying neurological issues, people will generate false memories with no intent to deceive.

The medical term for this is confabulation. Because the person believes what they're saying, the term "honest lying" is also used to describe this phenomenon.

Two types of confabulation

Confabulation can be provoked, in response to being asked questions or for details a person can't quite recall correctly, or spontaneous, when the misremembering is just that — unprompted. This phenomenon is different from delusions, or false beliefs.

The latter, spontaneous confabulation, is rarer, and may point to an underlying medical condition such as Wernicke-Korsakoff syndrome — a neurological disorder that's caused by a lack of vitamin B1 (thiamine), most frequently from chronic and severe alcohol use. It also can be caused by a range of other conditions, from Alzheimer's dementia and traumatic brain injury to bipolar disorder and schizophrenia.

Even in cases where the underlying condition is already known, it can be concerning when a loved one suddenly seems to be making up stories about the past.

"It's very distressing when you see someone that you love isn't remembering things or seeing things the way that you do," says Susan Maixner, M.D., codirector of the geriatric psychiatry program and geriatric psychiatry fellowship director at the University of Michigan. This isn't just about missing a few details here or there when recalling a shared experience. With confabulation, a person fabricates memories — for example, to fill in holes in what they recall — and believes their version of events completely, Maixner explains.

"They have no awareness that these things didn't happen, and they're not trying to lie or deceive anyone," she emphasizes. Still, the resulting confusion can leave caregivers at a loss.



How to respond to 'honest lying'

Confabulation tends to involve autobiographical memories, or what a person misremembers about their own past experiences, and can be as simple as getting small details wrong or as elaborate as fantastical odysseys unto themselves. The fabricated memories may be tied to real events but plugged into a different story — or have fictitious origins. "Sometimes you'll see plotlines of television shows that have been playing in the background kind of woven into some of these stories that are told," Maixner says.

But, in truth, the person isn't lying — since they're not trying to deceive anyone. However, loved ones may perceive the person is lying and become annoyed or offended — something experts say you'll want to avoid.

It's important in such instances not to be confrontational, says Chad Hales, M.D., associate professor of neurology at Emory University School of Medicine. Instead, he emphasizes the importance of educating family members about what's going on.

Taking a compassionate, curious approach when a family member suddenly starts misremembering not only helps smooth interpersonal interactions, it also can lead to more clarity and support for the individual and family members.

Possible sign of a brain condition

Often a person who confabulates has already been diagnosed with a neurological condition. But sometimes it's not clear what's causing it. So a good place to start would be to see the family doctor.

"My recommendation would be to try to bring their loved one to their primary care physician and share their concerns," says Jeffrey Rakofsky, M.D., associate professor in the department of psychiatry and behavior health sciences, also at Emory University School of Medicine.

If necessary, the primary care provider may refer the patient on to see a neurologist for further evaluation.

Because confabulation can be caused by issues ranging from alcoholism to dementia to mental health conditions, such as bipolar disorder, multiple medical opinions and experts in different disciplines may be required to address it. But experts like Rakofsky recommend starting with a primary care provider, who should be familiar with the patient's medical history, and then getting a referral to a specialist if necessary.



confabulation isn't clear. But the difficulties a person has faithfully recalling the past seem to be rooted in problems with memory and executive function. The latter involves mental processes that allow us to plan and organize, ignore distractions and focus on key details — like one might do when piecing together a story about a past experience.

Executive function and memory are both really important for being able to remember things accurately and free of the intrusions and other motivations that sometimes influence our memories as we're sharing them, Rakofsky says. This also helps explain why so many different types of neuropsychiatric conditions might cause confabulation.

"What a lot of these conditions have in common is the ways in which they impact both executive function and memory," he says. Accordingly, the most common way to treat confabulation involves addressing the condition that causes it, whether that's treating a vitamin deficiency with Wernicke-Korsakoff syndrome or giving a patient with schizophrenia antipsychotic medications.

With some conditions, such as Alzheimer's, it may not be possible to reverse the course of a disease — or to differentiate between real and false memories. However, in some other cases, therapy may be helpful, and a person could also try to keep a diary as a reference.

This could include reality orientation therapy that helps people focus on their immediate surroundings, like a picture of a family member or personal belongings, to reduce confusion and correctly recall details in their lives.

Research published in PLOS One suggests approaches that address both the underlying disorder and the confabulation could also help, for example, after a person has experienced brain injury,



Adapting to messy memories — and finding support

Given how complex and intractable changes in the brain can be, part of addressing confabulation has everything to do with adapting to it. That means learning how to go along for the ride — if not indulging in fanciful memories, at least learning how to live with someone who can't tell the difference, experts say.

But what it doesn't mean for distraught caregivers is self-abandonment, or suffering silently as a loved one's grip on reality slips away. Support groups, depending on the condition — like for caregivers of people with Alzheimer's disease — can be especially beneficial. It's important for family members to get support, Rakofsky says, given how difficult it can be to watch someone struggle with memory.

Also, make sure to discuss the impact on family members with a person's primary care doctor to talk through ways to cope together. "Don't ignore it," Rakofsky urges. "Get help for your loved one, but also get help for yourself ... because this can be concerning and upsetting to see your loved one lose touch with the memories that maybe you both shared."

How

Excess Weight Affects Your Brain



Maintaining a healthy weight at age 50-plus can help to keep your mind in top shape

Most people know that carrying around extra weight can be harmful for the heart. But did you know it can affect your brain as well?

Everybody's brain changes as they age, according to the National Institute on Aging. Memory slipups can happen more frequently, and multitasking may become more difficult. Excess weight, particularly the kind stored in your belly, just adds fuel to the fire, experts say.

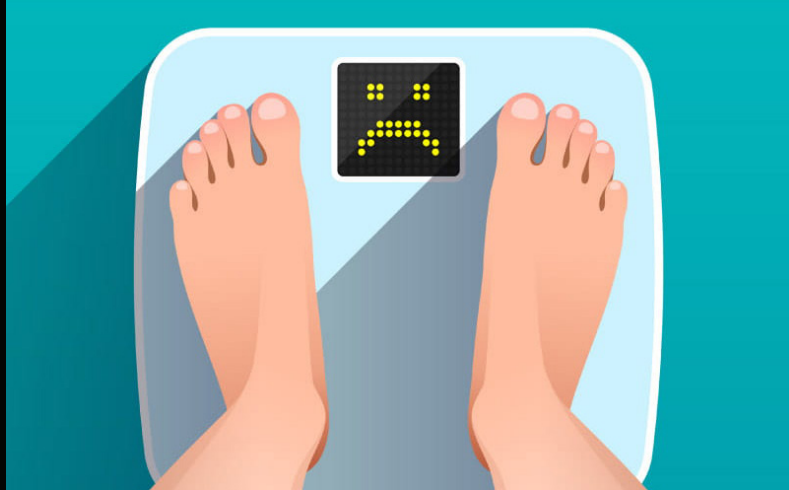
"Belly fat can accelerate normal brain aging because it produces hormones and chemicals that lead to inflammation and insulin resistance," says Howard Fillit, M.D., a professor of geriatrics, medicine and neuroscience at Mount Sinai School of Medicine in New York City. And both inflammation and insulin resistance are well-established risk factors for Alzheimer's disease and other dementias, he adds.

In recent research, excess weight has been shown to:

Reduce blood flow to the brain. In a 2020 study involving brain scans of more than 17,000 people, researchers found that as weight went up, blood flow in the brain went down. Slower blood flow in the brain has been linked to cognitive decline and dementia.

Shrink the brain. Using MRIs, researchers from the University of Pittsburgh found that people who were overweight had 4 percent less brain volume, and their brains looked eight years older on average than those of people who were of normal weight. People with obesity had 8 percent less brain volume and brains that appeared 16 years older, according to the study published in *Human Brain Mapping*. Other data link a larger waist-to-hip ratio — a good measure of harmful abdominal fat — to a greater decrease in total brain volume.

Reduce cognitive abilities. Research points to a link between extra weight and everyday thinking and reasoning skills, collectively known as cognitive function. A study published in 2022 in the journal *JAMA Network Open* found that excess fat, and especially belly fat, was associated with lower cognitive scores. Similarly, a study published in the journal *Neuropsychology* found that an elevated body mass index (BMI), a ratio of weight to height, is directly associated with decreased attention, processing speed (how fast your brain works) and fine motor speed.



How to help protect your brain

While accumulating research suggests that being overweight or having obesity can be a risk factor for dementia, experts say you can lower that risk.

Drop a few pounds.

Try to lose unhealthy weight before it has had time to wreak havoc on your brain, experts say. Weight loss doesn't need to be dramatic to have a big impact. If you are overweight, losing 5 to 10 percent of your total body weight can improve measures of blood pressure, blood sugar and inflammation — all of which have been tied to brain health.

Both diet and exercise are usually needed to break up with your BMI, but there are a few other tools. Weight loss medications can also help some people. A new class of drugs — known as GLP-1 receptor agonists, like Wegovy and Ozempic (semaglutide) — can regulate appetite and food intake, and Fillit says they may have a positive effect on brain function, too.

And weight loss after bariatric surgery has been shown to boost brain health. According to a 2022 study, people undergoing the surgery at midlife saw a decrease of almost three years of brain age one year after the procedure, and a decrease of 5.6 years in the second year.



Eat a brain-friendly diet.

Try the MIND diet, a mash-up of the heart-healthy Mediterranean and DASH diets. This eating plan features lots of fruits and vegetables, including a serving of dark leafy greens nearly every day, plus lean protein, whole grains, and good fats like olive oil and nuts.

You can still eat red meat, fast food and sweets. “Just decrease your intake,” says Thomas M. Holland, M.D., a researcher at the Rush Institute for Healthy Aging at Rush University Medical Center in Chicago. People who were most adherent to the diet had a 53 percent lower rate of Alzheimer’s disease, research shows. Just be sure to watch portion sizes.

Take a multipronged approach.

A combination of behavioral changes seems to work better than any single one. It’s also important to stop smoking, limit alcohol, nurture social connections, and stimulate your brain by learning a new skill or volunteering in your community.

“It’s never too late to manage obesity and reduce the risk that comes with obesity,” Fillit says.



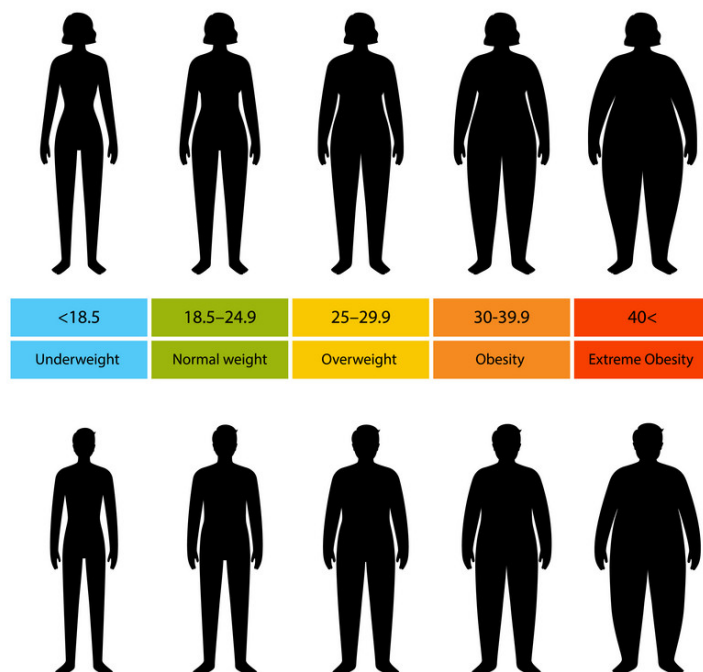
Get up and get active.

Get your heart rate up 150 minutes a week. No need for a gym membership: Pickleball, biking and brisk walking will do the trick.

A 2016 study in the journal Neurology found that people over age 50 who did little to no exercise saw a decline in memory and thinking skills equivalent to 10 years of aging — in just five years — compared to those who engaged in moderate- and high-intensity exercise.

Since injuries are more likely with age, “go slow and be very deliberate about what you’re doing at first,” Holland says.

BODY MASS INDEX



Is Water Aerobics Right for You?

Aquatic exercise can relieve stress, ease achy joints, improve balance and even help you make friends

Aquatic exercise is a fun way to work out that doesn't put pressure on bones, joints or muscles. Water creates natural resistance that supports the weight of the body and reduces impact on joints and muscles. Water exercise and therapy can also reduce intensity of pain, improve range of motion, build strength and generally improve the level of functioning in everyday life.

Water exercise can be a good alternative for those who can't tolerate the stress of land-based exercise. It allows people to exercise with little chance of injury. Here are some situations in which it could benefit you and why.



1. You have joint problems

If you have joint pain or stiffness, arthritis, backaches, achy knees or sore hips, aquatic exercise may not cure your symptoms, but it can give you temporary relief. The buoyancy of water lessens stress on your joints. Water slows movement and allows time to focus on posture and alignment, helps reduce inflammation and improves joint range of motion, all of which can reduce pain.

When your body is immersed in water, the weight-bearing load to your joints is reduced. At mid-rib cage to mid-chest depth — the general recommendation for shallow water classes — the reduction is approximately 75 percent. Immersed to the shoulders, it's reduced to almost 90 percent. At waist depth, weight bearing is reduced to about 50 percent. Simply adjusting the depth at which you exercise greatly influences your workout results.

Water therapy is helpful if you want to try to avoid surgery. It can also help you regain movement and motion after surgery. Because you're lighter in water and your body can float, you'll be able to exercise for longer than you can on land without hurting your joints. After surgery, once a physician gives the go-ahead, aquatic therapy can help improve the range of motion of joints and increase the strength of muscles around those joints.

2. You have heart disease

The American Heart Association recommends at least 150 minutes (2.5 hours) a week of aerobic or heart-pumping physical activity such as running, walking and swimming to remain healthy. Water aerobics can be used simply to get exercise or as a form of therapy. It is recommended, that before starting cardiac aquatic exercise, you need to be sure your vital signs are stable, and your doctor has given you the go-ahead. Water exercise is therapeutic and fun, but it can overload your heart if you have a condition that's not being properly treated.

Aquatic exercise can be an aerobic activity that uses your heart and lungs effectively. Additionally, immersion in water helps the heart transport oxygen more efficiently to your working muscles. Research has found that the exercise heart rate during aquatic exercise is often lower than the heart rate during exercise of the same intensity on land.

Even if you have a cardiac condition, water exercises can be tailored to your specific needs. You can begin with low levels of activity like walking in the water and work your way up to deep water running and swimming.



3. You are stressed

Exercise helps relieve stress, and water exercise is no exception. For most people, participating in water exercise and therapy can be a way to decompress. Exercise reduces your body's level of stress hormones and stimulates the production of endorphins, chemicals in the brain that elevate your mood.

Incorporating diaphragmatic breathing into your aquatic activities can help you relax by stimulating the vagus nerve and activating the parasympathetic nervous system, also known as the rest and digest systems. Water has a calming effect for many people, partially due to the tactile stimulation on the skin.

Movement in warm water can be relaxing and meditative and generally improves your mood.



4. You would like to have more energy

Any type of movement can give you more energy, and for those who are unable to exercise on land, water can be a solution. Cardiovascular exercise makes your heart and lungs work more efficiently, delivering oxygen and nutrients throughout your body. With improved heart and lung function, you'll have more energy to exercise and perform activities of daily living. Similarly, building strength and endurance, as well as flexibility, allows your body to move more efficiently. When you're not having to expend extra energy to move and complete daily tasks, your overall performance improves; you don't have to work as hard to accomplish the same tasks.

Exercising in the water can also help improve your sleep. The more active you are, including being active in the water, the better you'll sleep, and the better you sleep, the more energy you'll have.



5. You want to improve your balance

Balance is important, especially as you age. Many older people are afraid that a loss of balance could result in a fall and/or a hip fracture that can be debilitating and life-threatening. With practice and time, you can work in the water, a safe environment, to help prevent falls on land. Practicing balance in a pool allows you more time to react if you do lose your balance, and by training your muscles to react to waves in the water, you'll build confidence and lessen your fear of falling on land.

In water, waves created by other people push you around, so even when you're still, you're practicing balance. To build up that balance, you can begin with simple activities like walking in the water and move on to more advanced exercises like marching in place and standing on one leg.



6. You are overweight

If you're seriously overweight, you may not be able to tolerate the stress of land-based exercise. The buoyancy of water takes that stress off your joints. When you exercise in water, you put less weight on your joints, making it possible, if you're carrying extra weight, to increase your endurance and spend more time working out.

7. You want to make more friends

Any group exercise, including water exercise, builds community. You'll meet people with similar needs and find support and bond. For many, especially older adults, time in the water offers a fun way to interact with others while improving their health.

Doing pool exercise is a great way to socialize, because people are more motivated when they're having fun.



5 Wellness Trends From India to Explore

Health benefits of yoga, chai, turmeric and more have roots in South Asia.

Starbucks might have introduced Americans to chai lattes in the 1990s and Lululemon Athletica might have turned the love of yoga into a multibillion-dollar apparel brand, but the origins of yoga and chai can be credited to a country that lies more than 8,000 miles away.

Many modern U.S. wellness ingredients and practices — including ghee, turmeric and the ancient health science of Ayurveda — can, in fact, be traced to the Indian subcontinent. We tapped the expertise of South Asian American doctors, scientists and nutrition experts to gain a deeper understanding of the health benefits and origins of these trends.

1. Chai

While some Western cafes sometimes refer to “chai tea,” chai actually means tea in Hindi, so you can just say you’re drinking chai.

Boiling milk with tea leaves to make chai — sometimes with ginger, cardamom and other spices for masala chai — has been a significant part of the daily ritual in India for centuries.

It connects people socially in Indian households,” says Poornima Sharma, who has a doctorate in food and nutrition and is a faculty member of Art of Living Programs, a holistic wellness retreat in Boone, North Carolina. A visit to someone’s house is invariably met with an offer of chai. “If someone doesn’t offer tea, people are insulted,” Sharma says.

Tea contains flavonoids, naturally occurring compounds also found in fruits and vegetables that can ward off inflammation, Sharma says. But be careful not to boil the tea too long, as that can cause acidity in the stomach, she says. According to Ayurveda, tea can be used to relieve ailments. For instance, boil half a cup of cold water and half a cup of hot tea to relieve an upset stomach, Sharma says.

2. Ghee

A staple in any South Asian pantry, ghee is made from boiling butter at low heat until the water evaporates and the milk solids separate and are removed. You’re left with a shelf-stable, dense butterfat whose rich flavor makes it a favorite addition to rice or roti in South Asian households, while its high smoke point makes it good for frying.

Because it comes from the milk of cows, considered sacred in India, it also carries sentimental value, Sharma says. Ghee delivers all of the benefits of cows’ milk but in concentrated form, says Madhushree Ghosh, a scientist and food writer whose memoir, *Khabaar: An Immigrant Journey*, will be published next spring.

Ghee is also rich in omega-3 fatty acids, says Uday Jani, M.D., who runs an integrative concierge medicine practice, Shore View Personalized Medical Care, in Milton, Delaware. If the milk is from grass-fed cows, then using it in small quantities is good for brain health, he says. “You need fat for brain health, but you want to make sure it comes from a good source,” he says.

While some medical doctors like Jani warn against consuming too much ghee because it’s high in saturated fats, ghee is recognized in Ayurveda for its health benefits, including being a good source of gut-beneficial butyric acid, Sharma says.





3. Ayurveda

More than 5,000 years old and written in the ancient Hindu scriptures known as the Vedas, Ayurveda is an ancient health science that recognizes three doshas, known as vata, pitta and kapha, that govern each individual's body and mind. Ayurveda treats the whole body to prevent disease, rather than each symptom, unlike much of Western medicine, Jani says.

"Ayurveda is the whole medicine approach," Jani says. Ayurveda also relies on plants and other natural sources to treat diseases, Sharma says.

4. Yoga

While most yoga devotees might know their Downward Dog, the practice in its purest form is a spiritual one that encompasses the body, mind and breath, Sharma says. It consists of eight stages, which include not only sun salutations and other poses the West associates with yoga, but also integrity, discipline and concentration. A big part of yoga also involves controlling the breath and calming the mind with meditation.

The sage Patanjali authored the major text on yoga in 200 B.C. and is considered the founder of modern yoga. "Yoga is not just on the mat, it's how you experience the world," Sharma says. "Yoga is happening every single moment."

5. Turmeric

Many South Asian American women fondly remember their grandmothers turning to turmeric to relieve a variety of ailments long before wellness bloggers started singing the praises of golden milk. Doodh haldi, or turmeric mixed with milk, is said to ward off a cold thanks to the anti-inflammatory properties of its active ingredient, curcumin. When Sharma was young, her mother would use it on wounds because of its purported antiseptic properties, easing pain and helping wounds heal faster.

That same active ingredient can help protect against some cancers and may help prevent Alzheimer's disease, Jani says. Research suggests that curcumin may also reduce brain inflammation, the precursor for brain cell damage and the cause of dementia, he says.

Turmeric's benefits can also be found by adding it to cooking, brightening South Asian food with its mustard yellow color and earthy flavor. Ghosh remembers watching her grandmother in India grind whole turmeric root — which she says offers the most benefit — and mixing it with red chilis and cumin.

Healthy Food

EVERYTHING BAGEL CRUSTED SALMON



YIELDS:
4 servings

PREP TIME:
15 min

TOTAL TIME:
35 min

CAL/SERV:
551

INGREDIENTS

- 4 (6-oz.) skin-on salmon fillets
- Kosher salt
- Freshly ground black pepper
- 2 tbsp. spicy harissa paste
- 3 tbsp. everything bagel seasoning
- 3 tbsp. extra-virgin olive oil, divided
- 1 1/2 oz. cream cheese (about 3 tbsp.), softened
- 1 small shallot, finely chopped, divided
- 1/4 c. coarsely chopped fresh dill, divided
- 2 tbsp. fresh lemon juice, divided
- 2 oz. arugula
- 6 oz. cherry tomatoes, halved
- 1 mini cucumber, sliced into 1/4"-thick rounds
- 1 tbsp. drained capers, coarsely chopped
- 1 oz. thin bagel chips

DIRECTIONS

1. Arrange a rack in center of oven; preheat to 450°. Place a large cast-iron skillet on rack to preheat.
2. Pat salmon dry; season all over with 1 teaspoon salt and a pinch of pepper. Spread harissa onto salmon flesh. Sprinkle each fillet with everything bagel seasoning.
3. Carefully remove skillet from oven and drizzle with 2 tablespoons oil. Arrange salmon in skillet skin side down. Bake until flesh becomes opaque and easily flakes with a fork, 10 to 12 minutes.
4. Meanwhile, in a small bowl, whisk cream cheese, half of shallot, 1 tablespoon dill, 1 tablespoon lemon juice, 2 tablespoons water, and remaining 1 tablespoon oil until smooth; season with a pinch of salt. In another small bowl, soak remaining shallots with remaining 1 tablespoon lemon juice.
5. In a large bowl, toss arugula, tomato, cucumber, capers, marinated shallots, and remaining 3 tablespoons dill. Add half of dressing, toss to combine, and top with bagel chips.
6. Divide salmon among plates. Serve with salad and remaining dressing alongside.



GREATEST SCIENTISTS

Gertrude B Elion

- Born: 1918, New York
- Died: 1999, North Carolina

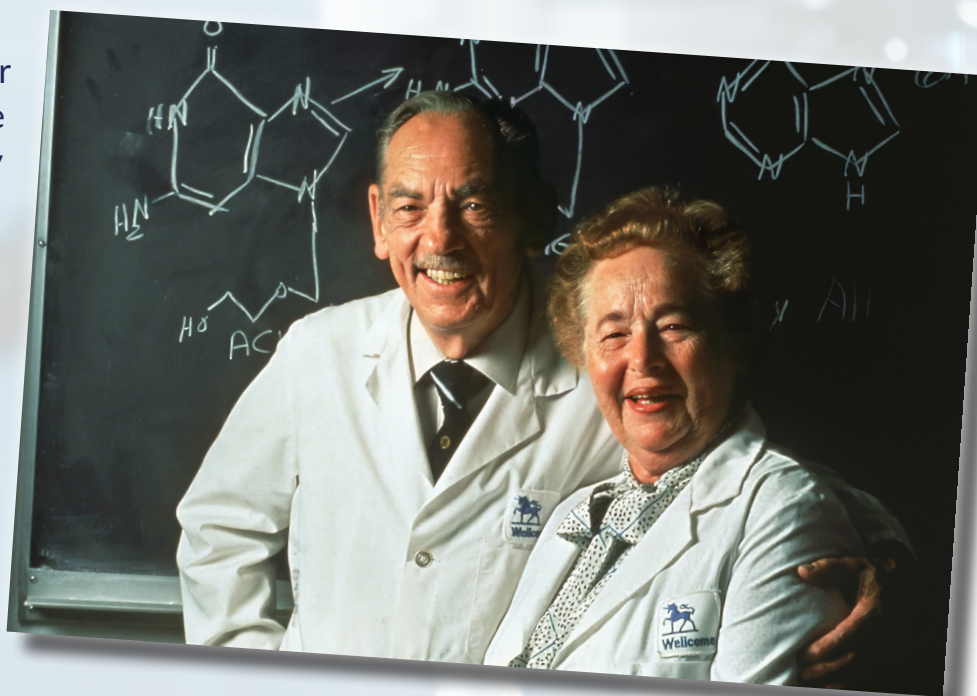
Born in New York in 1918, scientist Gertrude B. Elion had an impressive career, during which she helped develop drugs to treat many major diseases, including malaria and AIDS. She won a Nobel Prize for Medicine in 1988. Gertrude Elion died on February 21, 1999, in Chapel Hill, North Carolina. Born to immigrant parents in New York City, Gertrude Elion spent her early youth in Manhattan, where her father had a dental practice. When her brother was born, the family moved to the Bronx. She attended high school and excelled with, in her words, an “insatiable thirst for knowledge.”

Motivated by the death of her grandfather, who died of cancer, Elion entered Hunter College, in New York City, at age 15 and graduated summa cum laude in chemistry at age 19. She had difficulty finding employment after graduation, because many laboratories refused to hire women chemists. She found part-time jobs as a lab assistant and went back to school at New York University. Elion worked as a substitute high school teacher for a few years while finishing work on her master’s degree, which she earned in 1941. Though she never obtained a doctorate degree, she was later awarded an honorary Ph.D. from Polytechnic University of New York and an honorary Doctor of Science degree from Harvard University.

The start of World War II created more opportunities for women in industry. Elion was able to obtain a few quality-control jobs in food and consumer-product companies before being hired at Burroughs-Wellcome (now GlaxoSmithKline) in 1944, where she began a 40-year partnership with Dr. George H. Hitchings. Her thirst for knowledge impressed Dr. Hitchings, and he permitted her to take on more responsibility.

Elion and Hitchings set out on an unorthodox course of creating medicines by studying the chemical composition of diseased cells. Rather than relying on trial-and-error methods, they used the differences in biochemistry between normal human cells and pathogens (disease-causing agents) to design drugs that would block viral infections. Elion and her team developed drugs to combat leukemia, herpes and AIDS. They also discovered treatments to reduce the body’s rejection of foreign tissue in kidney transplants between unrelated donors. In all, Elion developed 45 patents in medicine and was awarded 23 honorary degrees.

Elion admitted that her work was her life, but she also enjoyed photography and travel, both products of her curiosity about life. She also enjoyed opera, ballet and theater. Though she never married, she enjoyed being the “favorite aunt” to her brother’s children.



Gertrude Elion officially retired in 1983, but she remained active, holding the titles of scientist emeritus and consultant at her old company. She also served as an adviser for the World Health Organization and the American Association for Cancer Research.

In 1988, Elion received the Nobel Prize in Medicine, together with George Hitchings and Sir James Black. She received other awards for her work, including the National Medal of Science in 1991, and that same year, she became the first woman to be inducted into the National Inventors Hall of Fame. In 1997, she was granted the Lemelson-MIT Lifetime Achievement Award.



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