

**CANCER**  
HOW TO REDUCE THE RISK?

HOW DOES  
**SLEEP**  
WORKS?

CONSEQUENCES OF  
**POOR ORAL**  
**HEALTH**

**VEGAN** *or*  
**VEGETARIAN**  
That's the question!

**FOODS**  
THAT HELP LOWER  
**BLOOD**  
**PRESSURE**





# 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 TIPS

## TO REDUCE THE RISK OF CANCER.

A statistic that makes you think: half of men and a third of women will develop one of more than 100 types of cancer during their lifetime. Although the word “cancer” in itself gives us chills, the reality is that little by little we have managed to make progress in the fight against many of the forms in which this disease manifests itself. But the best way to beat cancer is to not get it in the first place. Here are 10 ways to reduce the risk of this disease



Reduce Consumption  
of Soft Drinks

A study published in the medical journal *Cancer Epidemiology, Biomarkers & Prevention* shows that people who drink two or more sugary sodas a week are 87% more likely to develop pancreatic cancer. Researchers suspect that the sugar in sodas increases insulin production, which has been shown to contribute to the growth of cancer cells in the pancreas.



Eat Grapes

Resveratrol is a compound obtained from the skin of grapes and helps prevent cancer by getting rid of harmful cells before they reproduce, according to a study from the University of Colorado. Red wine also contains this compound. However, if you don't drink wine, eat grapes or have a cup of low-sugar grape juice in the morning.



Interpret on Time  
Rare Symptoms

If your voice sounds different, it's probably laryngitis, but hoarseness can also be a symptom of lung cancer, especially if you also have difficulty breathing, swallowing, or wheezing. Itchy breasts can be an allergy or infection, but it can also be a symptom of inflammatory breast cancer or Paget's disease, which are less common forms of cancer.



Stay in  
Movement

If you need more motivation to stay active, a study among postmenopausal women showed that exercising regularly can reduce the risk of breast cancer by 10%. Another study concluded that rigorous exercise (such as hiking and biking) can help reduce the risk of colon cancer by 40%.





### Dress Up Red and Blue

Protecting your skin from exposure to harmful UV rays can be a difficult task, but wearing reds and blues instead of light colors like white and yellow can help protect those areas not covered by sunscreen, according to a study carried out in Spain. Also, wear wide-brimmed hats.



### Marinate the Meat

Add rosemary and thyme to your favorite marinade at least an hour before cooking the meat. These herbs are rich in antioxidants and can help reduce the risk of cancer from burned meat by 87%, according to researchers at Kansas State University.



### Forget the Bottles

Plastic bottles are not good for the environment, whether inside or outside your body. One study found that nearly one-third of bottled water brands contain bacteria or chemical contaminants, some of them carcinogens, that exceed state and industry standard levels. Our suggestion: drink tap or filtered water.



### Watch out for BPA in cans.

That layer that covers almost 75% of cans of vegetables and other foods contains a chemical known as bisphenol A or BPA, which according to some studies increases the risk of cancer. Since it is impossible to identify which cans contain BPA, you can avoid this situation by choosing fresh or frozen foods.



### Nuts are our Allies

Brazil nuts contain a lot of selenium, an antioxidant that reduces the risk of bladder cancer in women. According to researchers, selenium protects cells from free radical damage, improves immunity and suppresses the formation of blood vessels that feed tumors.



### Preventive Exams

90% of colon cancer cases are diagnosed in people 50 years of age or older. Most cases of breast cancer (79%) occur in women over 50 years of age. The average age of lung cancer is in the mid-60s. About six out of ten cases of prostate cancer are diagnosed in men 65 years or older. Stomach cancer occurs most often in people between the ages of 60 and 80.

# ARTERIAL HYPERTENSION

Hypertension is a common condition in which the force exerted by blood against the walls of your arteries over time is high enough to cause health problems, such as heart disease. Blood pressure is determined by both the amount of blood the heart pumps and the degree of resistance to blood flow in the arteries. The more blood your heart pumps and the narrower your arteries are, the higher your blood pressure will be. You can have high blood pressure for years without having any symptoms. Uncontrolled high blood pressure increases the risk of serious health problems, such as heart attack and stroke. Fortunately, high blood pressure can be easily detected. And, once you know you have high blood pressure, you can work with your doctor to control it. Some people with high blood pressure may have a headache, shortness of breath, or nose bleeds, but these signs and symptoms are not specific and usually do not occur until the disorder reaches a serious or life-threatening stage.





# Foods to lower blood pressure



Garlic is one of the foods with the most therapeutic properties. It helps purify the blood and is antibacterial and antifungal. In the case of hypertension, it acts as a vasodilator of capillaries and arteries.



Onions have properties similar to those of garlic. They promote the dilation of blood vessels and good circulation. It is essential to incorporate onions into the diet on a daily basis.

Olive oil is very rich in antioxidants such as vitamin E. Excess free radicals are known to deactivate nitric oxide, a substance with vasodilator effects.



Legumes are considered regulatory foods at different levels, since they provide a lot of fiber, protein, vitamins and minerals. It is recommended to consume them 4 or 5 times a week.



Cinnamon helps control blood sugar levels. High blood glucose levels cause an inflammatory state that affects the malfunction of the vascular and circulatory system.



The artichoke, rich in potassium and with diuretic properties, favors the elimination of fluids from the body and, as a consequence, lowers blood pressure. In addition, it benefits liver function.

Pear increases your potassium levels, is very rich in water and is practically fat-free. The pear is one of the fruits that contains more potassium (and less sodium). It exerts a diuretic function and regulates blood pressure.



Low-fat yogurt is a great source of calcium, helping to lower blood pressure. About 300 grams of low-fat yogurt provide 30% of the recommended daily amounts of calcium.



Along with flaxseeds, chia seeds and walnuts, hemp seeds have a high omega-3 content, which acts as an anti-inflammatory and prevents cardiovascular disease. In the case of walnuts, can recover the arterial wall.

Coconut water has a cardioprotective effect due to its richness in potassium and magnesium. In addition, due to its chemical composition it resembles blood plasma and helps to properly hydrate the body.



Celery favors the elimination of sodium through the urine and helps reduce the volume of blood in the arteries.



# SLEEP

## HOW DOES IT WORKS?

*The body undergoes the greatest physical and mental repair during a specific phase of sleep: the fourth, which makes up 20% of our total sleep*



### Drowsiness

For about 5-10 minutes. Muscle activity slows down and breathing becomes smoother. We enter that limbo called doze.



### Moderately Deep Sleep

It is a transition phase from light sleep to deep sleep and lasts about 5 minutes. Brain waves increase in size and slowness while bodily functions slow down. When we wake up in this phase we are disoriented.



### Shallow Sleep

This stage is not yet restful sleep and lasts about half an hour. Brain waves become regular. We block our senses and body temperature decreases.



### Deep Sleep

Also called Delta sleep. You go into total unconsciousness. Brain waves are extremely long and smooth, just like breathing. In this phase there are usually no dreams and it is where we get the most restful sleep for our body.



### REM Sleep

**(Rapid Eye Movement)**

This is where dreams occur. Due to the high brain activity in this phase, we capture a lot of information from our environment.





# CENTRUM HEALTH MEDICAL CENTERS

The home of our Floridacare members.

## MIAMI GARDENS

4767 NW 183 Street  
Miami Gardens, FL 33055

## WEST HIALEAH

900 West 49th St, #308  
Hialeah, FL 33012

## 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 100-101  
Miami, FL 33125

## CORAL WAY

7200 NW 7 Street # 202  
Miami, FL 33126

## EUREKA

10980 SW 184th Street  
Miami, FL 33157

## HOMESTEAD

28610 SW 157 Ave  
Homestead, FL 33033



# VEGAN? or vegetarian?

That is the question!



## Veganism

Veganism is a lifestyle, as well as a way of eating. Vegans consider that the human being is not above any other animal species. In this way, they reject any animal product, in the form of food, clothing or footwear. The vegan diet does not include the following products: milk, butter, eggs, cheese, any other dairy or honey. Therefore, we can affirm that veganism is an ethical and philosophical position that is not only focused on food. Vegans reject any product that involves animal exploitation for its preparation such as dairy products, honey, medicines, cosmetic products or any object of animal origin. They also reject experiments or tests on animals, whose purpose is the production of beauty items, cleaning products or pharmaceuticals. And much less do they accept the presence of animals in entertainment areas such as zoos, aquariums, bullfights and horse races.

## Vegetarianism

Vegetarianism also excludes meat in order to have a healthier diet. They also fight against animal cruelty, environmental pollution and deforestation of forests.

In addition, the vegetarian diet includes any derivative of animals, such as: milk, cheese, honey, dulce de leche, eggs and butter. When it comes to dressing, they have no problem wearing items derived from animals, such as leather, wool or silk.



# Vegans & vegetarians?

## WHAT DO THEY EAT?



### Vegans

The vegan diet is based on vegetables, especially green leaves, fruits of all kinds, whole grains, seeds, algae, sprouts, tubers and nuts.

In both the vegan and vegetarian diets, vegetables and legumes are essential, as well as whole grains, algae and all kinds of fruit. However, one of the main drawbacks of vegans is that they have to be very cautious when buying their food. They must read the ingredients very well because, in many processed products, substances of animal origin are replaced with low-quality vegetable fats or oils.

However, we recommend that you opt for products that are as natural as possible and, if you resort to processed ones, make sure by reading the label that the ingredients it contains are similar to those we use at home.

### Vegetarians

Apart from all the foods that vegans consume, vegetarian food includes cow or goat milk, honey, butter, eggs and all kinds of dairy. There are even those who call themselves vegetarian and include fish meat in their diet.

In any case, both vegan food and vegetarian food must take into account the nutritional balance. This is one of the aspects that should be taken care of the most because, according to specialists, a well-planned plant-based diet can meet the needs of people of all ages. Thus, for a dish to be healthy, it must include half of the vegetables and the rest of cereals or legumes, seeds and tubers.

Mono diets based on a single ingredient are not recommended, such as rice, potato, tomato, pasta... Vegan food, as well as vegetarian, must also meet the adequate intake of protein, iron, vitamin D, calcium, omega 3, iodine and especially vitamin B12. We also recommend vegans and vegetarians to expose themselves to the sun for about 20 minutes a day to correctly synthesize vitamin D.

They should also perform physical activity on a regular basis to build muscle mass and fix calcium in the bones. Finally, for a better absorption of iron, green leaves such as spinach or chard, kale, mushrooms, nutritional yeast and legumes play a fundamental role.





# Healthy Food

## CELERY AND APPLE SALAD

### Ingredients

- 8 celery ribs plus
- $\frac{1}{2}$  cup celery leaves
- 1 red apple
- 1 tablespoon white wine vinegar
- $\frac{1}{2}$  tablespoon Dijon mustard
- 1 teaspoon maple syrup or sugar
- $\frac{1}{2}$  teaspoon kosher salt
- 3 tablespoons olive oil
- $\frac{1}{4}$  cup shaved Parmesan cheese

### Instructions

Thinly slice the celery ribs. Measure out the celery leaves. Thinly slice the red apple. In a medium bowl, whisk together the white wine vinegar, Dijon mustard, maple syrup or sugar, and kosher salt. Gradually whisk in the olive oil one tablespoon at a time. In another bowl, toss together the celery and celery leaves with the apple, dressing, and Parmesan cheese shavings. Serve immediately or refrigerate until serving. This tastes best the day of making, but you can refrigerate leftovers for a few days (refresh them with a little vinegar or salt if necessary).







# The Greatest of SCIENCE

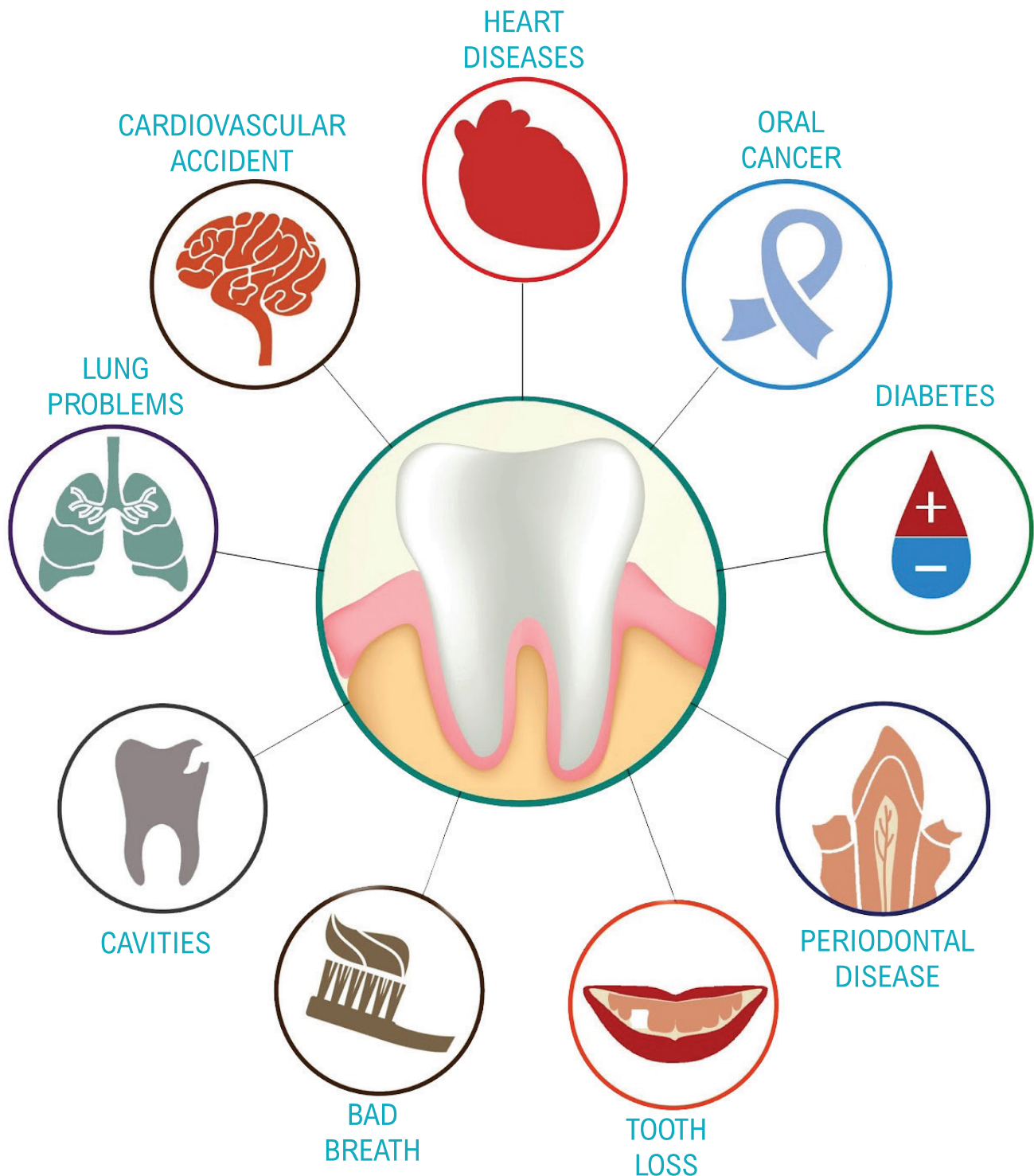
**SIDNEY BRENNER**  
(1927 – 2019)

Brenner was born in Germiston, a small South African city, and from an early age he showed signs of an intelligence that allowed him to enter the University of Medicine at just 15 years old. A few years later he graduated and worked at prestigious institutions such as the University of Cambridge (United Kingdom) or the Salk Institute in San Diego (United States).

One of his great discoveries was messenger RNA, an intermediary molecule that carries information from genes to proteins. But it was his work with the *C.elegans* Worm that earned him the Nobel Prize in Medicine in 2002.

Since then, this small invertebrate has been used as a model animal in much developmental biology and genetics research due to its simple and transparent morphology, and has fueled many of the discoveries in these fields. Brenner died in 2019, at the age of 92.

# Consequences of **BAD** **ORAL HEALTH**





Let's start by understanding the impact gum disease can have on the heart and brain.

If the gums are inflamed due to the bacteria that cause periodontal disease, that same bacteria can enter the bloodstream causing plaque buildup in the arteries and hardening. This hardening of the arteries is called "atherosclerosis." It leads to blood flow problems and heart blocks, and increases the chance of having a heart attack. The damaging impact on the arteries and blood vessels can lead to high blood pressure and increase the risk of strokes. Dementia and even Alzheimer's disease can result from gingivitis when bacteria in the mouth spread to nerve channels or enter the bloodstream.

The respiratory system can also suffer as a result of poor oral health. Bacteria on infected teeth and inflamed gums can enter the lungs during breathing, or travel through the bloodstream. Once there, the bacteria can cause respiratory infections, pneumonia, acute bronchitis and even Chronic Obstructive Pulmonary Disease (COPD).

People with diabetes are more susceptible to gum infections that cause periodontal disease. In turn, periodontal disease can make diabetes more difficult to control, driving blood sugar levels higher than normal. A person with poor oral health has a higher risk of developing diabetes.

Tobacco use is known to be a major risk factor for oral cancer. Even off, chewing tobacco can lead to cancer of the cheeks, gums, and lips. Cancer caused by smokeless tobacco often begins as leukoplakia (a condition characterized by a whitish plaque that develops inside the mouth or throat) or erythroplasia (a condition characterized by a red, raised plaque that develops inside the mouth or throat).

**Tooth Decay and Tooth Loss:** Tooth decay is damage that can occur to a tooth when some bacteria found in the mouth produce acids that attack the surface or enamel of the tooth. If tooth decay is not treated, it can cause pain, infection, and even tooth loss.

# NUESTROS SOCIOS DENTALES

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