



Your Health Matters

**CCMHG – Your Town, County, District, Authority
Working together for your health**

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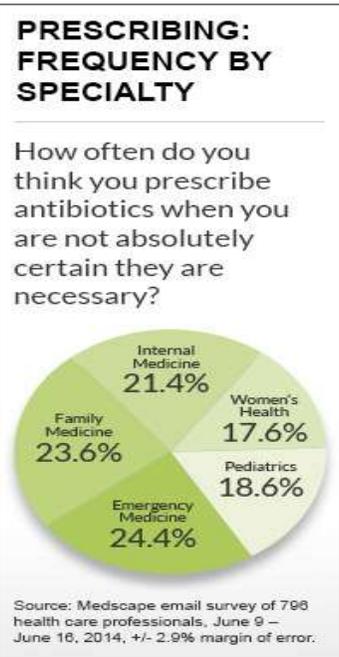
The Myth of the Harmless Antibiotic

While both health care professionals and the public seem to be aware of the problem of antibiotic resistance, a new survey shows that when it comes to your personal health, it may be a different story.

According to a new survey, some 95% of health care professionals say they sometimes prescribe antibiotics to patients even when they aren't sure they're needed - 53% say they're "certain enough" to prescribe them, and only 12% do it most of the time. Others who prescribe them say they aren't sure whether a patient's illness is viral or bacterial, and the lab work to determine that may take too long. 11% say they believe an antibiotic won't hurt and could help.

Those most likely to prescribe antibiotics were emergency doctors followed by family practitioners although the percentages did not vary widely among the specialties included: internal medicine, pediatrics, and women's health.

Patients, meanwhile, say they sometimes ask for antibiotics when they're not sure they're needed, most often for themselves. When told that antibiotics aren't needed, 72% say they accepted that advice. But 9% say they were asked if they still wanted antibiotics even if they weren't needed, and accepted them. Only 3% said they were denied antibiotics after being told they weren't needed and requesting them again. While most people understand the concept of antibiotic resistance, they still think the drugs will help them feel better and get them back to work as soon as possible. *(continued on Page 8)*





Eat This, Not That: Summer Edition

Like many Americans, you'll probably hit up your fair share of barbecues, cookouts, and picnics this summer. Though they're sure to be filled with tempting treats, too many sugary foods and drinks can take a toll on your teeth over time. Here are a few better-for-you alternatives to consider the next time you find yourself in front of a summer spread.

Fresh fruits are always a good choice. When your sweet tooth strikes, skip the cookies and cake in favor of some strawberries or a juicy slice of watermelon.

You really can't go wrong with grilled or fresh veggies. Bonus: Many delicious vegetables are in season over the summer, including cucumbers, peppers, green beans, peas, radishes, tomatoes, and zucchini.



When it comes to side dishes, avoid baked beans since they're usually covered in a sauce made with brown sugar or molasses. Green beans are an excellent alternative. If you can't envision a BBQ without baked beans, though, try a sugar substitute or maple syrup (less is required to make the beans sweet).

If you have BBQ sauce options, steer clear of anything labeled Kansas City style. KC sauces are typically very sweet and loaded with sugar. Memphis and North Carolina sauces are better choices – Memphis is well-balanced with tomato and vinegar, while North Carolina is vinegar-based with a cayenne kick. Your best option is to skip the sauce and use salt, pepper, and other seasonings instead.

Thirsty? Do your teeth a favor and skip the sodas. Water is always the best bet, of course, but sugar-free iced tea is also refreshing without being harmful to your smile.

With just a few swaps like these, your summer can be full of fun and good oral health. Enjoy!



Effective April 1, 2014 ZOSTAVAX is now available at retail pharmacies for HPHC members 50 years of age and older. ZOSTAVAX is a vaccine used for adults 50 years of age or older to prevent Shingles. Members need to bring a prescription for ZOSTAVAX, from their MD, to their participating retail pharmacy. All pharmacies in HPHC's pharmacy network are able to administer ZOSTAVAX vaccinations, however not all pharmacies have pharmacists licensed to administer. Members should contact their pharmacy ahead of time. At this time, a list of pharmacies offering vaccination services is not available. Vaccine is administered by a pharmacist specially trained and licensed to administer vaccine.




GoalGetter

Whether walking or running, this app can help you track your progress and reach your fitness goals.



EatBetter GoalGetter™

It's like having a personal nutritionist to help you get in shape and feel great.



National Doctor and Hospital Finder

Find a doctor, hospital, or urgent care center when you're on the go.



Express Rx

Manage your prescriptions on the go. Order refills, check order status, find a pharmacy, set up reminders, and more.

Sponsored by the
Cape Cod Municipal Health Group



Let's Strike Out Diabetes

Be a registered participant of the *Good Health Gateway* Diabetes Care Rewards Program.

Be up to date on the basic diabetes labs and exams required by the program on August 15, 2014.

Get your diabetes medications and supplies for \$0 co-pays.

Plus, you'll be entered into a drawing to win \$50 AND a pair of tickets to Boston Red Sox vs Toronto Blue Jays*

Boston Red Sox vs Toronto Blue Jays
Date: September 7, 2014
Time: 1:35 PM EST
Venue: Fenway Park

GRANDSTAND SEATS:
GS25; Row 14; Seats 21 & 22

Your participation is voluntary and confidential. HIPAA privacy and security standards are used to ensure the security of your health care information.

* You must have a diagnosis of pre-diabetes or diabetes and be a Cape Cod Municipal Health Group health plan member to be entered into the Drawing. See back for participating employers and eligible health plans.

(800) 643-8028

GoodHealthGateway.com

Wellness News

Biometric Screenings

Our Biometric Screenings wrapped up this year with Orleans on June 17th. Over the course of the fiscal year we went to 13 different employers and screened over 175 members! I am beginning to schedule for this fall, if you are interested please let me know. The screenings are scheduled on a first come basis!

Couch to 5k

The C25K program was a hot topic this spring!! **Our next program will begin in Harwich on July 29th at 4:45pm meeting at Town Hall.** If you are interested in taking part in this fabulous program please contact me as soon as possible at capecodhealthyconnections@gmail.com or 508-631-7263. Space is limited and is on a first come basis – the Yarmouth program had a wait list 15 people long! Pictured right are 7 members (and me) of our C25K group with our BCBS Innovative Award!! *As with all physical fitness programs: You must discuss this program with your doctor prior to start!*



"I never thought that I would call myself a "runner" but thanks to Deanna and the C25K program I can!" – Deborah Heemsoth, HR Director, Town of Dennis

Healthy Me Program

We are still losing at our Monthly Support Group meetings which will continue to motivate and support our participants on this year long journey! I am looking for someone to host a program this fall!!! We will be conducting a program beginning in January at the **Barnstable County Complex**. If you are ready to take the steps towards a healthier lifestyle, cut back on calories and lose a few pounds then this program is for you! We will meet 2x/week for 8 weeks and during these meetings we will work to achieve your health goals by trying out new recipes, working on strength and endurance, discussing our weight loss/health concerns, and participating in weekly weigh-ins! Members will also meet for one day/week for 10 months as support on this year long journey. Members cost for this program is \$10.00 per person. This money will be collected and held to be awarded to the participant that attains the greatest percentage of weight loss at the end of this program! If you are interested in hosting in this program, please contact me as soon as possible at capecodhealthyconnections@gmail.com or 508-631-7263 to reserve your spot. Space is limited!!



"The Healthy Me Program has been great in terms of kickstarting my weight loss journey. It was so beneficial to have the support of friends and coworkers. The motivational group dynamic created a very supportive environment in which we share our ideas and challenges and learn together. The exercises that Deanna showed us and the eating/nutritional information that she taught really helped me focus on my wellness goals and just keep going. Her encouragement and the support of my coworkers led me to strive towards my goals and persist with my journey even (and especially) when things got tough" – Jacqueline Varjian, Administrative Assistant, Town of Dennis

and a little more...

5k Walk It Off

In the fall we will be instructing two **retiree** classes. – one in Sandwich on the Canal and the other in Harwich along the bike trail. I will be mailing information directly to our retiree group!! With the retirees we meet for 8 weeks and the program eases members towards a goal of 3.1 miles beginning with a ½ mile walk and gradually increasing – this is a beginner program but all levels are welcome. Our next “active” member classes will be held in the **Towns of Sandwich and Falmouth** beginning in September! These classes run 2x/week for 6 weeks and then we meet 1x/week for the remainder of the year!! *As with all physical fitness programs: You must discuss this program with your doctor prior to start!*

Kick Butts Program

Our Eastham group is maintaining a fabulous track record of 100% success rate!! They are an incredibly great group of people and if you see one of them, please congratulate them on their 3-month success of being smoke free! At right you will see the group, including me and program instructor, Adam Liss with our Innovative Award! We hope to hold our next program in Falmouth after the New Year!!



Spring Walking Challenge

Congratulations to all that took part in this program!!! Over the course of the eight weeks members have collectively managed to “walk” 20,096 miles! We had a lot of very competitive groups this year. The Town of Brewster hit the #1 spot with 3,151 miles, #2 DYRSD with 2,617 and #3 Barnstable Schools with 1,985!!! Although this we do not award prizes for the top spots they should be proud as well as ALL the walkers, runners, hikers, bikers, kayakers, etc. in this group! Our top walkers were: #1 Sherrie McCullough from Town of Brewster with 663 miles, #2 Cathy Schaeffer from the Town of Sandwich with 614 miles, and Gary Fryxell from the Town of Sandwich with 570 miles! (Below picture is one of our weekly walks in Yarmouth Port which both Cathy Schaeffer and Gary Fryxell attended)

Our prize winners:

BodyMedia Armband - Kelly Moore from The Town of Brewster

Nike Fuelband - Edward Guazaloca from Barnstable Schools

iPod Shuffle - Jacquelyne Fay from the Town of Barnstable

iPod Shuffle - Janice Strobl from the Town of Yarmouth

iPod Shuffle - Wellesley Marsh from the Town of Harwich

iPod Shuffle - Linda Dalrymple from the Town of Mashpee



Do you know Your Wellness Committee Members??

Did you know that all of the programs that I bring to you are approved by a Wellness Committee? They review, approve, advise, and select programs that they feel are most important to the CCMHG members. They are from left: Marie Buckner, Town of Sandwich; Beverly Haley, DYRSD; Paula Champagne, Harwich; Maggie Downey, Barnstable County; Kristin Nickerson, Falmouth; and Laura Scroggins, Town of Barnstable. (Yes, that is the Innovative Award from BCBS)

Hot Topics

Sneaky Sodium Bomb for Breakfast! *The average American consumes more than 3,000 milligrams of sodium per day, but your body only needs about 500 milligrams, or less than one-quarter teaspoon. Cereals and other processed foods account for about 75 percent of our sodium intake. One cup of cornflakes can have 300 milligrams of sodium. And other processed breakfast foods are even worse. Biscuit and pancake mixes can have up to 800 milligrams of sodium per serving. Instead, try making your own mixes from scratch using low-sodium baking powder and baking soda. Source: [everydayHEALTH](#)*



Top Exercises to Lower Your Cholesterol

According to the CDC and Prevention, engaging in moderate-intensity aerobic activity — exercises that raise your heart rate — for at least two and a half hours each week combats high cholesterol and reduces your risk for heart disease. But currently, only 3 out of every 10 American adults get enough exercise to reap these heart-health benefits.

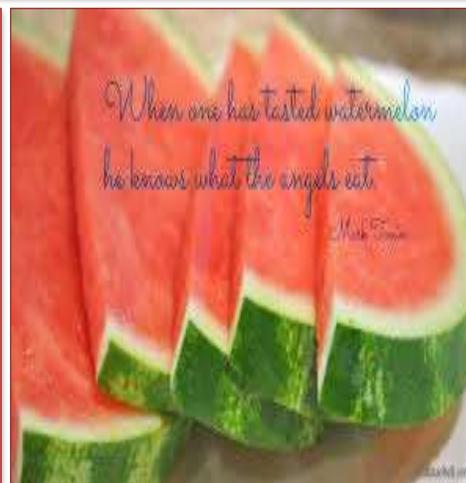
You don't have to be a triathlete to enjoy the many benefits of exercise. High cholesterol can be addressed with even short bouts of moderate activity. Examples of moderate-intensity aerobic exercises include:

Jogging, Bicycling, Tennis, and Brisk Walking

But anything that you enjoy, and that gets your heart pumping, counts. The key is finding something you enjoy so that you stick with it ... and have a good time to boot.

New Aspirin Guidelines: Do I Really Need It? Many cardiology patients ask about the value of taking daily aspirin to prevent heart attack and stroke. Recent research has shed new light on this. Indeed, mounting evidence reported in a number of leading medical journals now suggests that if you're healthy and not at significant risk for a heart attack, you should not be taking aspirin preventively. That's because the studies show that aspirin doesn't reduce the risk of dying from a heart attack or stroke in healthy people. Furthermore, the potential risk of a cerebral hemorrhage, gastrointestinal bleeding, and ulcers outweighs any heart benefits the aspirin might provide. Source: [everydayHEALTH](#)

What's the deal with watermelon juice? *Watermelon can help you recover after a workout. In one small study in the Journal of Agricultural and Food Chemistry, people who sipped watermelon juice before exercise were less sore the next day. "It's the only food that contains large amounts of L-citrulline, an amino acid that can improve oxygen delivery to the muscles," says Leslie Bonci, RD/Director of sports nutrition at UPittsburgh Medical Center. That means your working muscles receive more nutrients to expedite healing. Reap the benefits with Wtrmln Wtr, a 90 calorie drink that just hit supermarkets, or mix up a 100-calorie slushie by blending 1 cup frozen or fresh watermelon chunks, ½ cup strawberries and ¼ cup OJ!!*



Food for thought...

Cabbage

When you research “cancer-fighting foods” cabbage is one ingredient that almost always pops up. Research shows that when you chop, chew or briefly cook this cruciferous vegetable it produces potent anti-cancer compounds called isothiocyanates.



Recent studies on cruciferous vegetables show promising results against prostate and colon cancers. In mice grafted with human prostate tumors and then treated with one of these cancer-killing substances, tumors began to shrink to half their size after 31 days. In another experiment, mice engineered to be a model for an inherited colon polyp condition that is at high risk for developing into colon cancer were fed the antioxidant called sulforaphane, also released when chewing cruciferous vegetables. The mice developed about half as many polyps as expected.

Cabbage is also a great source of vitamins K (which is important for bone health) and C, all for very few calories. Savoy and red cabbage boast healthy amounts of beta carotene – the vibrant purple hue of red cabbage comes from heart-healthy, anti-inflammatory phytochemicals called anthocyanins.

Sources: *Eating Well*; [WebMD](#)

Red Cabbage Salad with Blue Cheese & Maple-Glazed Walnuts

By *Eating Well*

Ingredients for Vinaigrette

1 tablespoon crumbled blue cheese
 1/4 cup extra-virgin olive oil
 3 tablespoons red-wine vinegar
 1 tablespoon Dijon mustard
 1/4 teaspoon salt
 1/4 teaspoon freshly ground pepper

Preparation: To prepare vinaigrette: Combine 1 tablespoon blue cheese, 1/4 cup oil, vinegar, mustard, salt and pepper in a mini food processor or blender; process until creamy. To prepare salad: Place a piece of parchment or wax paper near your stove. Heat 1 tablespoon oil and butter in a medium skillet over medium heat, add walnuts and cook, stirring, for 2 minutes. Add salt and pepper and drizzle in maple syrup. Cook, stirring, until the nuts are well coated and have begun to caramelize for 3 to 5 minutes. Transfer to the paper, spooning any remaining syrup over them. Separate the nuts while they're still warm. Let stand until cool, about 5 minutes. Place cabbage and scallions in a large bowl. Toss with the vinaigrette. Serve topped with blue cheese and the walnuts.

Ingredients for Salad

1 tablespoon extra-virgin olive oil
 1 teaspoon butter
 1 cup walnuts
 1/4 teaspoon salt
 1/4 teaspoon freshly ground pepper
 3 tablespoons pure maple syrup
 8 cups very thinly sliced red cabbage
 2 scallions, thinly sliced
 1/3 cup crumbled blue cheese



Nutritional Information: Makes 8 servings; serving size 1 cup: Per serving: 246 calories; 20g fat (4g sat, 8g mono, 8 poly); 6mg cholesterol; 14g carbohydrates; 8g sugars; 5g protein; 3g fiber; 315mg sodium; Vitamin C (82% dv); Vitamin A (22% dv)

Random Acts of Wellness

I was at a conference this past weekend and one of the speakers discussed a campaign they started and I thought “what a great idea”. So in honor of Brown University, I would like to start a CCMHG Random Acts of Wellness Campaign!!

This campaign is based on catching your co-workers in any random act of wellness - bringing in a healthy lunch, sharing a healthy snack, planking during a break (come on, I know some of you do it), walking/running during lunch or before/after work, or downing some thirst quenching, body loving H2O. I think you get my point.

When you “catch” them, please ask if you can take their picture and post to our [Facebook Page!](#) Let’s really work to get as many photos as possible!! I will choose one to be included in the October edition of YHM. Let’s see how many we get, so please spread the word!! PS. I’ll be posting pics too!!

The Myth of the Harmless Antibiotic

(Continued from Page 1)

Daniel McQuillen, MD, past chairman of the clinical affairs committee of the Infectious Diseases Society of America, says the results show that both doctors and consumers need better education about how to use antibiotics. At least 2 million people get infected with antibiotic-resistant bacteria each year, resulting in at least 23,000 deaths, according to the CDC. The World Health Organization calls antibiotic resistance “an increasingly serious threat to global public health that requires action across all government sectors and society.”

“It’s clear that we’re approaching a cliff with antibiotic resistance,” says CDC director Tom Frieden, MD, MPH. “But it’s not too late. Clinicians and health care systems need to improve prescribing practices. And patients need to recognize that there are both risks and benefits to antibiotics — more medicine isn’t best; the right medicine at the right time is best.”

Patients seen at an early stage of an upper respiratory infection typically turn out to have a virus, McQuillen says. While viral infections often get better in several days without medication, bacterial infections tend to linger and get worse.

Eighteen percent of patients say they save unused prescribed antibiotics at home for future use. Thirteen percent say they have taken antibiotics prescribed to another family member, and 13% say another family member has taken their antibiotics. More than half of patients surveyed (53%) say their health care provider has talked to them about the dangers of antibiotic resistance.

Source: [WebMD](#)



Your Health Matters is a quarterly publication for municipal employees and family members of the Cape Cod Municipal Health Group.

***All questions and correspondence should be directed to
Deanna L. Desroches, Health & Wellness Consultant, Cape Cod Healthy Connections, LLC
capecodhealthyconnections@gmail.com or 508-631-7263.***