



Healthy Living Digest



Better Health September Issue

Coordinating Your Care

Understanding your healthcare needs is an important key to managing your overall health. Your primary care doctor functions as a relay station, stocked with knowledge about your health. The doctor's primary goals are to treat you, educate you, and help keep you healthy. To get the best care, bring essential health information with you every time you visit your practitioner.

Always keep your primary care doctor aware of newly prescribed medication, procedures, or any changes performed at other offices. "Success" implies that the patient and the physician have developed a "partnership." A team-based approach by providers, patients, and their families helps to ensure proper care coordination.

A care coordinator may also include people who work with your doctor's office or insurance company to coordinate care and connect you to resources to improve your health. Whether you have questions about private duty homecare, low cost medication, or need transportation to an appointment, care coordinators can help.

The Importance of Wellness Checkups

Help prevent health problems with a simple, annual checkup. The best way to beat an illness is to prevent it before it happens. That is why it is important to visit your healthcare provider for a wellness exam. A wellness exam focuses on prevention. It allows you and your physician to have a conversation about your health concerns and potential illnesses before serious issues arise. It also gives you an opportunity to ask about your medical history or general questions about your health. Additionally, it is a good time to evaluate what

health screenings you should schedule for the future, and review any medications you are taking. The summer is coming to a close but it is not too late for your annual wellness visit. Be proactive by scheduling your annual wellness checkup and flu shot all in one visit!

Myths about Healthy Aging

MYTH: Aging means declining health and/or disability.

Fact: There are some diseases that become more common as we age. However, getting older does not automatically mean poor health or that you will be confined to a walker or wheelchair. Preventative measures like healthy eating, exercising, and managing stress can help reduce the risk of chronic disease or injuries later in life.

MYTH: Memory loss is an inevitable part of aging

Fact: As you age, you may eventually notice you do not remember things as easily as in the past, or memories may start to take a little longer to retrieve. However, significant memory loss is not an inevitable result of aging. Brain training and new learning can occur at any age and there are many things you can do to keep your memory sharp.

MYTH: You can't teach an old dog new tricks.

Fact: One of the more damaging myths of aging is that after a certain age, you will not be able to try anything new or contribute less. The opposite is true. Middle aged and older adults are just as capable of learning new things and thriving in new environments. Also, they have the wisdom that comes with life experience. If you believe in yourself and have confidence, you are setting up a positive environment for change no matter what your age.



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Questions for the Docs

Asking questions is the key to good communication with your doctor. If you do not ask questions, your doctor may think you do not need or want more information. Asking questions helps your doctor know what is important to you. It also lets your doctor know when something he or she says is unclear.

5 important questions we forget to ask our doctor...

1. What else can I do to manage my health?
2. Why should I take this medication?
3. How can I access my health records from home?
4. How do I get in touch with you or healthcare staff after hours or on the weekend?
5. How do I get an appointment if I need to see you urgently?

- *Make sure to write all questions down before your visit*
- *Inform the doctor of any newly prescribed medications*
- *Remember to be open and honest with your doctor about health challenges*
- *Take charge of your health and schedule your next visit before leaving the office*

Community Corner

Florida Telecommunication Relay Inc. provides FREE amplified telephones for those who are hard of hearing! All you have to do is call 1-800-222-3448 or visit www.ftri.org for an application and an amplified phone will be mailed to you!

Chunky Ratatouille Pasta

16 oz frozen bell pepper stir-fry mix
14.5 oz can no salt added stewed tomatoes undrained
1 medium rib of celery, sliced crosswise
2 tsp dried Italian seasoning, crumbled
½ tsp sugar
1/8 tsp crushed red pepper flakes
2 tsp olive oil
½ tsp salt
6 oz dried whole wheat rotini
½ cup shredded low-fat mozzarella cheese
2 tsp shredded or grated parmesan cheese

Sautee the bell pepper mix, undrained tomatoes, celery, Italian seasoning, sugar, and red pepper flakes in a skillet. Increase the heat to high and bring it to a boil. Reduce the heat and simmer, cover for 45 minutes or until onions are soft, stir occasionally. Remove from heat and stir in oil and salt. Let stand 5 minutes. Meanwhile, prepare the pasta, omit salt. Drain and serve pasta with vegetable mix on top. Sprinkle mozzarella and parmesan.

Calories 286 Serves 4; ¾ cup pasta and 1 cup vegetable mix per serving

Information: American Heart Association Recipes for the Heart: <http://www.cdc.gov/family/tips/>.

http://www.medicinenet.com/healthy_living/article.htm **Please visit www.primarypartners.org in order to learn more tips to staying healthy.**