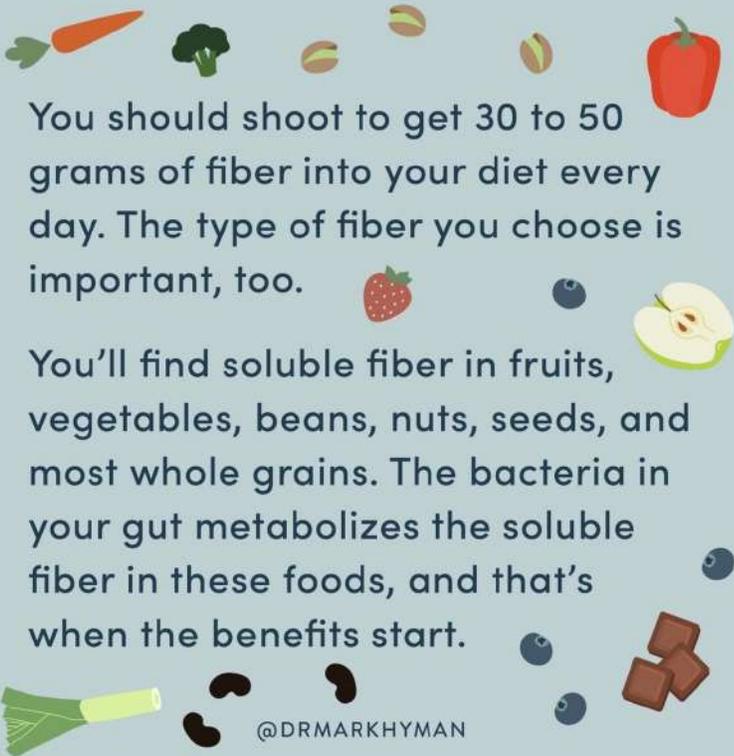


## Preventative Health

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You should shoot to get 30 to 50 grams of fiber into your diet every day. The type of fiber you choose is important, too.

You'll find soluble fiber in fruits, vegetables, beans, nuts, seeds, and most whole grains. The bacteria in your gut metabolizes the soluble fiber in these foods, and that's when the benefits start.

@DRMARKHYMAN

### WELLNESS OBSERVANCES

- HEALTHY AGING MONTH
- NATIONAL YOGA MONTH
- 9/5-9/11: SUICIDE PREVENTION WEEK
- 9/21: INTERNATIONAL DAY OF PEACE
- 9/25: WOMEN'S HEALTH & FITNESS DAY

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# The Importance of an ANNUAL CHECK-UP

Throughout the past year, many have been diligent about hand-washing, mask-wearing and staying at least six feet away from people to stay as healthy as possible. But there's one additional step that you should not skip: Seeing your doctor for your annual checkup.



## WHY GET AN ANNUAL CHECKUP?

Your annual well visit helps you and your doctor keep tabs on your health. It gives you an opportunity to uncover any health changes before they snowball into bigger problems.

“A pandemic does not put on pause any developing or advancing any health problems you may have,” says Phylcia Baird, M.D., an internal medical specialist with Hackensack Meridian Medical Group. “Too often we are seeing people skip important health visits because they are afraid of getting COVID. But the reality is, doctor’s offices have implemented advanced safety protocols to keep you safe. The greater danger is cancelling your appointment.”

## HEALTH SCREENINGS TO EXPECT AT YOUR ANNUAL EXAM

- Weight
- Body Mass Index (BMI), a ratio that checks to see if you're a healthy weight for your height
- Temperature
- Blood Pressure levels
- Lung sounds
- Skin check

Your doctor should also offer you a flu shot, if you haven't had one yet this year, and send you for blood work to check your cholesterol levels and more.

## WHY GET A HEALTH SCREENING IF YOU'VE HAD COVID-19

Some people who have had COVID-19 experience lingering effects or complications, so it's important to keep tabs on your health to ensure that you've fully recovered from the virus. Your doctor can compare your current health to your medical records to see if anything seems concerning.

# *What is a Comorbidity?*

## WHAT DOES IT MEAN

**Comorbidity is the presence of two or more conditions occurring in a person, either at the same time, or successively (one condition that occurs right after the other). Conditions described as comorbidities are often long-term (chronic) conditions.**

Comorbidity is associated with worse health outcomes, more complex clinical management, and increased health care costs. Health care increasingly needs to address the management of individuals with multiple coexisting diseases, who are now the norm rather the exception.

### **COMMON COMORBIDITIES:**

#### **OBESITY:**

Obesity is known to predispose people to many comorbid illnesses.

Examples of factors involved in the development of comorbidities for those with obesity include:

- Physical/metabolic stress which may cause many of the body's organs (such as the heart and kidneys) to become negatively impacted
- Biomechanical stress which is caused by the impact of carrying around excess weight, this can result in comorbidities such as osteoarthritis
- Biomechanical forces that can cause an increase in weight pushing on the chest and diaphragm, this can cause the soft tissues of the neck to collapse (leading to sleep apnea)
- An increase in hormones and other substances secreted by adipose (fat) tissue, which impacts the endocrine system, this can result in diabetes and other metabolic conditions

#### **DIABETES:**

Comorbidities associated with diabetes include:

- Dyslipidemia
- Non-alcoholic fatty liver disease
- Cardiovascular disease such as congestive heart failure and coronary artery disease
- Kidney disease
- Obesity

# Making Healthy Lifestyle Choices TO MANAGE COMORBIDITIES

When it comes to managing comorbidities, choosing a healthy lifestyle can make all the difference. It's important to work with your doctor to develop a plan that helps you manage your chronic conditions and improves your overall health.

## **EXERCISE ROUTINE:**

Discuss an appropriate exercise routine with your doctor. Regular exercise is an important way to manage your health. In some cases, exercise can help prevent chronic conditions from developing. For example, people with arthritis may become less active because of joint pain. This increases their risk of developing heart disease or diabetes. If you work with your doctor to develop a safe exercise program, it can help reduce that risk.



## **DIET:**

Discuss an appropriate diet with your doctor. What you eat and drink may affect your chronic condition. A registered dietitian can be a great resource to help you develop a balanced diet that supports your overall health. This is especially important if you're having a hard time managing comorbid conditions and getting the nutrients your body needs.



## **OTHER THINGS TO DISCUSS WITH YOUR DOCTOR:**

It's important to tell your doctor about any alcohol, tobacco or drug use, including the use of electronic cigarettes. When talking to your doctor about lifestyle behaviors that can affect your overall health and wellness, be sure to talk about your stress, mental health and sleeping habits.



# Mindful Moments

## SUNDAY SCARIES: EASING INTO THE WORKWEEK



# Nourish

## SUMMER PESTO PASTA SALAD

Recipe From: <https://www.erinliveswhole.com/summer-pesto-pasta-salad/>



### ingredients

#### Salad:

- 12 oz dried pasta (I used brown rice fusilli)
- 1 small zucchini
- 1 small yellow squash
- 1 pint cherry tomatoes, cut in half
- 1.5 cups mozzarella balls, cut in half
- 1/4 cup pine nuts
- 1 tsp Italian seasoning

#### Pesto Dressing:

- 1/2 cup fresh basil
- 1/4 cup pine nuts (or cashews/almonds)
- 1/2 cup olive oil
- 2 tsp red or white wine vinegar
- juice of 1 lemon
- 1 clove garlic
- 1/2 tsp salt
- 1/4 tsp pepper
- optional: 1/4 cup shredded parmesan cheese

### recipe preparation

- Cook pasta according to package directions. Drain and rinse with cold water.
- Cut zucchini and yellow squash into bite size pieces and then saute on stove top for about 10 minutes, or until softened.
- Add your pasta to a large bowl, and add the zucchini, squash, tomatoes, mozzarella balls, pine nuts and Italian seasoning. Set aside.
- Using an immersion blender, regular blender, or food processor, combine all of your pesto ingredients and blend until completely smooth. I use an immersion blender.
- Pour dressing over top of pasta and veggies and toss until completely coated.
- Top with more pine nuts and parmesan cheese.