



January 2017

### Why Do You Need My Blood?

#### **Understanding why your doctor orders blood tests and what those numbers mean.**

Your doctor may order blood tests for a number of reasons. These include:

- o To look for the causes of symptoms you are experiencing.
- o To help diagnose specific conditions or diseases.
- o To evaluate the function of major organs like your heart, liver, kidneys, and thyroid.
- o To assess your risk factors for conditions like heart disease and determine the effectiveness of medications you take.

When you receive your lab results, you want to compare your numbers to the **Reference Range** included on the report. These reference ranges may differ slightly from lab to lab.



While individual results are important, it is also very valuable to watch the trend of your lab values over time.

A fasting blood draw is required for many of the common blood tests. If you are directed to fast, you should not eat or drink anything, other than water, for 10 to 12 hours prior to when your blood will be drawn.

The most common individual tests or series of tests (panels) that your doctor may order include:

- ◆ Lipid Panel (cholesterol)
- ◆ Complete Metabolic Panel
- ◆ Glucose (blood sugar)
- ◆ Hemoglobin A1c (longer-term blood sugar control)
- ◆ Liver Function Tests
- ◆ Kidney Function Tests
- ◆ Thyroid Function Tests
- ◆ Complete Blood Count (CBC)

From these tests your doctor can better assess your health. For example:

- ◆ From a lipid panel he/she can determine if you are at risk for developing heart disease and take action such as starting you on medications.
- ◆ Tests for liver and kidney function can tell how well these important organs are functioning.
- ◆ If you feel tired or notice your blood does not clot quickly, or you bruise easily, a CBC test may identify changes in your blood cells that explain your symptoms.

If you want to learn more about common blood tests, check out this three part series of videos on YouTube:

<https://www.youtube.com/watch?v=7EbEr36O-I8>

### How Mouth Health Can Affect Your Overall Health

Did you know that not caring for your teeth and gums can affect your body's overall health?

It may sound crazy, but there is growing evidence that gum conditions like **Gingivitis and Periodontitis**, which result from poor brushing and flossing habits, are linked to bigger health problems.

These include:

- ◆ infections in the body including of the heart and lungs
- ◆ poorer control of diabetes
- ◆ possibly even the formation of blockages in arteries that cause heart attacks and strokes



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**Mouth Health** (Continued from Page 1)

Here is a quick “brush up” on how to care for your teeth and gums – your whole body will thank you!

- ◆ Brush your teeth twice a day.
- ◆ Use fluoride toothpaste and a soft bristled toothbrush or electric/battery powered one. Electric/battery powered brushes can help decrease plaque and gingivitis better than manual brushing.
- ◆ Use good technique. Gently brush with short back and forth motions. Be sure to get all sides of each tooth – inner, outer, and chewing surfaces.
- ◆ Replace your toothbrush every three to four months. Do it sooner if the bristles become frayed or irregular.
- ◆ Your toothbrush cannot reach between your teeth or under the gum line. So, also floss or use interdental brushes daily to help remove plaque and food from these spaces.

## Mexican Chicken Soup

### Ingredients

- |                                                                                  |                                                                                                 |
|----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|
| ◆ 1 14.5 oz. canned, no-salt-added, or, low-sodium kernel corn (drained, rinsed) | ◆ 2 cloves garlic (minced)                                                                      |
| ◆ 1 15.5 oz. no-salt-added, or, low-sodium kidney beans (drained, rinsed)        | ◆ 2 tsp. ground cumin                                                                           |
| ◆ 2 tsp. canola oil or extra virgin olive oil                                    | ◆ 5 cups fat-free, low-sodium chicken broth                                                     |
| ◆ 1 medium bell pepper (red or green), chopped                                   | ◆ 1.5 lb. boneless, skinless chicken breasts (all visible fat discarded, cut into 1-inch cubes) |
| ◆ 1 large onion (chopped)                                                        | ◆ 1 large tomato (diced)                                                                        |
| ◆ 1 medium diced, seeded jalapeno (remove seeds to reduce spice/heat)            | ◆ ½ cup chopped cilantro                                                                        |



**Directions:** **1)** Drain beans and corn in colander, rinse, set aside **2)** Heat oil in large saucepan over medium heat. Add bell pepper, onion and jalapeno; cook 5-7 minutes, stirring often until vegetables are tender. Stir in garlic and cumin and cook another minute. **3)** Add broth to saucepan, increase heat to high, and bring to rapid simmer. Add chicken and cook until no longer pink, about 5 min. Stir in beans, corn, tomato and cilantro, cover and cook on medium heat for 10 minutes, top with extra cilantro leaves (optional) and serve hot.

## Fit Tip - Weight to Go 2017!

January is the time when many people set their sights on losing weight. Here is some information that may help you achieve that goal: **1 pound of body fat = 3,500 calories.**



That means to lose 1 pound of body fat in a week, you need to either:

- ◆ Cut 3,500 calories from your diet during the week.
- ◆ Increase your exercise so you burn an extra 3,500 calories.
- ◆ Or do some combination of these two – **the most realistic option.**

To burn these calories, you need to exercise – aerobic activities like walking, swimming, or riding a bike are a key part of an overall exercise program. But how much?

According to the American College of Sports Medicine (ACSM), you need over 250 minutes (a little more than 4 hours) of moderate exercise a week to achieve significant weight loss.

Examples of **moderate exercise** include: walking, water aerobics, and riding a bike slower than 10 mph.

Here is a link to an article from the **Mayo Clinic** which gives estimates of calories burned for various activities based on body weight and exercising for 1 hour.

<http://www.mayoclinic.org/healthy-lifestyle/weight-loss/in-depth/exercise/art-20050999?pg=1>

**Remember, if you have not been exercising,  
check first with your doctor to make sure it is safe for you to start.**