

Wellness Advocate

Know Your Doctor, Know Yourself



Many of us are intimidated by healthcare professionals and don't always feel comfortable expressing our concerns and questions. When we're at the doctor's office we tend to be more nervous than usual, so it's a good idea to come prepared with a list of your questions and the medications and supplements you take. [Click here](#) for HealthSmart's tips for talking to your doctor.

You may also need to do some research about your health concerns to communicate more effectively with your provider. That doesn't mean you have to study deep into the night. But just a little homework can go a long way. Sites such as the National Institutes for Health and Medline Plus offer sound advice and varied perspectives.

There are times when you or a family member may be faced with serious health issues. In these situations, the doctors and nurses who treat us can be life-saving and are almost always the most caring and devoted individuals you could ever hope to meet. However, even in these circumstances, it is vital to understand the therapies you are undergoing and how you can assist in helping to attain the best possible outcomes.

It's also important that you and your doctor work together to look at your overall lifestyle when discussing your well-being. A case in point is obesity, an epidemic in the United States. It has recently been classified as a disease. Although pills and surgery are sometimes necessary, your weight is something you usually have the power to change. Getting control of it could be the first step in being more proactive about your health.

When you become an active participant in your wellness goals, you've opened up a world of possibilities and options and HealthSmart is here to help. Whether you want to quit smoking, lose weight or manage stress, we have a program for you and a wealth of information at HealthSmart.com. Email us to learn more and get the tools and resources you need to reach your health goals! 

Quick Takes: A Checklist for Visits to Your Doctor

- ▶ Take a prioritized list of your top health concerns/symptoms.
- ▶ Ask your provider for a recap to make sure you're both on the same page.
- ▶ Have a list of all your medications and supplements so that interactions can be prevented.
- ▶ Find out about the most common and serious side effects your medications may cause.
- ▶ Keep track of your progress: maintain a diary of relevant measurements such as weight, blood pressure and blood sugar.
- ▶ Be especially vigilant when moving from one healthcare setting to another. Mistakes are especially common during transitions.
- ▶ Inquire about resources to learn more about your diagnosis.
- ▶ When in doubt, seek a second opinion.

ALIGNMENT: *Tips for Greater Productivity (and More Joy!)*

If you're finding it harder than ever to balance the demands of your job and the rest of your life, you're not alone. Many people are putting in extra hours or using their smartphones to be on call when they're not physically at work. "A lot of people are having a more difficult time finding balance in their lives because there have been cutbacks or layoffs where they work. They're afraid it may happen to them, so they're putting in more hours," says psychologist Robert Brooks, PhD, co-author of *The Power of Resilience: Achieving Balance, Confidence, and Personal Strength in Your Life*. "But even if you don't have much control over the hours you have to work, you can ask yourself: In what other ways can I bring greater enjoyment into my life?" Brooks says. "Focus your time on things you can control."

Here are four ways to bring more alignment to your life:

1. Build downtime into your to-do list.

When you plan your week, make it a point to schedule time with your family and friends, and activities that help you recharge. If a dinner date with friends or a community activity is on your calendar, you'll have something to look forward to and the motivation to manage your time well so you don't have to cancel.

2. Drop activities that waste your time.

"Many people waste their time on activities or people that add no value — for example, spending too much time at work with a colleague who is constantly venting and gossiping," says Marilyn Puder-York, PhD, a psychologist and executive coach in New York and Connecticut. Her advice: Take stock of activities that don't enhance your career or personal life, and minimize the time you spend on them.

3. Get moving!

It's hard to make time for exercise when you have a jam-packed schedule, but it will ultimately help you get more done by boosting your energy level and ability to concentrate.

4. Remember that a little relaxation goes a long way.

Even during a hectic day, you can take 10 or 15 minutes to do something that will recharge your batteries. "Take a bath, go for a walk, or listen to music," Stack says. "You have to make a little time for the things that ignite your joy." (*article courtesy of WebMD*)

Recipe: Herbed Summer Omelet

Beneficial Brunch

This month's recipe packs protein, B-vitamins and cancer-protective phytochemicals. It features potatoes, fresh herbs and red onions. Onions, garlic and chives contain quercetin and allixin, compounds being studied for their role in cancer prevention.

INGREDIENTS

1 lb. potatoes, peeled and diced or shredded
2 Tbsp. extra virgin olive oil
1/2 cup diced red onion
2 cloves garlic, minced
2 Tbsp. finely chopped fresh parsley
2 Tbsp. finely chopped fresh basil and chives
4 large whole eggs, lightly beaten
2 egg whites, lightly beaten
Salt to taste
Sprigs of fresh herbs to garnish (optional)

Nutrition Information

Makes 4 servings.
Per serving: 260 calories, 12 g total fat (2 g saturated fat),
28 g carbohydrate, 11 g protein, 2 g dietary fiber, 106 mg sodium.

DIRECTIONS

1. Place potatoes in large pan. Cover with water. Bring to a boil and cook uncovered for 3 minutes. Remove from heat. Cover and let stand for about 10 minutes or until potatoes are tender, not mushy. Drain well.
2. Heat oil in deep 10-inch non-stick skillet over medium heat. Add onion and garlic. Cook for about 8 minutes, stirring occasionally.
3. Add potatoes and cook an additional 5 minutes.
4. Add parsley, basil and chives to beaten eggs and egg whites.
5. Season with salt if desired.
6. Pour mixture over potatoes in hot skillet.
7. Reduce heat and cook uncovered for about 10 minutes or until bottom of omelet is golden.
8. If desired, brown top under a broiler. Garnish with fresh herb sprigs. Serve immediately.

(Recipe courtesy of the American Institute of Cancer Research)