Real Life
For PacificSource Members

Fall 2014

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Your Bones: Your Body’s Support System

When she was 54, Evelyn bent over to tie her shoe and felt a crushing pain in her back. At age 62, Ernst was vacuuming his car and felt a sudden intense pain in his back. Both Evelyn and Ernst had experienced sudden vertebral fractures from osteoporosis. Mike, a 37 year old, had noticed that his height was decreasing. He later walked into a door frame and broke three ribs. Mike was diagnosed with osteoporosis after this event. Frail bones forced these folks to give up activities that were important to them, such as a career as a mechanic, and hobbies like tennis and bowling.

According to the National Osteoporosis Foundation, about one in two women and up to one in four men over the age of 50 will break a bone due to osteoporosis. Individuals with osteoporosis often end up with bone fractures from normal daily movements. Even a cough or sneeze can lead to fractured vertebrae in the back.

Bone up on bone health
Since your skeletal system provides the entire structural support for your body, it’s pretty darn important. Without your bones, your muscles would have nothing to move. Bones also serve to protect your organs and work as a storage tank of calcium and phosphorus to regulate these minerals in your blood. In fact, ninety-nine percent of the calcium in your body is stored in your bones, while only one percent is in other body fluids and cells. The body works hard to keep your blood calcium levels within a very close range. In the absence of adequate dietary calcium, your body borrows calcium from your bones. Like a bank account you are constantly depositing and borrowing calcium from your bones.

Some people think of bones as hard and lifeless, but they are actual living tissue! During youth the bones grow in length and density. Around age 25 to 30 you have reached the highest level of bone density you will ever have (your bank account is at its peak). Starting in your 40s you begin to lose bone at a faster rate than it is built. And the breakdown takes only a few days, while filling in these “cavities” may take from three to six months or even longer for older people.

Many of the risk factors for weak bones are beyond your control, but the good news is you can slow the natural process of bone loss through the choices you make. Healthy lifestyle choices are like putting deposits into your bone health account to help keep your funds from running low. It’s never too late to take action to support your support system!

Risk factors beyond your control:
• Age — 50 years or older
• Gender — females have increased risk
• Menopause — continuous loss of 1-2 percent of bone per year occurs for almost a decade following menopause
• Genetics — a family history increases risk
• A small/thin frame — less calcium supply to begin with

Continued inside.
Get enough calcium
It’s never too late to start taking calcium supplements or eating calcium fortified foods. We often think of dairy products as the foods that contain calcium. These are all excellent sources of calcium, but there are also other good sources. See the table below for a few ideas.

<table>
<thead>
<tr>
<th>Food</th>
<th>Serving Size</th>
<th>Calcium</th>
</tr>
</thead>
<tbody>
<tr>
<td>Almond milk, fortified</td>
<td>1 cup</td>
<td>450 mg</td>
</tr>
<tr>
<td>Soy milk, fortified</td>
<td>1 cup</td>
<td>300–370 mg</td>
</tr>
<tr>
<td>Milk 1% fat</td>
<td>1 cup</td>
<td>285 mg</td>
</tr>
<tr>
<td>Yogurt, low fat</td>
<td>8 ounces</td>
<td>275–450 mg</td>
</tr>
<tr>
<td>Soybeans</td>
<td>½ cup</td>
<td>130 mg</td>
</tr>
<tr>
<td>Mozzarella, part-skim</td>
<td>1 ounce</td>
<td>222 mg</td>
</tr>
<tr>
<td>Cottage cheese, low fat</td>
<td>½ cup</td>
<td>80 mg</td>
</tr>
<tr>
<td>Black-eyed peas, cooked</td>
<td>½ cup</td>
<td>105 mg</td>
</tr>
<tr>
<td>Kale, raw</td>
<td>1 cup</td>
<td>90 mg</td>
</tr>
<tr>
<td>Collard greens, raw</td>
<td>1 cup</td>
<td>85 mg</td>
</tr>
<tr>
<td>Oatmeal</td>
<td>½ cup</td>
<td>85 mg</td>
</tr>
<tr>
<td>Canned clams</td>
<td>3 ounces</td>
<td>80 mg</td>
</tr>
<tr>
<td>Almonds</td>
<td>1 ounce</td>
<td>75 mg</td>
</tr>
<tr>
<td>Orange</td>
<td>1 medium</td>
<td>50 mg</td>
</tr>
<tr>
<td>Whole wheat bread</td>
<td>1 slice</td>
<td>50 mg</td>
</tr>
<tr>
<td>Broccoli, steamed</td>
<td>½ cup</td>
<td>30 mg</td>
</tr>
</tbody>
</table>

If you don’t get enough calcium in the foods you eat, be sure to add in a calcium supplement. Bone density has been shown to be retained when calcium supplements are taken at 500–1,000 mg/day. Use caution though. The tolerable upper limit on calcium from both food and supplements is 2,000–2,500 mg/day for adults 19 years and older.

Get enough vitamin D
Vitamin D helps your body better absorb calcium. This is why dairy products and dairy alternatives are often fortified with vitamin D. If you drink vitamin D fortified beverages, you may be getting enough. If not, choose foods rich in vitamin D or consider taking a supplement. Here are a few good sources of vitamin D:

<table>
<thead>
<tr>
<th>Food</th>
<th>Serving Size</th>
<th>Vitamin D</th>
</tr>
</thead>
<tbody>
<tr>
<td>Salmon</td>
<td>3 ounces</td>
<td>447 IU</td>
</tr>
<tr>
<td>Tuna fish, canned in water</td>
<td>3 ounces</td>
<td>154 IU</td>
</tr>
<tr>
<td>Orange juice, fortified with D</td>
<td>1 cup</td>
<td>135 IU (varies)</td>
</tr>
<tr>
<td>Nonfat Milk, fortified with D</td>
<td>1 cup</td>
<td>120 IU</td>
</tr>
<tr>
<td>Yogurt, fortified with D</td>
<td>6 ounces</td>
<td>80 IU (varies)</td>
</tr>
<tr>
<td>Egg yolk</td>
<td>1 large</td>
<td>41 IU</td>
</tr>
</tbody>
</table>

Eat enough fruits and vegetables
Fruits and veggies are loaded with potassium and magnesium, which are both excellent for bones. They also act as a buffer so you don’t have to borrow as much calcium from your bones. Aim to eat at least one serving of a fruit and a vegetable at every meal.

Eat enough protein, but not too much
Eating too much protein from animal sources may increase loss of calcium. Adequate daily calcium may be enough to offset the losses. Typically, 20 to 30 grams of protein (the amount in a 3- to 4-ounce serving of meat) at each meal is plenty for most healthy adults.

The protein found in soy does not appear to cause increased loss of calcium. If you eat meat, try going vegetarian a couple days a week.

Limit alcohol
Alcohol intake has several negative effects on the skeleton. If you drink alcohol, do so in moderation: no more than one drink per day for women and two for men.

If you smoke, quit
Smoking decreases calcium absorption, and the toxins kill the cells that help to rebuild bones. If you need help, contact us for more information on the Quit for Life smoking cessation program.

Move those bones
Get in 30 minutes of weight-bearing exercises most days of the week. Whether you do one 30-minute or three...
Oral Health and Chronic Disease

Your teeth may not be considered bones, but they do contain the strongest substance in your body, enamel. Enamel is composed of 96 percent minerals, making it susceptible to a demineralization process, which accounts for dental caries, or cavities. Cavities, along with periodontal disease, are among the two biggest threats to oral health. There is growing evidence that links poor oral health to several chronic diseases, including diabetes, heart disease, stroke, and premature births. There is still a lot to learn about the connection between oral health and chronic disease, but one thing is certain: maintaining healthy teeth is an important part of your overall health.

Here are some ways you can take care of your oral health.

1. Visit your dentist at least twice a year.
2. Brush and floss your teeth at least twice a day. Remember to brush your gums along with your teeth. This will help stimulate blood flow and improve your gum health.
3. Use a mouth rinse to help reduce plaque.
4. Avoid soft drinks, fruit juices, and sugary foods.
5. Watch for signs of periodontal disease such as:
   - Gums that bleed during and after brushing or flossing
   - Red, swollen, or tender gums
   - Persistent bad breath or bad taste in your mouth
   - Receding gums
   - Deep pockets between teeth and gums
   - Loose or shifting teeth
   - Changes in your bite
   - Changes in the way your dentures fit
6. Some medications can affect oral health. Talk with your doctor if your oral health has suddenly changed after starting a new medication.
7. Avoid smoking tobacco or using smokeless tobacco products.

Oral cancer screening

During your routine dental exam, your dentist will check your mouth and gums for any signs of oral cancer. Here are a few factors that can increase your risk of oral cancer:

- Tobacco use of any kind
- Heavy alcohol use
- Previous oral cancer diagnosis

Member Corner

It’s All about the Support!

Fredde was looking for help in taking control of his diabetes and was ready to make some changes in his life, so when he reached out to the Condition Support program, he had many questions. “My health coach answers my questions and gives me information in language I can understand and that makes sense to me,” states Fredde. He started using MyFitnessPal, increasing his exercise, and planning meals, and he noticed that he was soon feeling better. Fredde states, “Once you understand that you can control your diabetes, it is possible.”

Fredde’s diabetes has never been in better control. Now, he is active, enjoying life, living pain free, and celebrating his 25-pound weight loss. When asked what he would say to someone who is struggling with their health, Fredde said, “I think it’s important people know about the support your program offers. It can really help reduce stress, worry, and bring some peace into their lives.”

“I think it’s important people know about the support your program offers. It can really help reduce stress, worry, and bring some peace into their lives.”

– Fredde, program participant

Your Bones Continued from page 2.

10-minute sessions, the benefits are the same for your bones. Examples include dancing, jogging, fast walking, stair climbing, and low-impact aerobics.

Do muscle-strengthening exercises 2 to 3 days per week. These are activities with weights, body weight, bands, or other resistance. If you are new to strength training, consider working with a certified fitness professional.

Although some of the risk factors for osteoporosis are beyond your control, there are plenty of healthy lifestyle changes you can do to support your own “support” system.

The personal stories noted on page 1 came from the following sources:

Osteoporosis.ca/osteoporosis-and-you/personal-stories/
Iofbonehealth.org/people-osteoporosis-share-their-stories

More Information

National Osteoporosis Foundation: www.nof.org
International Osteoporosis Foundation: www.iofbonehealth.org

888.987.5805 • yoursupport@pacificsource.com • PacificSource.com
Ingredients:
6 eggs
4 egg whites
1/4 cup water
1/2 tsp salt
1/2 tsp pepper
1/2 cup diced red bell pepper
1/2 cup diced yellow onion
2 cups chopped broccoli
2 cups fresh baby spinach
2 cups fresh baby kale
1 cup sliced Roma tomatoes
1 tsp. olive or canola oil
1/2 cup crumbled feta cheese (optional)

Directions:
1. Preheat oven to 375 degrees.
2. Dice red bell pepper and onion, chop broccoli, and slice Roma tomatoes. Then, beat the eggs, egg white, water, salt, and pepper in a bowl. Set aside.
3. In a large sauté pan, heat the oil on medium-high heat. Add onions and bell peppers and cook for 3–5 minutes or until soft.
4. Add broccoli, and sauté for an additional 5–7 minutes or until tender.
5. Turn off the heat, and mix in the spinach and kale. Cover, and allow the heat from the cooked vegetables to wilt the greens.
6. Spray an 8" x 8" baking dish (preferably glass) with cooking spray. Place vegetable mixture in the pan and top with sliced tomatoes. Then, slowly pour in the egg mixture, and top with cheese (optional).
7. Bake for 30–35 minutes or until golden brown and set. Cut into 6 servings, and enjoy!

Nutrition Facts

<table>
<thead>
<tr>
<th></th>
<th>Serving Size: 1/6 of recipe</th>
<th>Servings: 5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>160</td>
<td>800</td>
</tr>
<tr>
<td>% Daily Value</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>9g</td>
<td>45%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>3.5g</td>
<td>18%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>195mg</td>
<td>66%</td>
</tr>
<tr>
<td>Sodium</td>
<td>480mg</td>
<td>20%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>5g</td>
<td>3%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2g</td>
<td>10%</td>
</tr>
<tr>
<td>Sugars</td>
<td>3g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>15g</td>
<td></td>
</tr>
<tr>
<td>Vitamin A</td>
<td>100%</td>
<td></td>
</tr>
<tr>
<td>Vitamin C</td>
<td>130%</td>
<td></td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet.