

Inside: REACH Importance • Nutrients Labels • Cancer Coalition

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proactive  
approach to  
skin care** *page 3*





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WIREGRASS GEORGIA TECHNICAL COLLEGE

Wiregrass Technical College student Singyette Dailey works on student Yorkidea Romero in the school's Esthetics Lab.

# Taking a proactive approach to skin care

**Wiregrass Georgia Technical College**

VALDOSTA — Warmer weather is finally here so it's time to remember to protect our skin and sun safety tips.

“Your skin is the largest organ in your body and is the first line of defense against diseases and all types of foreign invaders,” according to Wiregrass Georgia Technical College.

**More on page 4**



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proper care to protect our skin so it can effectively protect us.”

Daily use of sunscreen is the first step in protection.

Other ways to be proactive in the care of skin is to have a consistent home-care regimen of skin-care products that contain active ingredients to prevent and treat signs of sun damage, aging and other conditions.

Estheticians are trained to analyze skin types and conditions as well as recognize disorders and diseases.

An esthetician can help with a home-care regimen as well as create a monthly skin-care treatment plan that is performed in the spa. The facials performed in the treatment room are more intensive than what can be done at home, that's why it's recommended to have monthly facials along with a home-care regimen.

Kelly Ramirez, LE, CMA esthetician instructor at Wiregrass Georgia Technical College, said, “Teaching my esthetics students these principles of skin safety and protection is somewhat an organic process.

“Everything I know and am passionate about naturally spills out in all discussions, just as it would if these students were my individual clients. They learn through theory in the classroom and then by my modeling all these concepts in our spa.”


Sun safety starts with being sun smart. To be sun smart, a person needs to know the facts:

- There are two different types of ultraviolet “UV” radiation that comes from the sun. UVA rays are the “aging” rays and UVB are the “burning” rays. Both are dangerous, cause premature wrinkles and can increase your chance

of developing skin cancer. These rays are always present, even on a cloudy day.

- UVA rays, which pass through window glass, penetrate deeper into the dermis, the thickest layer of the skin. UVA rays can cause suppression of the immune system, which interferes with the immune system's ability to protect you against the development and spread of skin cancer. UVA exposure also is known to lead to signs of premature aging of the skin such as wrinkling and age spots.

- UVB rays are the sun's burning rays, which are blocked by window glass, and are the primary cause of sunburn. A good way to remember it is that UVA rays are the aging rays and UVB rays are the burning rays. Excessive exposure to both forms of UV rays can lead to the development of skin cancer.



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What are the effects of ultraviolet rays of the sun on the skin?

- So what exactly are UV rays doing to your skin? Some of the damage caused by UV rays are permanent destruction of the skin's supporting structure — the collagen and elastic fibers; freckling; wrinkling; dilated blood vessels; suspicious skin lesions; redness; drug reactions, and of course, skin cancer.
- There is no such thing as a "healthy tan." Any change in your skin color is a sign of potential skin damage.
- This applies to "indoor tanning" as well. "Indoor

tanners are 74 percent more likely to develop melanoma," according to the Skin Cancer Foundation.

- Exposure to the sun's rays has a snowball effect, meaning year after year suntans and sunburns adds negative aspects to the skin which will show up as wrinkles or even cancer.

How can we protect our skin?

- Sunscreen, sunscreen, sunscreen!
- Generously apply a broad-spectrum, water-resistant sunscreen with a Sun Protection Factor (SPF) of 30 or more to all exposed skin. "Broad-

spectrum" provides protection from both ultraviolet A (UVA) and ultraviolet B (UVB) rays.

- Apply sunscreen approximately 20 minutes before going outside so it has time to take effect before you go into the sun. Reapply approximately every two hours, even on cloudy days, and after swimming or sweating.
- Wear UVA/UVB-protected sunglasses and hats or caps.
- Avoid peak sun intensity hours between 10 a.m. and 2 p.m.

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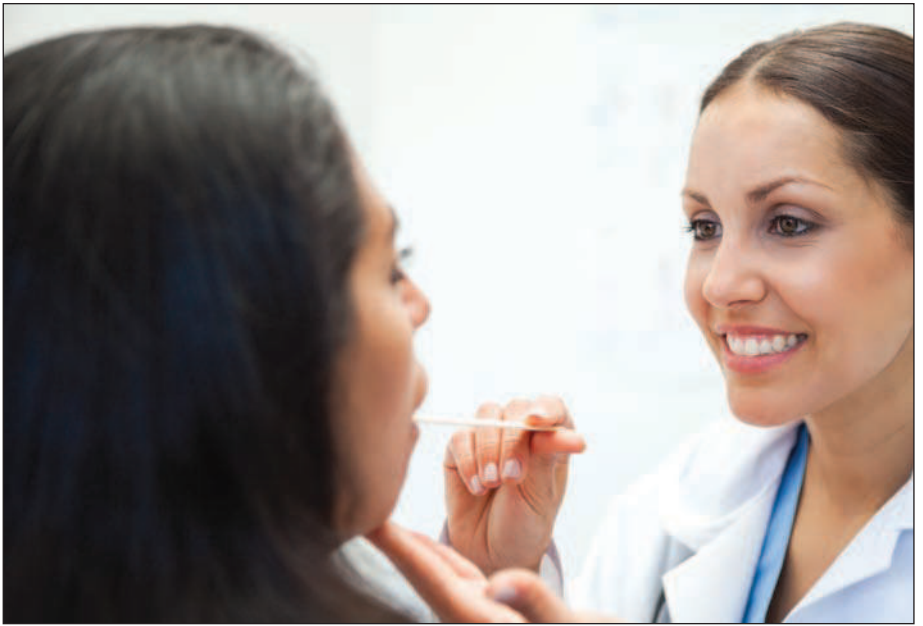


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# The Importance of REACH

**President Obama and his administration** say they are working to close racial and ethnic gaps in healthcare coverage.

The Centers for Disease Control and Prevention is says it is doing its part by leading

the Racial and Ethnic Approaches to Community Health program as part of its efforts to unify

healthcare coverage throughout the country.

**More on page 8**

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### Health Gaps

The CDC reports the following statistics when delivering its message focused on ending health gaps among racial and ethnic minority groups:

- Heart disease is the leading cause of death for people of most racial and ethnic minorities in the United States;
- Non-Hispanic blacks have the highest rates of obesity (44 percent) followed by Mexican Americans (39 percent); and
- Compared to non-Hispanic whites, the risk of diagnosed diabetes is 77 percent higher among non-Hispanic blacks, 66 percent higher among Hispanics / Latinos and 18 percent higher among Asian Americans.

### What REACH Does

REACH has built up an expansive base of partners, including members of local communities that work together to identify, develop and share strategies that work in reducing health gaps.

Their main focus is on heart disease, obesity, diabetes, breast and cervical cancer, infant mortality, asthma and vaccines.

Racial and ethnic health gaps are complex. They are affected by factors related to individuals, communities, society, culture and the environment. REACH cuts across a number of proven and promising programs that address these many factors.

### Get Involved

If you are part of a local health coalition, you can seek out REACH for support on planning, evaluating and sharing community-focused strategies.

REACH enhances national and international organizations that have local affiliates and chapters to share best practice solutions and culturally based community methodologies. It also provides funding to qualified organizations in an effort to better overcome the inherent challenges of overcoming such a wide-reaching health issue.

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Submitted photo

## Students help Pediatric Unit

Caption and photo continue on page 11.

The National Junior Beta Club at Lake Park Elementary School conducted a bake sale to raise



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funds to purchase DVD players that can be enjoyed by hospitalized children at SGMC. These fourth- and fifth-graders raised \$255 toward the purchase of nine DVD players. The idea for the fundraiser was presented by Ty Parks, a Junior Beta Club member, who spent several weeks on the Pediatric Unit in December. When Ty's physician, Dr. Brian Griner, learned of the fundraiser, he graciously agreed to match the Junior Beta Club's gift. The combined gift of 18 DVD players will allow a DVD player to be placed in each pediatric patient's room. The students also conducted a DVD drive where new and previously viewed DVDs were collected and given to the Pediatrics Unit.

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## Breaking Down the Nutrition Facts Label

Do you ever find yourself in a grocery aisle staring at the back of food labels to make sure you're bringing home a healthy option?

There are serving sizes, percentages and sometimes ingredients you've never heard of. Before you know it, you're settling for something without even truly understanding what is in it.

The U.S. Food and Drug Administration recommends getting to know how the back of your labels are structured. That way, you can make informed choices about not only purchasing certain foods, but how much you're eating, too.

### Calories

The calories line of a nutrition label is where you'll find the number of calories per serving and the calories from fat in each serving.

Let's say the label says one serving equals 10 crackers and 100 calories. If you eat 20 crackers, you've quickly consumed two servings and twice the number of calories and fat.



If you do this multiple times throughout the day with different food choices, you can see how quickly the calories can add up.

Remember that fat-free doesn't mean calorie-free. Items with low fat content can have just as many calories as full-fat ones.

### Key Nutrients

The FDA reports that many Americans aren't getting enough vitamins A and C, potassium, calcium and iron. Look for these key nutrients when you're reading the back of labels to make sure you're choosing options with high percentages in these areas.

### The % Daily Value

You will see the "% DV" designation on food labels. It is a general guide to help you link nutrients in a serving of food to your total daily diet. If a food contains only 5 percent of an important nutrient, it is giving you only a mere contribution. Aim for foods with 20 percent or higher contributions of key nutrients. You can use the % DV to make dietary trade-offs with other foods throughout the day, but remember that the \* is a reminder that the % DV is based on a 2,000-calorie diet. You may need more or less, depending on your diet.



# Heart-healthy food in 10 easy steps

**By Howard Cohen**  
Miami Herald

MIAMI — “You can’t fix your health until you fix your diet.”

So says Sheah Rarback, a registered dietitian on the faculty of the Miller School of Medicine at the University of Miami and a Miami Herald columnist.

The heart is critically essential to the body’s function as it controls the circulation of blood. When you clog its pathways with poor food choices you gum up the works and this can lead to a host of health problems, including death by heart attack.

So what is there to do?

“There is not one single food that will help you lower or raise your cholesterol. Variety is the key. The less processed the food, the better,” said Sonia Angel, registered dietitian and coordinator of the Diabetes and Nutrition Center at Memorial Regional Hospital.

“Choosing foods in their most natural form is one way to avoid eating added sugars hidden in packaged foods and beverages,” said Lucette Talamas, registered dietitian with Baptist Health South Florida. “The American Heart Association recommends daily limits of six teaspoons (24 grams) for women and nine teaspoons (36 grams) for men of added sugar from

both food and beverages.”

And don’t forget the healthful benefits of exercise, Talamas said. “A daily serving of moderate intensity physical activity can decrease LDL (bad) cholesterol, triglycerides and blood pressure while also increase HDL (good) cholesterol.”

We asked Angel, Rarback and Talamas for a list of 10 heart healthy foods. **Here are their suggestions:**

**1. Salmon.** Wild salmon, not farm raised, is rich in Omega-3 fatty acids, which help boost the immune system. Other heart healthy fish are sardines, barramundi and tuna. Two servings a week is a good start.

**2. Ground flax seeds.** Rich in fiber and vegetarian Omega-3 that is easily added to a variety of foods like soups and salads. Try them in cereal, yogurt and protein smoothies. Helps reduce blood cholesterol.

**3. Nuts.** Walnuts are loaded with vitamin E and Omega-3 fatty acids and are a delicious source for magnesium. These nuts help reduce cholesterol. Note: These are high in calories. Moderation is key.

**4. Beans and legumes.** Include red kidney beans and black beans, chickpeas and lentils. These are all rich in magnesium, vitamin B complex and are a good source of soluble fiber,

which reduces cholesterol. These also add folate and magnesium to the diet.

**5. Berries.** Berries in general are good, but especially blueberries, which are a good source of ellagic acid, an antioxidant that protects blood vessels, lowers blood pressure and reduces LDL. Oranges are rich in flavonoids, vitamin C, potassium, folic and fiber. Oranges also help lower blood pressure and protect blood vessels. Other good sources are cantaloupe and papaya.

**6. Red wine.** The antioxidants like catechins and resveratrol in red wine appear to increase HDL and reduce LDL. Limit to one four-ounce glass of wine a day.

**7. Oatmeal.** Oatmeal has Omega-3 fatty acids and is also rich in soluble fiber, magnesium, potassium and niacin. Oatmeal helps to lower LDL. Try steel cut oats for the highest fiber.

**8. Avocado.** Packed with monounsaturated fat, which lowers LDL. They promote the absorption of carotenoids that improve heart health.

**9. Tea.** Black or green tea is rich in flavonoids, which is an antioxidant that protects cells from damaging free radicals.

**10. Dark chocolate.** The high flavanol content has a blood thinning effect that the heart loves.



## Fighting Cancer Locally

### Meet the Cancer Coalition of South Georgia

**Cancer Coalition of South Georgia**

VALDOSTA — If you live in the Valdosta area, you likely have felt the impact of cancer here, either personally or from

someone you love.

It probably won't surprise you to learn that South Georgia has some of the highest rates of cancer in the United States. It's not your

imagination: Each year more than 3,500 people in our communities are newly diagnosed with cancer and more than 1,000 South Georgians die from cancer. Of Georgia's 159



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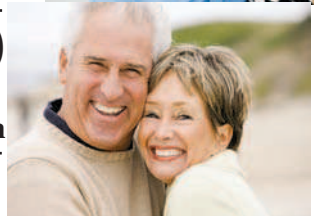
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counties, Lowndes County has the sixth highest cancer rate.

But there's good news, too.

The Cancer Coalition of South Georgia — a local organization — is making a difference against cancer here.

Why is the Cancer Coalition important?

Coalition CEO Diane Fletcher shares what makes the organization different and highly effective.

"Our mission is to prevent cancer and increase survival among the people of South Georgia," she said. "Being 100 percent local is what sets us apart."

Unlike national organizations, the Cancer Coalition works only in South Georgia. That means 100 percent of the funds and resources remain locally to help area residents, according to the

coalition

For the past 13 years, the community-driven Cancer Coalition has improved people's lives in South Georgia through providing individualized health navigation and cancer screening services; public and professional education, including tobacco control; community research to prevent and reduce cancer risks; and outreach to survivors and others.

One example is the nationally recognized Community Cancer Screening Program that not only saves lives, but also reduces local health-care costs by preventing cancer or finding it early.

Since its start, the program has provided more than 5,000 cancer screenings for local residents.

The Cancer Coalition of South Georgia's success has made it a national role

model for how to improve health in the community. However, being part of this community, our entire focus remains on lessening the devastating effects of cancer on families here.

How can you be part of this important work?

"People are realizing the value of investing in a local organization that keeps their dollars here," said Fletcher. "Our donors know that every person they help is their neighbor, and their support comes back to benefit all of us who live here."

The Cancer Coalition enthusiastically welcomes those who want to join the local fight against cancer.

People can donate in memory or honor of someone by visiting [www.sgacancer.org](http://www.sgacancer.org); or calling (229) 312-1700; or mailing Cancer Coalition of South Georgia, 3338-L1 Country Club Road PMB 318, Valdosta GA 31605.



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# Chicken soup Rx:

## Hospital follows orders of Dr. Mom

**By Cheryl Powell**  
Akron Beacon Journal

AKRON, Ohio — Patients undergoing outpatient procedures at an area hospital are sent home with a free quart of homemade chicken noodle soup along with the typical discharge instructions. It just goes to show that an age-old home remedy for recovery has not outlived its medical credibility.

The Chicken Soup to Go program was recently launched at Western Reserve Hospital in Cuyahoga Falls, Ohio, as a way to ease the stress for



patients and families by offering an easy-to-eat meal for the return home.

“We’re always trying to look at new ways to make patients feel special,” said Dr. Eric Espinal, Western Reserve Hospital’s chair of surgery. “We realize they

have a choice and lots of great hospital systems. This is an opportunity to help them out and let them know we appreciate them choosing Western Reserve Hospital.”

Lisa Barnes of Cuyahoga Falls said she



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enjoyed the soup for lunch and dinner after her recent shoulder surgery.

“Your stomach doesn’t feel really good after anesthesia,” she said. “Soup is always my comfort food when I don’t feel good. I thought it was a nice gesture. ... It’s not like herding you in and out like cattle.”

Western Reserve Wellness Coordinator Johanna Tanno came up with the idea as a way to allow patients and caregivers to cross off one worry from their to-do list.

“Going home shouldn’t be stressful,” she said. “That should be the easy part.”

As moms know, she said, chicken soup is a

light food with fluid and protein needed for recovery.

“For patients who just had surgery, chicken soup just seemed logical,” she said. “It’s easy on the stomach.”

The fresh, homemade soup fits with the hospital’s Doctor’s Order program, which promotes healthy eating in the community.

As a note with each to-go bag instructs: “Please enjoy — it’s the Doctor’s Order.”

Through the program, about a dozen participating local restaurants also are offering heart-healthy options denoted on their menu with the Doctor’s Order logo, featuring a stethoscope in the shape

of a heart.

Most of the more than 20 people undergoing outpatient surgery at Western Reserve daily take up the hospital’s offer for the free soup to go, Tanno said.

Joann Rilling of Cuyahoga Falls said she was pleasantly surprised when a nurse offered to send her home with homemade soup after a recent outpatient hand surgery.

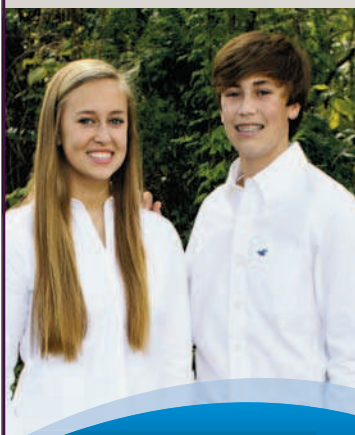
“Chicken noodle soup is a little bit on the curative side,” she said. “It was good for me. All I had to do when I got back was heat it up. It was helpful.”

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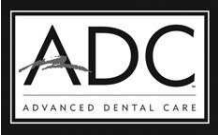
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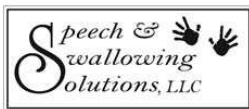
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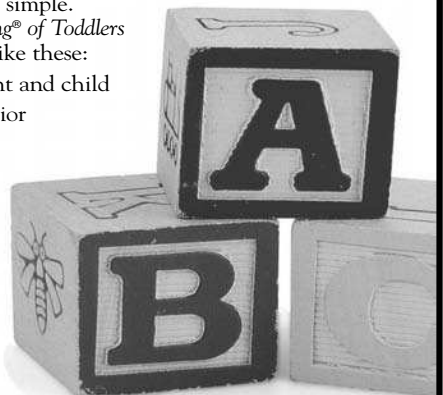
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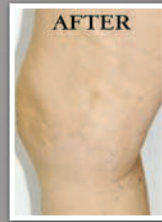
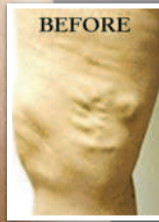


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Inside: REACH Importance • Nutrients Labels • Cancer Coalition

**Taking a  
proactive  
approach to  
skin care** *page 3*





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**More on page 4**



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proper care to protect our skin so it can effectively protect us.”

Daily use of sunscreen is the first step in protection.

Other ways to be proactive in the care of skin is to have a consistent home-care regimen of skin-care products that contain active ingredients to prevent and treat signs of sun damage, aging and other conditions.

Estheticians are trained to analyze skin types and conditions as well as recognize disorders and diseases.

An esthetician can help with a home-care regimen as well as create a monthly skin-care treatment plan that is performed in the spa. The facials performed in the treatment room are more intensive than what can be done at home, that's why it's recommended to have monthly facials along with a home-care regimen.

Kelly Ramirez, LE, CMA esthetician instructor at Wiregrass Georgia Technical College, said, “Teaching my esthetics students these principles of skin safety and protection is somewhat an organic process.

“Everything I know and am passionate about naturally spills out in all discussions, just as it would if these students were my individual clients. They learn through theory in the classroom and then by my modeling all these concepts in our spa.”


Sun safety starts with being sun smart. To be sun smart, a person needs to know the facts:

- There are two different types of ultraviolet “UV” radiation that comes from the sun. UVA rays are the “aging” rays and UVB are the “burning” rays. Both are dangerous, cause premature wrinkles and can increase your chance

of developing skin cancer. These rays are always present, even on a cloudy day.

- UVA rays, which pass through window glass, penetrate deeper into the dermis, the thickest layer of the skin. UVA rays can cause suppression of the immune system, which interferes with the immune system's ability to protect you against the development and spread of skin cancer. UVA exposure also is known to lead to signs of premature aging of the skin such as wrinkling and age spots.

- UVB rays are the sun's burning rays, which are blocked by window glass, and are the primary cause of sunburn. A good way to remember it is that UVA rays are the aging rays and UVB rays are the burning rays. Excessive exposure to both forms of UV rays can lead to the development of skin cancer.



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What are the effects of ultraviolet rays of the sun on the skin?

- So what exactly are UV rays doing to your skin? Some of the damage caused by UV rays are permanent destruction of the skin's supporting structure — the collagen and elastic fibers; freckling; wrinkling; dilated blood vessels; suspicious skin lesions; redness; drug reactions, and of course, skin cancer.
- There is no such thing as a "healthy tan." Any change in your skin color is a sign of potential skin damage.
- This applies to "indoor tanning" as well. "Indoor

tanners are 74 percent more likely to develop melanoma," according to the Skin Cancer Foundation.

- Exposure to the sun's rays has a snowball effect, meaning year after year suntans and sunburns adds negative aspects to the skin which will show up as wrinkles or even cancer.

How can we protect our skin?

- Sunscreen, sunscreen, sunscreen!
- Generously apply a broad-spectrum, water-resistant sunscreen with a Sun Protection Factor (SPF) of 30 or more to all exposed skin. "Broad-

spectrum" provides protection from both ultraviolet A (UVA) and ultraviolet B (UVB) rays.

- Apply sunscreen approximately 20 minutes before going outside so it has time to take effect before you go into the sun. Reapply approximately every two hours, even on cloudy days, and after swimming or sweating.
- Wear UVA/UVB-protected sunglasses and hats or caps.
- Avoid peak sun intensity hours between 10 a.m. and 2 p.m.

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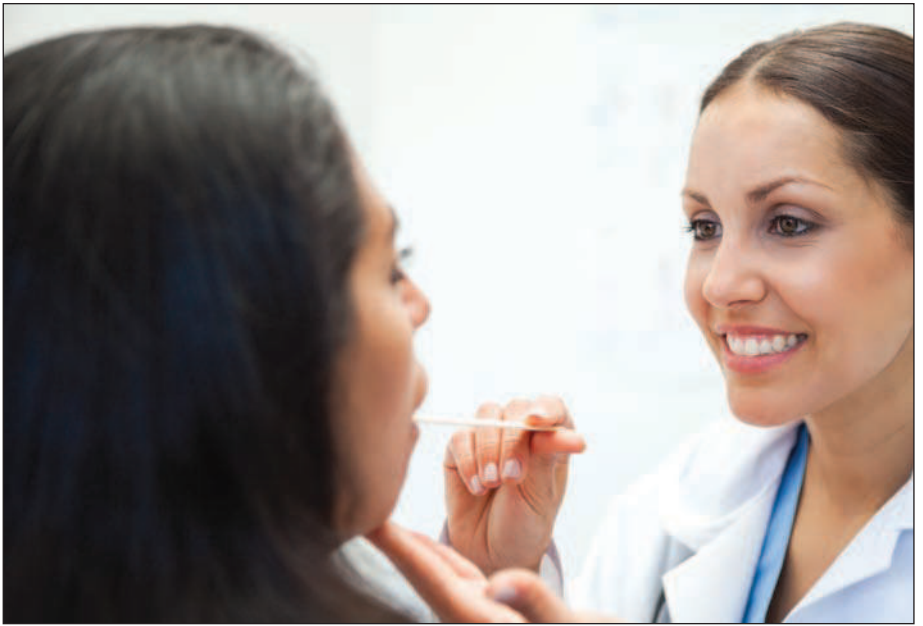


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# The Importance of REACH

**President Obama and his administration** say they are working to close racial and ethnic gaps in healthcare coverage.

The Centers for Disease Control and Prevention is says it is doing its part by leading

the Racial and Ethnic Approaches to Community Health program as part of its efforts to unify

healthcare coverage throughout the country.

**More on page 8**

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### Health Gaps

The CDC reports the following statistics when delivering its message focused on ending health gaps among racial and ethnic minority groups:

- Heart disease is the leading cause of death for people of most racial and ethnic minorities in the United States;
- Non-Hispanic blacks have the highest rates of obesity (44 percent) followed by Mexican Americans (39 percent); and
- Compared to non-Hispanic whites, the risk of diagnosed diabetes is 77 percent higher among non-Hispanic blacks, 66 percent higher among Hispanics / Latinos and 18 percent higher among Asian Americans.

### What REACH Does

REACH has built up an expansive base of partners, including members of local communities that work together to identify, develop and share strategies that work in reducing health gaps.

Their main focus is on heart disease, obesity, diabetes, breast and cervical cancer, infant mortality, asthma and vaccines.

Racial and ethnic health gaps are complex. They are affected by factors related to individuals, communities, society, culture and the environment. REACH cuts across a number of proven and promising programs that address these many factors.

### Get Involved

If you are part of a local health coalition, you can seek out REACH for support on planning, evaluating and sharing community-focused strategies.

REACH enhances national and international organizations that have local affiliates and chapters to share best practice solutions and culturally based community methodologies. It also provides funding to qualified organizations in an effort to better overcome the inherent challenges of overcoming such a wide-reaching health issue.

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Submitted photo

## Students help Pediatric Unit

Caption and photo continue on page 11.

The National Junior Beta Club at Lake Park Elementary School conducted a bake sale to raise



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funds to purchase DVD players that can be enjoyed by hospitalized children at SGMC. These fourth- and fifth-graders raised \$255 toward the purchase of nine DVD players. The idea for the fundraiser was presented by Ty Parks, a Junior Beta Club member, who spent several weeks on the Pediatric Unit in December. When Ty's physician, Dr. Brian Griner, learned of the fundraiser, he graciously agreed to match the Junior Beta Club's gift. The combined gift of 18 DVD players will allow a DVD player to be placed in each pediatric patient's room. The students also conducted a DVD drive where new and previously viewed DVDs were collected and given to the Pediatrics Unit.

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## Breaking Down the Nutrition Facts Label

Do you ever find yourself in a grocery aisle staring at the back of food labels to make sure you're bringing home a healthy option?

There are serving sizes, percentages and sometimes ingredients you've never heard of. Before you know it, you're settling for something without even truly understanding what is in it.

The U.S. Food and Drug Administration recommends getting to know how the back of your labels are structured. That way, you can make informed choices about not only purchasing certain foods, but how much you're eating, too.

### Calories

The calories line of a nutrition label is where you'll find the number of calories per serving and the calories from fat in each serving.

Let's say the label says one serving equals 10 crackers and 100 calories. If you eat 20 crackers, you've quickly consumed two servings and twice the number of calories and fat.



If you do this multiple times throughout the day with different food choices, you can see how quickly the calories can add up.

Remember that fat-free doesn't mean calorie-free. Items with low fat content can have just as many calories as full-fat ones.

### Key Nutrients

The FDA reports that many Americans aren't getting enough vitamins A and C, potassium, calcium and iron. Look for these key nutrients when you're reading the back of labels to make sure you're choosing options with high percentages in these areas.

### The % Daily Value

You will see the "% DV" designation on food labels. It is a general guide to help you link nutrients in a serving of food to your total daily diet. If a food contains only 5 percent of an important nutrient, it is giving you only a mere contribution. Aim for foods with 20 percent or higher contributions of key nutrients. You can use the % DV to make dietary trade-offs with other foods throughout the day, but remember that the \* is a reminder that the % DV is based on a 2,000-calorie diet. You may need more or less, depending on your diet.



# Heart-healthy food in 10 easy steps

**By Howard Cohen**  
Miami Herald

MIAMI — “You can’t fix your health until you fix your diet.”

So says Sheah Rarback, a registered dietitian on the faculty of the Miller School of Medicine at the University of Miami and a Miami Herald columnist.

The heart is critically essential to the body’s function as it controls the circulation of blood. When you clog its pathways with poor food choices you gum up the works and this can lead to a host of health problems, including death by heart attack.

So what is there to do?

“There is not one single food that will help you lower or raise your cholesterol. Variety is the key. The less processed the food, the better,” said Sonia Angel, registered dietitian and coordinator of the Diabetes and Nutrition Center at Memorial Regional Hospital.

“Choosing foods in their most natural form is one way to avoid eating added sugars hidden in packaged foods and beverages,” said Lucette Talamas, registered dietitian with Baptist Health South Florida. “The American Heart Association recommends daily limits of six teaspoons (24 grams) for women and nine teaspoons (36 grams) for men of added sugar from

both food and beverages.”

And don’t forget the healthful benefits of exercise, Talamas said. “A daily serving of moderate intensity physical activity can decrease LDL (bad) cholesterol, triglycerides and blood pressure while also increase HDL (good) cholesterol.”

We asked Angel, Rarback and Talamas for a list of 10 heart healthy foods. **Here are their suggestions:**

**1. Salmon.** Wild salmon, not farm raised, is rich in Omega-3 fatty acids, which help boost the immune system. Other heart healthy fish are sardines, barramundi and tuna. Two servings a week is a good start.

**2. Ground flax seeds.** Rich in fiber and vegetarian Omega-3 that is easily added to a variety of foods like soups and salads. Try them in cereal, yogurt and protein smoothies. Helps reduce blood cholesterol.

**3. Nuts.** Walnuts are loaded with vitamin E and Omega-3 fatty acids and are a delicious source for magnesium. These nuts help reduce cholesterol. Note: These are high in calories. Moderation is key.

**4. Beans and legumes.** Include red kidney beans and black beans, chickpeas and lentils. These are all rich in magnesium, vitamin B complex and are a good source of soluble fiber,

which reduces cholesterol. These also add folate and magnesium to the diet.

**5. Berries.** Berries in general are good, but especially blueberries, which are a good source of ellagic acid, an antioxidant that protects blood vessels, lowers blood pressure and reduces LDL. Oranges are rich in flavonoids, vitamin C, potassium, folic and fiber. Oranges also help lower blood pressure and protect blood vessels. Other good sources are cantaloupe and papaya.

**6. Red wine.** The antioxidants like catechins and resveratrol in red wine appear to increase HDL and reduce LDL. Limit to one four-ounce glass of wine a day.

**7. Oatmeal.** Oatmeal has Omega-3 fatty acids and is also rich in soluble fiber, magnesium, potassium and niacin. Oatmeal helps to lower LDL. Try steel cut oats for the highest fiber.

**8. Avocado.** Packed with monounsaturated fat, which lowers LDL. They promote the absorption of carotenoids that improve heart health.

**9. Tea.** Black or green tea is rich in flavonoids, which is an antioxidant that protects cells from damaging free radicals.

**10. Dark chocolate.** The high flavanol content has a blood thinning effect that the heart loves.



## Fighting Cancer Locally

### Meet the Cancer Coalition of South Georgia

**Cancer Coalition of South Georgia**

VALDOSTA — If you live in the Valdosta area, you likely have felt the impact of cancer here, either personally or from

someone you love.

It probably won't surprise you to learn that South Georgia has some of the highest rates of cancer in the United States. It's not your

imagination: Each year more than 3,500 people in our communities are newly diagnosed with cancer and more than 1,000 South Georgians die from cancer. Of Georgia's 159



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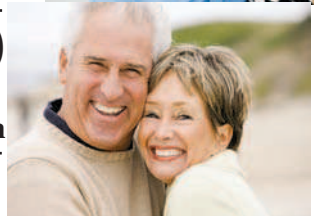
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counties, Lowndes County has the sixth highest cancer rate.

But there's good news, too.

The Cancer Coalition of South Georgia — a local organization — is making a difference against cancer here.

Why is the Cancer Coalition important?

Coalition CEO Diane Fletcher shares what makes the organization different and highly effective.

"Our mission is to prevent cancer and increase survival among the people of South Georgia," she said. "Being 100 percent local is what sets us apart."

Unlike national organizations, the Cancer Coalition works only in South Georgia. That means 100 percent of the funds and resources remain locally to help area residents, according to the

coalition

For the past 13 years, the community-driven Cancer Coalition has improved people's lives in South Georgia through providing individualized health navigation and cancer screening services; public and professional education, including tobacco control; community research to prevent and reduce cancer risks; and outreach to survivors and others.

One example is the nationally recognized Community Cancer Screening Program that not only saves lives, but also reduces local health-care costs by preventing cancer or finding it early.

Since its start, the program has provided more than 5,000 cancer screenings for local residents.

The Cancer Coalition of South Georgia's success has made it a national role

model for how to improve health in the community. However, being part of this community, our entire focus remains on lessening the devastating effects of cancer on families here.

How can you be part of this important work?

"People are realizing the value of investing in a local organization that keeps their dollars here," said Fletcher. "Our donors know that every person they help is their neighbor, and their support comes back to benefit all of us who live here."

The Cancer Coalition enthusiastically welcomes those who want to join the local fight against cancer.

People can donate in memory or honor of someone by visiting [www.sgacancer.org](http://www.sgacancer.org); or calling (229) 312-1700; or mailing Cancer Coalition of South Georgia, 3338-L1 Country Club Road PMB 318, Valdosta GA 31605.



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# Chicken soup Rx:

## Hospital follows orders of Dr. Mom

**By Cheryl Powell**  
Akron Beacon Journal

AKRON, Ohio — Patients undergoing outpatient procedures at an area hospital are sent home with a free quart of homemade chicken noodle soup along with the typical discharge instructions. It just goes to show that an age-old home remedy for recovery has not outlived its medical credibility.

The Chicken Soup to Go program was recently launched at Western Reserve Hospital in Cuyahoga Falls, Ohio, as a way to ease the stress for



patients and families by offering an easy-to-eat meal for the return home.

“We’re always trying to look at new ways to make patients feel special,” said Dr. Eric Espinal, Western Reserve Hospital’s chair of surgery. “We realize they

have a choice and lots of great hospital systems. This is an opportunity to help them out and let them know we appreciate them choosing Western Reserve Hospital.”

Lisa Barnes of Cuyahoga Falls said she



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enjoyed the soup for lunch and dinner after her recent shoulder surgery.

“Your stomach doesn’t feel really good after anesthesia,” she said. “Soup is always my comfort food when I don’t feel good. I thought it was a nice gesture. ... It’s not like herding you in and out like cattle.”

Western Reserve Wellness Coordinator Johanna Tanno came up with the idea as a way to allow patients and caregivers to cross off one worry from their to-do list.

“Going home shouldn’t be stressful,” she said. “That should be the easy part.”

As moms know, she said, chicken soup is a

light food with fluid and protein needed for recovery.

“For patients who just had surgery, chicken soup just seemed logical,” she said. “It’s easy on the stomach.”

The fresh, homemade soup fits with the hospital’s Doctor’s Order program, which promotes healthy eating in the community.

As a note with each to-go bag instructs: “Please enjoy — it’s the Doctor’s Order.”

Through the program, about a dozen participating local restaurants also are offering heart-healthy options denoted on their menu with the Doctor’s Order logo, featuring a stethoscope in the shape

of a heart.

Most of the more than 20 people undergoing outpatient surgery at Western Reserve daily take up the hospital’s offer for the free soup to go, Tanno said.

Joann Rilling of Cuyahoga Falls said she was pleasantly surprised when a nurse offered to send her home with homemade soup after a recent outpatient hand surgery.

“Chicken noodle soup is a little bit on the curative side,” she said. “It was good for me. All I had to do when I got back was heat it up. It was helpful.”

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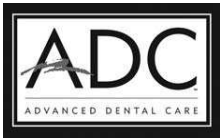
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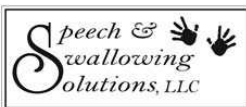
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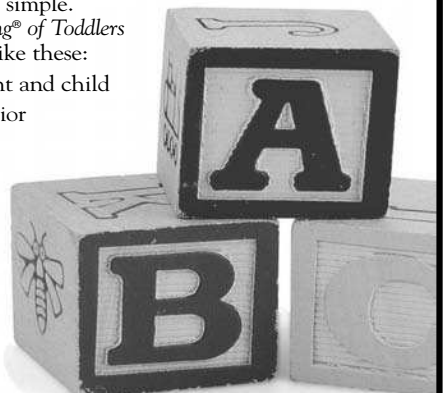
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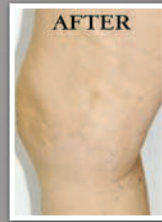
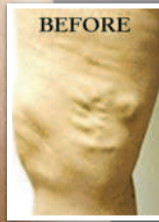


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**Taking a  
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