

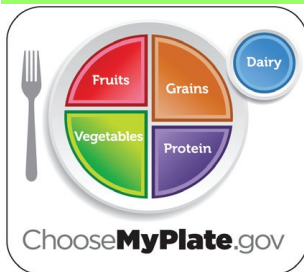


# 2D MEDICAL GROUP NEWSLETTER

## MARCH IS NUTRITION MONTH

Dietary Guidelines from the US Department of Agriculture (USDA) and the US Department of Health and Human Services (HHS) encompasses two key concepts:

1. **Maintain calorie balance over time to achieve and sustain a healthy weight.** Many people who maintain a healthy weight do so because of their continued attention to eating only enough calories from food and beverages to meet their physical activity. In other words, decrease the calories consumed and increase the calories expended through physical activity.



2. **Focus on consuming nutrient-dense foods and beverages.** We currently consume too much sodium, calories from solid fats, added sugars, and refined grains. Healthy eating limits eating these empty nutrients and concentrate on eating nutrient-dense foods like vegetables, fruits, whole grains, fat-free or low fat milk and milk products, seafood, lean meats and poultry, eggs, beans, peas, nuts and seeds.

<http://www.facebook.com/barksdaleafbclinic>



## NUTRITION MONTH

### Your Healthcare is Important

Because your health and wellness are important to us, the 2D Medical Group is dedicated to your good health and wants to ensure that you obtain all recommended healthcare screenings. The US Preventive Services Task Force (USPSTF) recommends a variety of tests based on your age and risk factors. For more information go

to: <http://www.ahrq.gov/clinic/prevenix.htm>. For health related issues contact your Family Health Team or the appointment line at: (318) 456-6555. Please enjoy reading the 2DMedical Group Newsletter, where your healthcare issues matter.



### Let's eat for the health of it!

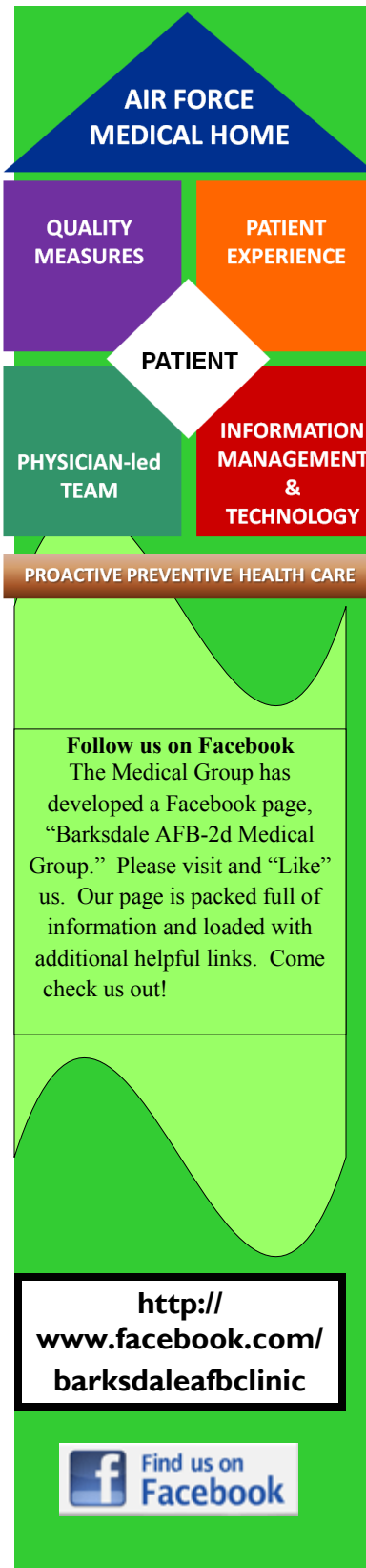
10 tips to a great plate!

1. **Balance calories.** Find out how many calories YOU need a day as a first step in managing your weight.
2. **Enjoy your food, but eat less.** Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during and after meals. Use them to recognize when to eat and when you've had enough
3. **Avoid oversized portions.** Use a smaller plate, bowl, and glass. Portion out foods before you eat. When eating out, choose a smaller size option, share a dish, or take home part of your meal.
4. **Foods to eat more often:** Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. These foods have the nutrients you need for health-including potassium, calcium, vitamin D, and fiber. Make them the basis for meals and snacks.
5. **Make half your plate fruits and vegetables.** Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.
6. **Switch to fat-free or low-fat (1%) milk.** They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.
7. **Make half you grains whole grains.** To eat more whole grains, substitute a whole grain product for a refined product-such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.
8. **Foods to eat less often:** Cut back on foods high in solid fats, added sugars, and salt. They include cakes, cookies, ice cream, candies, sweetened drinks, pizza, and fatty meats like ribs, sausages, bacon and hot dogs. Use these foods as occasional treats, not everyday foods.
9. **Compare sodium in foods.** Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals. Select canned foods labeled "low sodium," "reduced sodium," or "no salt added."
10. **Drink water instead of sugary drinks.** Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar, and calories, in American diets.

For more GREAT information, visit:

[www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov)





**2 Medical Group**

# COLORECTAL CANCER SCREENING

Colorectal cancer is the third most common cancer for both men and women. Beginning at age 50, men and women should begin routine colorectal cancer screening. Screening is important because in the early stages of colorectal cancer, there may be no symptoms. The Centers for Disease Control and Prevention (CDC) reports screening tests for colorectal cancers may actually prevent cancers from developing by treating pre-cancerous conditions.

## APPROPRIATE SCREENING MUST MEET ONE OF THREE CRITERIA:

1. Colonoscopy within the last 120 months.
2. Flexible sigmoidoscopy within the last 60 months.
3. Fecal Occult Blood Test (FOBT) within the last 12 months.

\*\*\*\* Your physician will need to order three individual (FOBT) tests.

If you have not had a screening and need one or if you have had a screening and need to update your records, please contact your Disease Managers: 456-9512 or 529-4509.

## Stool Sample Collection for Fecal Occult Blood Test

If your provider requests a screening test for blood in your stool please follow these instructions carefully:

### PREPARATION:

- ◇ Do not eat rare meat-to include processed meat or liver—horseradish, raw fruits, or raw vegetables. This will cause a false positive reaction
- ◇ Increase your fiber intake. Eat fiber-rich foods such as whole wheat bread, bran, peanuts, and popcorn

### PROCEDURE:

1. Fill in all of the personal information blocks on the front of the Hemocult Card. **Do not forget to write in the sample collection date.**
2. From a single stool specimen, obtain a small portion using the provided wooden specimen sticks. Lift the front tab and place a thin smear over window A. Obtain a second small portion from a different part of the stool specimen and place a thin smear over window B. Put the card in a zip-lock bag.
3. Repeat the instructions in the previous paragraph on different days for each Hemocult Cards—you must have **3 different stool samples on 3 different days.**