

NUTRITION NEWS

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Chronic Health Conditions

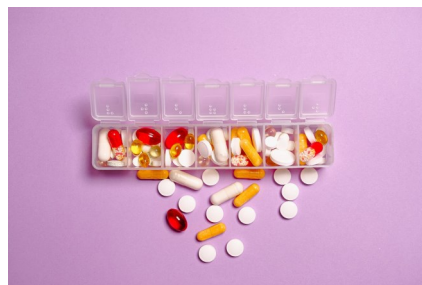
Did you know that over 90% of elderly adults have at least one chronic condition? And that 73% have at least two chronic conditions?

Chronic conditions range from diabetes and high blood pressure to arthritis and dementia. And chronic conditions affect not only the individual but the people that are caring for these individuals as well.

Many chronic conditions can be treated or improved with medication. However, because chronic conditions are not often cured, it is important to monitor your use of these medications, as adjustments may need to be made based on symptom progression. Keeping a log of the medication you take, along with the amounts and timing of medications can be beneficial to your health care provider when it is time for an appointment. Keeping track of your side effects as well as any improvement in your symptoms can ensure that you are on the most efficacious medication for your chronic condition.,

Medications that are taken for an acute condition, such as the flu or a sinus infections, do not need to be so carefully monitored. As the condition subsides, your use of the medication should end as well. (Although be sure to always take antibiotics as prescribed and finish the prescription, even if your symptoms have resolved)., Generally, side effects with acute medications are minimal.

While chronic conditions can affect your daily life, receiving proper medical attention and maintaining a healthy lifestyle can reduce the severity of the symptoms of many chronic conditions. The next few pages offer some suggestions for managing conditions so that the conditions don't manage you!



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Monthly Exercise

Stand at your kitchen sink or a sturdy support so you can take hold to steady or recover your balance if needed while doing exercise.

ONE-LEGGED STAND

Easy Level: Stand on one leg for up to 10 seconds. Repeat 3-6 times for each leg.



Some chronic conditions that were mentioned have an inflammatory process involved. Proponents of the anti-inflammatory diet claim that its benefits are far reaching. Not only can it relieve some symptoms, but some speculate that it can also reduce the risk of heart disease, keep existing cardiac issues controlled, reduce your triglyceride reading, and reduce your blood pressure. The scientific evidence for these claims is still being investigated. However, since many of the recommendations for an anti-inflammatory diet consist of recommendations that are already promoted for a generally healthy diet, incorporating some of these changes can't hurt!

Experts contend that the average American diet is too rich in omega-6 fatty acids, which are found in processed and fast foods. On the other hand, our typical diet is too low in omega-3s, which are found in cold water fish or supplements. When this ratio is unbalanced, inflammation can occur. Phytochemicals (natural chemicals found in plant foods) are also believed to reduce inflammation.

The anti-inflammatory diet is very similar to the Mediterranean diet that is recommended for a healthy cardiovascular system. Here are some general recommendations to include on an anti-inflammatory diet:

- Eat plenty of fruits and vegetables.
- Minimize saturated fats and trans fats.
- Eat a good source of omega-3 fatty acids, such as fish or fish oil supplements and walnuts.
- Watch your intake of refined carbohydrates such as pasta and white rice.

- Eat plenty of whole grains such as brown rice.
- Eat lean protein sources such as chicken; cut back on red meat and full fat dairy foods.
- Avoid refined foods and processed foods.
- Spice it up! Ginger, curry, and other spices can have an anti-inflammatory effect.

While this diet doesn't promise weight loss, many people do lose weight while following this plan. This makes sense, since these are the same recommendations that have been promoted to help with weight loss, cardiovascular health, and even cancer prevention.

While individuals with arthritis may need to take a daily medication, it is also thought that this diet can improve the efficacy of some of these medications. Even incorporating a few of these changes can have a dramatic effect on lessening the symptoms of arthritis.

Here is a partial list of foods that are considered to be highly anti-inflammatory:

- * Nuts
- * Fruits
- * Turmeric
- * Omega-3 fatty acid fish
- * Green tea
- * Olive oil
- * Tomatoes
- * Mushrooms
- * Cocoa
- * Garlic



There are some often forgotten individuals when we think of chronic conditions. Sometimes, caregivers suffer almost as much as the patient. For instance, dementia can take a toll on the loved ones that are left to do the day to day tasks that are required. Some of these tasks include shopping for food, cooking and preparing meals, cleaning the house, paying bills, giving medicine, helping the sick individual toilet, bathe, and dress, helping to feed that patient, and providing company and emotional support. You can easily see why caregivers may benefit from some assistance of their own!

Caregivers are also at increased risk of developing their own chronic health conditions. The physical, emotional, and mental stresses of taking care of a loved one put extra strain on the body. Studies have shown that caregivers have an increased risk of developing the following health problems:

- Alcohol, tobacco, and drug abuse
- Anxiety disorders
- Cancer
- Diabetes
- Heart disease, including high blood pressure, high cholesterol, and heart attack
- Heartburn
- Infection
- Obesity
- Pain, such as muscle or joint pain or headaches
- Stress and depression

Caregivers can reach out for assistance, including contacting the Office for the Aging,. Respite care, adult day care, home health care, and transportation can all help ease the burden of caring for a loved one.

There are also support groups available, which can be very beneficial when you realize other people are in the same boat that you are. According to AARP, “a good caregiver support group can be a lifeline, providing a place— in person, on the phone or online— to share feelings confidentially, make friends, get help navigating the health care system and learn from others who have walked a similar path.”

There are support groups run by faith institutions, medical centers, disease associations, social service agencies, and more. You can choose a support group that is specific to the condition you or your loved one is dealing with. Or you can choose a general support group— whatever provides the best fit for your needs. There are groups led by peers and there are groups led by professionals. Or you can choose to be a member of a few different groups. Not only can you benefit from these groups, but other may be able to benefit directly from you as well.



This recipe is fresh and easy. And many of the ingredients can help you fight inflammation.

Cilantro and Walnut Crusted Salmon

- 1 tbs olive oil
- 1 1/2 pounds salmon fillets
- 1/4 cup walnuts
- 4 cloves garlic, peeled
- 1 cup chopped fresh cilantro, packed
- 2 tbs butter
- 1/4 tsp salt, or to taste
- Ground black pepper to taste

HEAP

If you received HEAP last year but have not yet received an application for this year, please call our Office at 867-1195.

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Preheat oven to 375 Cover the bottom of a baking dish with the olive oil and arrange salmon in the dish.

Process walnuts and garlic in a food processor until evenly chopped. Add cilantro, butter, salt, and pepper to walnut mixture; process until a paste forms. Spread walnut paste onto the salmon.

Bake in the preheated oven until the salmon flakes easily with a fork, 20 to 25 minutes.

Lemon Mousse with Berries

- 1 cup heavy cream
- 1 (10 ounce) jar Dickinson's lemon curd
- 1(8 ounce) package cream cheese, softened
- 1/8 tsp almond extract
- 1 cup fresh missed berries
- 1 mint leaf

Beat cream in medium bowl until stiff peaks form. Stir together curd, cream cheese, and almond extract in small bowl until smooth. Stir curd mixture into whipped cream until blended. Divide mousse into tall stemmed glasses. Divide berries among glasses and garnish with mint, if desired. Refrigerate until serving.

