

# Newsflash

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## Celebrating Fall – On the Cheap

Tis the season for spice cake, hot drinks, layers of fuzzy scarves, and walks outside in the crisp autumn air. With many people being forced to reduce entertainment budgets, below is a reminder that there are some creative, special, and super seasonal ways to enjoy autumn without spending a lot of money.

You don't need a lot of money to appreciate all that Fall has to offer!

1. Explore a pumpkin patch.
2. Collect the prettiest leaves you can find and creatively display them in your home.
3. Make a crockpot of yummy apple cider.
4. Carve a pumpkin or try hand painting one!
5. Light candles and watch a super scary movie.
6. Go to a local fall festival. Enjoy hayrides, pumpkin beer, and music galore!
7. Freeze your tail off outside at a football game... and love every minute of it!
8. Make a bonfire (or light a grill) and roast some marshmallows.
9. Learn how to knit and make yourself a scarf.
10. Head to your local farmer's market to pick up delicious seasonal produce like butternut squash, pumpkin, corn, pears, etc.



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## September is National Cholesterol Education Month

Too much cholesterol in the blood is one of the main risk factors for heart disease and stroke—two leading causes of death in the United States. One way to prevent these diseases is to detect high cholesterol and treat it when it is found.

### What is cholesterol?

Cholesterol is a waxy, fat-like substance that your body needs. But when you have too much in your blood, it can build up on the walls of your arteries and form blockages. This can lead to heart disease, heart attack, and stroke.

There are two kinds of cholesterol:

- high-density lipoprotein (HDL) "Good" cholesterol - keep this high
- low-density lipoprotein (LDL) "Bad" cholesterol - keep this low

The National Cholesterol Education Program recommends that adults aged 20 years or older have their cholesterol checked every 5 years.

### How can you prevent or treat high cholesterol?

Lifestyle choices make a huge difference:

**Eating a healthy diet.** Avoid saturated fats and trans fats, which tend to raise cholesterol levels. Other types of fats, such as polyunsaturated fats, can actually lower blood cholesterol levels. Eating fiber also can help lower cholesterol.

**Exercising regularly.** Physical activity can help lower cholesterol. The Surgeon General recommends that adults engage in moderate-intensity exercise for 2 hours and 30 minutes every week.

**Maintaining a healthy weight.** Being overweight or obese can raise your cholesterol levels. Losing weight can help lower your cholesterol.

**Not smoking.** If you smoke, quit as soon as possible. Be sure to follow your doctor's instructions and stay on your medications, if prescribed, to control your cholesterol.



## Healthy Aging Month

### 10 Tips for Reinventing Yourself

1. **Do not act your age** or at least what you think your current age should act like. What was your best year so far? 28? 40? Now? Picture yourself at that age and be it. Some may say this is denial, but we say it's positive thinking and goes a long way toward feeling better about yourself. (Tip: Don't look in the mirror, just FEEL IT!)
2. **Be positive in your conversations** and your actions every day. When you catch yourself complaining, check yourself right there and change the conversation to something positive. (Tip: Stop watching the police reports on the local news.)
3. **Ditch the downer friends.** Have negative friends who always complain and constantly talk about how awful everything is? Drop them. They will only depress you and stop you from moving forward. Surround yourself with energetic, happy people of all ages and you will be happier too. (Tip: Smile often. It's contagious and wards off naysayers.)
4. **Walk like a vibrant, healthy person.** Come on, you can do it. Analyze your gait. Do you walk slowly because you have just become lazy or, perhaps, have a fear of falling? (Tip: Make a conscious effort to take big strides, walk with your heel first, and wear comfortable shoes.)
5. **Stand up straight!** You can look a few years younger with this trick your mother kept trying to tell you. Look in the mirror. Stomach in, shoulders back, chin up? See how much better your neck looks! Fix your stance and practice it every day, all day until it is natural. You will look and feel better. (Tip: Your waistline will look trimmer if you follow this advice.)
6. **How's your smile?** People who smile more often are happier! Not only is your smile the first thing people notice, but good oral health is a gateway to your overall well-being. (Tip: Go to the dentist regularly and look into teeth whitening. Nothing says old more than yellowing teeth!)
7. **Lonely?** Stop brooding and complaining about having no friends or family. Do something about it right now. Pick up the phone and make a call to do one or more of the following: Volunteer your time, take a class, invite someone to meet for lunch, brunch, dinner, or coffee.
8. **Start walking** not only for your health, but to see the neighbors. Have a dog? You'll be amazed how the dog can be a conversation starter. (Tip: If you don't have time for a dog, go to your local animal shelter and volunteer. You'll adore all the puppy love!)
9. **Get a physical.** Make this month the time to set up your annual physical and other health screenings. Go to the appointments and then, hopefully, you can stop worrying about ailments for a while. (Tip: For a list of recommended annual health screenings, a great resource is the [My Health Finder](#).)
10. **Find your inner artist.** Who says music lessons are only for the young? You may have an artist lurking inside you! Always wanted to play the piano, violin, or tuba...or wondered if you could paint a portrait or scenic in oil? What about working in wood? (Tip: Sign up now for fall art or music classes and discover your inner artist!)

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## Maintaining a Healthy Lifestyle As We Age

**Get moving.** Exercise on a daily basis. Physical activity not only helps maintain a healthy body but a healthy brain, too.

**Stay social.** Don't be afraid to make new friends no matter what your age. Make an effort to see your old friends too. Learn something new by taking a class or playing games. Give back by volunteering.

**Stay balanced.** Practice yoga to improve your flexibility and balance. Yoga is also great for the mind and will help reduce stress.

**Sleep well.** It's very important to rest. Try putting yourself on a schedule to ensure you are getting the right amount of sleep you need.



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