

National Cholesterol Education Month

As part of National Cholesterol Education Month, GBUAHN is dedicated to raising awareness about the importance of monitoring your blood cholesterol.



What is cholesterol?

Cholesterol is a fat-like substance in your blood. Over time, this substance "builds up" in your

arteries and can slow down the flow of blood to your heart, resulting in heart disease or even a heart attack.

How does it affect me?

There are no symptoms for high cholesterol, so many people don't know they have it. High cholesterol can be a problem for people of all ages, so it is important to know your numbers as



What can I do?

The U.S Department of Health recommends that all people over age 20 have their cholesterol checked every 5 years. Also, talk to your doctor about making small changes to your diet that can reduce your cholesterol.



Source: US DEPARTMENT OF HEALTH AND HUMAN SERVICES, High Blood Cholesterol: What You Need to Know, NIH Publication No. 05-3290

Did you know?

GBUAHN is the only minority-led Health Home organization in Erie County.



September's issue:

- It is time to check up on your immunizations and vaccinations?
- Tips on how to stay cool and hydrated this August.
- Learn how to treat minor bug bites.
- Spotlight on mammograms & screening for breast cancer.

This Month's Recipe: Pasta Caprese



8 oz whole-wheat thin pasta (any kind)
 1 Tbsp olive oil
 4 large tomatoes, rinsed & cubed
 1/4 cup fresh chopped basil***
 2 cups shredded mozzarella cheese
 1/4 cup black olives, sliced

Prep time: 15 minutes
 Cook time: 6 minutes

*** Instead of fresh basil, 1 tbsp of dry basil can be used.***

1. Cook whole-wheat pasta in boiling water until tender. **Whole wheat pasta will fall apart if overcooked.**
2. Drain pasta & set aside 1 cup of the cooking water.
3. Toss the pasta in 1 tbsp olive oil and remaining 1 cup of water
4. Add the tomatoes, basil, mozzarella, and olives. Toss gently until mixed.
5. Serve!

National Gynecological Cancer Awareness Month

Gynecological cancer is cancer of the female reproductive organs, including the cervix, ovaries, uterus, and fallopian tubes. It is estimated that over **91,000 women** will be diagnosed with this type of cancer in 2013. **The best way to beat cancer is to prevent cancer**, according to The Gynecological Awareness Project, a non-profit organization in New Mexico that works to assist survivors of gynecological cancer and raise awareness.



The Gynecological Awareness Project has developed a prevention plan:



1. **Get to the right doctor.**

Gynecologists know the newest, most effective, and most comfortable ways to treat gynecological problems. They also have higher cure rates.

2. **Schedule a pap smear.**

Women who have annual pap smears reduce their risk of developing cervical cancer by 90%!

3. **Know your risk factors.**

There are many risk factors for developing gynecological cancers, including:

- Smoking
- Having multiple sex partners (over the course of your lifetime)
- Not going to doctors' appointments or having regular pap exams

Again, **the best way to beat cancer is to prevent cancer.** Talk to your doctor or Health Navigator about your options!

Source: The Gynecological Awareness Project, Resources. <http://www.thegcap.org/resources.html>. August 12, 2013.



It is possible to have symptoms from one of the different types of gynecological cancers. Women often overlook these symptoms because they aren't aware of the risks or haven't seen a doctor.

Ladies—your **Health Navigator at GBUAHN** would be happy to answer any questions or help you make an appointment with a gynecologist. Call (716) 247-5282 if you need help.



Food Facts: Carrots



Carrots are available at the grocery store year-round, but are most delicious and fresh during the late summer and fall when they are in season. Most of the carrots we eat are orange, but did you know they can also be white, yellow, or even purple? Carrots are loaded with antioxidants. **Antioxidants** are substances that prevent healthy cells in our bodies from being harmed by **free radicals**, which are substances we get in our body from smoking, pollution, and other environmental factors. Carrots have been shown to give us many **vision benefits**, and have even been shown to **reduce growth of colon cancer cells**. Carrots can be added to all kinds of flavorful dishes. Let's add some more carrots to our meals this season!

Source: The World's Healthiest Foods, Carrots, <http://www.whfoods.com/genpage.php?tname=foodspice&dbid=21>

Medication of the Month: Claritin

Claritin is used for the treatment of seasonal allergies. The symptoms of seasonal allergies are sneezing, a runny nose, and itchy eyes. Consult your doctor to determine whether or not you may have seasonal allergies.



You should not take Claritin if you are allergic to *loratadine*, the active medication in Claritin. You also should not take Claritin if you are breastfeeding or have kidney disease or liver disease. Consult your doctor about other restrictions.

The most common side effects of taking Claritin are drowsiness, diarrhea, dry mouth, stomach pain, and a sore throat.

Facts about allergies:

- 1 in 5 Americans has allergy symptoms
- The most common allergens are pollens from trees, grasses, or weeds, and airborne mold.
- Allergy symptoms are called “*allergic rhinitis*”, or hay fever.

Source: http://www.aaaai.org/allergist/news/Pages/Allergy_Facts.aspx

National Healthy Aging Month

September Healthy Aging Month was created by Carolyn Worthington, editor in chief of Healthy Aging® Magazine. Her goal is to provide “inspiration and practical ideas for adults age 50+ to improve their physical, mental, social, and financial well-being”.

Why is healthy aging an important issue for older adults?

Many changes take place in our lives, our minds, and our bodies as we grow older. However, everyone ages differently— and we have more control than we think over how well we age. There are many myths about getting older. Some of these myths are:

- Older adults “naturally” become more slow and confused.
- Older people lose their individuality and share the same interests and hobbies.
- Older people are lonely and isolated.

These myths are untrue

Healthy aging is about taking care of ourselves and living life to the fullest even though some difficulties come with getting older. Often times myths about aging can negatively impact our emotional and mental health. Knowing how to manage the stresses of getting older is key to aging well.

What can I do to ‘age better’?



It's not true that people stop pursuing dreams because they grow old, they grow old because they stop pursuing dreams.

-Gabriel García Márquez



Like all stages of life, getting older comes with its' own set of stresses and challenges. Try to balance the day-to-day stresses with laughter and new activities. Learn a new recipe, join a book club, or try volunteering. There are many inexpensive new activities to try in your community. Most of all, strive to maintain a positive mind-set, because our thoughts directly influence our emotional and physical well-being.

For more information, visit:

www.healthyaging.net

Source: www.healthyaging.net



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"As GBUAHN continues to grow, we are exceeding our expectations of community support which assures us that the need for our program is abundant. We look forward to serving Buffalo and the WNY area for many years to come!"

- Dr. Raul Vazquez, President & CEO

Come see GBUAHN at Buffalo's 11th Annual Puerto Rican Parade!

This year's annual Puerto Rican and Hispanic Day Parade will be held on September 7th!

As part of our commitment to improving the health and quality of health care for our Western New York community, GBUAHN will be participating in the parade with a float.



Saturday, September 7th
@
1:00 pm
Beginning in front of Buffalo City Hall
This year's theme:
Bailamos! (Let's dance!)



Stop by to see GBUAHN's float in the annual Puerto Rican and Hispanic Day Parade— along with all of the food, music, and festivities! Come raise your flags and celebrate Hispanic Heritage with us on September 7th! We hope to see all of our GBUAHN friends and family there!