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A Grand Opening in Grand Style

The Greater Buffalo United Accountable Healthcare Network (GBUAHN) held a ribbon cutting ceremony to celebrate the opening of its new \$6 million, 40,000-square-foot building on Thursday, September 21, 2017. Buffalo Mayor Byron W. Brown, United States Congressman Brian Higgins, and New York State Senator Timothy Kennedy spoke at the event. The GBUAHN medical facility is the largest construction project on Buffalo's Lower West Side in 25 years.

Western New York's #1 Health Home

Cancer Survivors: 6 Tips for Staying Healthy

With more than 15.5 million cancer survivors alive today in the US, chances are that you or someone you know has faced cancer.

Whether you're still in treatment or long since finished, be sure you're doing everything you can to safeguard your health.

1. Achieve and maintain a healthy weight.

Avoid weight gain during cancer treatment, whether you are at a healthy weight or overweight. If you're overweight or obese, talk to your health care provider about safely losing weight after you recover from treatment.

2. Be physically active.

Studies show that exercise is generally safe during cancer treatment, and can improve many aspects of health, including muscle strength, balance, fatigue, and depression.

3. Eat a healthy diet, with an emphasis on fruits, vegetables, and whole grains.

The most health benefits are associated with a diet high in

fruits, vegetables, whole grains, poultry, and fish, and low in refined grains, red meat and processed meat, desserts, high-fat dairy products, and fried foods.

4. Get recommended cancer screenings.

Cancer survivors should go to all the follow-up visits their cancer care team recommends, to make sure the cancer hasn't come back. Survivors can also get other cancers. Unless told otherwise by your health care provider, follow the same testing schedule for your age and gender as the general population.

5. Create a survivorship care plan.

Ask your cancer care team to give you a thorough record of the treatments you had and any follow-up they recommend.

6. Take care of your emotional health.

Spend time with family and friends, and doing things you like. Focus on your spiritual side, whether that means participating in organized religion, communing with nature, meditating, creating art, or whatever speaks to you.

Courtesy of Cancer.org

Fall can be the worst time of year for people with **seasonal allergies**. Along with cooler weather and changing foliage, weeds and other plants release pollen into the air and outdoor molds grow under fallen leaves. These factors can trigger fall allergies for some 40 million Americans, according to the Asthma and Allergy Foundation of America.

Across the United States, the number one trigger is ragweed, mainly because the plant dominates the southeast part of the country. Weeds and outdoor molds become airborne and wreak havoc with allergies.

Fall Allergies: Symptoms

Allergy symptoms can vary, depending on which part of the body is exposed these include:

Eyes and nose: Watery, itchy eyes; clear, runny mucous; and lots of sneezing.

Lungs: Wheezing and asthma.

Mouth: Itching in the back of the throat, upset stomach, diarrhea and, in extreme cases, anaphylaxis (a life-threatening allergic reaction).

Skin: Hives; dry, itchy skin; and eczema.

Tips for Controlling Fall Allergies

As days grow shorter and temperatures drop, we also spend more time indoors with the windows closed, exposing ourselves to more indoor allergens. However, even if you have severe fall allergies, you can usually manage your symptoms and get back to enjoying your life — both inside and outside. These seasonal allergy management tips can help:

Buy a dehumidifier.

You may have heard that humidifiers can help with breathing, but dehumidifiers may actually be better if you are sensitive to dust or mold. Use a dehumidifier to help reduce your indoor allergy symptoms.

Stay clean.

One of the best ways to minimize your allergen

exposure is to wash pollen off your skin and your hair as soon as possible after spending time outside. You should also change shoes before entering the house.

Check pollen levels.

If your area is designated a high pollen zone, it's best to avoid going outdoors. Keep your activities inside for a few days instead, if possible, to minimize your exposure to allergens during those days.

Avoid hanging clothes outdoors to dry.

Laundry is a magnet for pollen that will eventually end up indoors and on you, via clothing and bedding.

Take an OTC antihistamine.

Many over-the-counter allergy drugs are now non-drowsy, long-lasting, and effective. For best results, start using an antihistamine two to three weeks before the first day of the season and continue treatment for the first month of the season.

Buy hypoallergenic filters.

Change air conditioner filters monthly, using HEPA filters. Place the used filter in a plastic garbage bag, then dispose of the filter outdoors. This will limit accidental 'pollen spills' indoors.

See a doctor if needed.

A proper allergy test will help identify the cause of your suffering and determine the right treatment to stop it. Anyone with allergies and asthma should be able to feel good, be active all day, and sleep well at night.

Courtesy of Everydayhealth.com

8 Tips for Fall Allergy

Fall allergies have you hiding out in your home? Get back to enjoying the great outdoors with these allergy management tips.

By Wyatt Myers

Medically Reviewed by Lindsey Marcellin, MD, MPH

Grand Opening Pictures



Recipe of the Month

Cauliflower Stuffing

Ingredients

- 4 tbsp. butter
- 1 onion, chopped
- 2 large carrots, peeled and chopped
- 2 celery stalks, chopped or thinly sliced
- 1 small head cauliflower, chopped
- 1 c. chopped mushrooms
- kosher salt
- Freshly ground black pepper
- 1/4 c. chopped fresh parsley
- 2 tbsp. chopped fresh rosemary
- 1 tbsp. chopped fresh sage (or 1 tsp. ground sage)
- 1/2 c. vegetable or chicken broth

Directions

1. In a large skillet over medium heat, melt butter. Add onion, carrot, and celery and sauté until soft, 7 to 8 minutes.
2. Add cauliflower and mushrooms and season with salt and pepper. Cook until tender, 8 to 10 minutes more.
3. Add parsley, rosemary, and sage and stir until combined, then pour over vegetable broth and cover with a lid. Cover until totally tender and liquid is absorbed, 15 minutes.
4. Serve.

Courtesy of Delish.com

