

A monthly wellness newsletter from Better You

September is NATIONAL CHOLESTEROL EDUCATION MONTH

September is National Cholesterol Education Awareness month and it's a great time to focus on maintaining habits that are good for your heart health. Let's take a moment to understand what cholesterol is and how you can improve your levels. Cholesterol is found in all cells of the body, and it's needed to make hormones, vitamin D, and substances that help you digest food. Unfortunately, too much cholesterol in the blood puts you at a greater risk for heart disease and stroke.

Cholesterol is transported in the blood by carriers called lipoproteins- High Density Lipoprotein (HDL) also called good cholesterol and Low Density Lipoprotein (LDL) or bad cholesterol. Cholesterol is carried by LDL through the body in order to help with vital functions. HDL then shuttles

it back to the liver so excess cholesterol doesn't build up in the bloodstream. LDL is called the "bad" cholesterol because if there is too much in the bloodstream, it can cause a buildup in the walls of your arteries, which can lead to a heart attack or stroke.

Unfortunately, there are no warning signs that your cholesterol is high, so you'll need to have it checked during your annual doctor's visit. If you find that your numbers aren't in the healthy range, it's important to know how you can improve your cholesterol by focusing on diet and exercise. Here are a few things to keep in mind.

Lowering Your LDL (Bad Cholesterol)

Foods That Raise Your LDL

- Saturated fats like meat, full-fat dairy products and baked goods.

- Trans fats (partially hydrogenated oils), found in cakes, candy, cookies and fried foods.

Foods That Lower Your LDL

- Fiber like oats, barley, fruits and vegetables, whole wheat pasta, beans and lentils.
- Fruits such as blueberries, red and purple grapes, plums and cherries.
- Dark, leafy greens such as spinach, kale, collard greens and cabbage.
- Omega-3 fatty acids from fatty fish (salmon, mackerel, trout or albacore tuna), walnuts, flaxseeds and soybeans.

Raising Your HDL (Good Cholesterol)

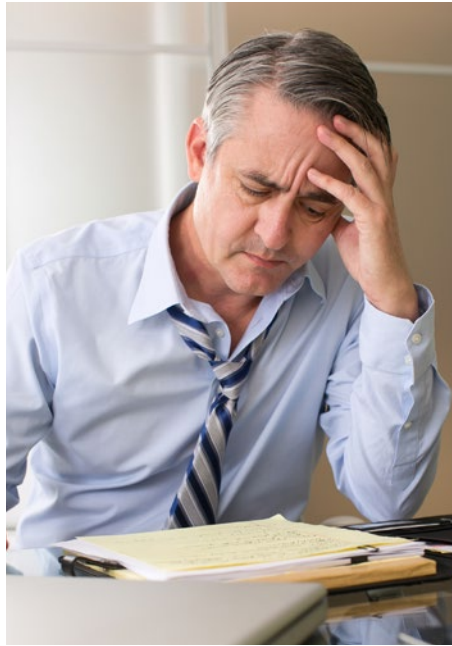
- Exercising and controlling your weight
- Eat less refined sugar and simple carbohydrates like white bread, pasta, rice, cookies and candy
- Eat more fish and omega-3 fatty acids
- Lower your alcohol intake and quit smoking

For more information about what you need to do to improve your cholesterol, visit heart.org/cholesterol.

It's Important to Understand Depression

Depression goes beyond feeling a little down from time to time. It can creep into every part of your life, affecting your thoughts, feelings, actions and even physical health. It's important to remember this is a medical condition and not a weakness or the result of laziness or personal failure. It can affect anyone regardless of age, gender, culture, or health situation.

We all have times when we feel sad or down about things, and that's a normal part of life. Over time sadness passes, but



depression can continue for months and even years. If you have overwhelming feelings of unworthiness, helplessness or hopelessness for weeks at

a time, you may suffer from depression. Here are some other signs to look for:

- Feeling sad, anxious, or lonely
- Loss of energy
- Change in concentration or the ability to remember things
- Difficulty making decisions
- Lack of sexual desire
- Thoughts about dying or suicide

If you think you are suffering with depression, please be sure to discuss it with your doctor. Depression isn't a normal part of life, and you don't have to live with it. For more information, visit psych.org.

Roasted Broccoli with Smashed Garlic

Here's a great way to make broccoli if you are tired of making it the same old way. Roasting broccoli with garlic creates a sweet, nutty flavor and an aroma that wafts through your kitchen. Try it topped with shaved parmesan, red pepper flakes or fresh lemon juice.

Ingredients:

- 1 ½ pound broccoli florets, cut long with part of stem
- 6 cloves garlic, smashed
- 2 tablespoons extra virgin olive oil
- kosher salt and fresh pepper

Directions:

1. Preheat oven to 450°.
2. In a baking dish combine broccoli, olive oil, garlic, salt and pepper.
3. Roast broccoli about 20 minutes, until broccoli is browned and tender.



Nutrition:

Servings: 4. Serving Size: 1/4th of broccoli. Calories: 126; Fat: 7.5 g; Protein: 4.3 g; Carb: 13.7 g; Fiber: 5.7 g.

Recipe and image courtesy of www.skinnytaste.com

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