

New Ways to Eat Fall's 5 Healthiest Foods

EVERY AUTUMN MOTHER NATURE PROVIDES A BOUNTY OF FRESH FRUITS AND VEGGIES. Learn why these seasonal favorites are so good for you and discover tasty ways to prepare them.

APPLES

Eating these fruits will fill you up with fewer calories, helping you control your weight. Plus, their fiber fights cholesterol and lowers your heart disease risk.

Try this: Add sliced apples to salads; stuff a whole apple with raisins, cinnamon, and oats, and bake for breakfast.

BRUSSELS SPROUTS

These small cabbage-shaped veggies are low in calories and high in vitamin C, fiber, and folate. Brussels sprouts also contain antioxidants that protect your cells.

Try this: Roast at a high heat; steam with lemons, mustard, and walnut oil.

CAULIFLOWER

This vegetable has plant-based compounds called phytochemicals, which help keep your arteries clear.

Try this: Substitute for buttery mashed potatoes; steam, then puree with plain Greek yogurt, garlic, and a bit of Parmesan.

GRAPES

Grapes become more flavorful in fall. They may contain the same antioxidants that give red wine its heart-healthy benefits.

Try this: Freeze and eat as a dessert treat; roast and combine with thyme, mustard, and cooking wine as a sauce for lean meats.

SWEET POTATOES

The vitamin A in these bright tubers promotes healthy eyes and skin, and boosts your immunity. Meanwhile, the potassium they contain helps control your blood pressure.

Try this: Bake in the oven and top with salsa, veggies, and cheese; dice and stir into hearty soups, stews, and chili.



FIT IN MORE FRUITS AND VEGGIES. Did you know that about one in 15 adults in Bermuda eats less than one serving of fruits and vegetables per day? For more ways to add these healthy foods to your diet, visit the Government of Bermuda online at www.gov.bm/sites/default/files/Fruits-and-vegetables.pdf.

www.bfm.bm

BF&M Overseas Healthcare Toll-Free Helpline

BF&M medical assistance is available 24/7 with our toll-free numbers:

- 1-888-674-1367 (from Bermuda)
- 1-877-236-2338 (from outside Bermuda)
- 1-519-251-5186 (from Bermuda: collect calls)
- 1-519-251-5185 (from outside Bermuda: collect calls)

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BR&A LIFE | BR&A GENERAL



Alzheimer's Disease: New Hope

RESEARCH IS SHEDDING LIGHT on ways to cut the risk for Alzheimer's disease and treatments that can make life easier after a diagnosis.

PREVENTING DEMENTIA

The latest findings show that you can reduce your risk for Alzheimer's by:

- **Not smoking.**
- **Controlling your cholesterol.** High levels of low-density lipoprotein (LDL), or "bad" cholesterol, may harm your brain as well as your heart.
- **Drinking in moderation.** Unlike heavy drinking, which damages the brain, moderate sipping might benefit your mind.
- **Exercising.** In one study, participants who walked regularly boosted their memory and warded off dementia.

DELAYING ITS PROGRESS

The newest therapies for Alzheimer's disease help by:

- **Slowing the disease's progress.** Certain drugs reduce or stabilize symptoms such as memory loss, confusion, and problems with reasoning to a limited degree.
- **Managing behavior.** Sometimes changing the environment can help ease symptoms such as irritability and anger. Other times, medications to treat anxiety, stress, or depression can help.
- **Improving sleep.** Better sleep habits, such as maintaining a regular schedule and cutting back on TV, usually help. So does getting regular exercise.



SUPPORT IS A CLICK AWAY. To get help for a loved one who has Alzheimer's, visit the Action on Alzheimer's & Dementia Bermuda website at www.alzbermuda.com.

Can You Recognize a Mental Health Problem?

Sometimes friends and family members are the first to notice the signs of a person's mental illness. Speaking up can make all the difference in the recovery process.

IDENTIFY RED FLAGS

Some common behaviors precede many mental health problems. Watch out for signs such as:

- Changes in eating or sleeping habits
- A lack of energy
- Severe mood swings
- Substance abuse
- More fighting or yelling than usual



- A disappearing act from usual friends and activities
- Trouble with everyday tasks, such as getting to work or school
- Statements about suicide or hurting others

TAKE ACTION

If you know someone in crisis—with serious thoughts about hurting himself or herself or someone else—call **911**.

In less urgent cases, do some research on treatment options. The Bermuda Mental Health Foundation—online at www.bmhfbm—is a good place to start.

health facts

5 Facts to Know Before Going Sugar-Free

In Bermuda, 50% of adults drink sugary drinks on any given day. And by now, you may know sugar is at the root of obesity, diabetes, and more. Can you satisfy your sweet tooth with an artificial sweetener instead? Keep these facts in mind:

1 They're even sweeter than sugar.

Aspartame, for example, which is sold as Equal or NutraSweet, tastes about 200 times sweeter than sugar.

2 They can help you lose weight—in the short term.

Several recent analyses have found that replacing sugary foods and drinks with sugar-free versions can help you shed pounds.

3 There are questions about their long-term effects.

Researchers say that the lack of calories in these products doesn't mean that there aren't any effects on your body. That's especially true when you use them every day for a lifetime.

4 They don't cause cancer, according to research.

The FDA has ruled that low- and no-cal sweeteners now on the market are safe at certain levels.

5 They might send you to the bathroom more often.

Some sugar substitutes cause diarrhea or other tummy troubles. Ingredients such as sorbitol and xylitol—often used in gum, candy, and ice cream—seem to be the biggest culprits.

Can Diet Prevent Breast Cancer?

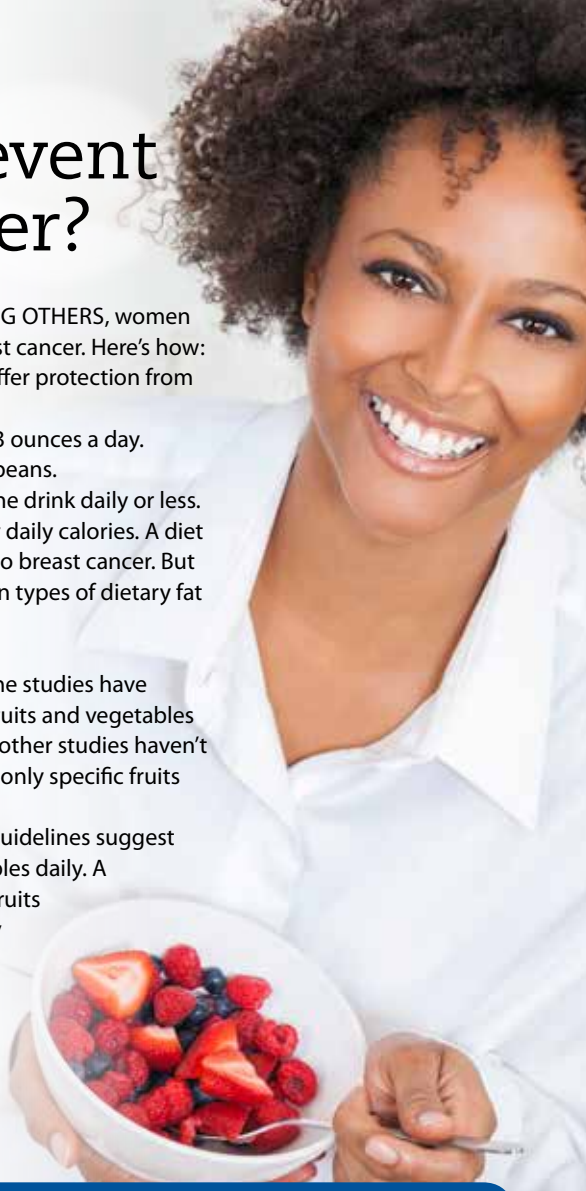
BY EATING SOME FOODS AND AVOIDING OTHERS, women may be able to reduce their risk for breast cancer. Here's how:

- Try soy. A chemical in soybeans may offer protection from breast cancer.
- Limit red and fried meats to less than 3 ounces a day.
- Add fiber by eating whole grains and beans.
- If you drink alcohol, limit yourself to one drink daily or less.
- Keep fat to less than 20 to 35% of your daily calories. A diet that's higher in total fat may contribute to breast cancer. But research is unclear about whether certain types of dietary fat increase breast cancer risk.

Eating more produce may also help. Some studies have suggested a link between eating more fruits and vegetables and a lowered risk for breast cancer. But other studies haven't confirmed these findings. It may be that only specific fruits and vegetables are protective.

The Bermuda government's dietary guidelines suggest eating five servings of fruits and vegetables daily. A serving is 1/2 cup of canned or cooked fruits or vegetables, a small fruit, 1 cup of leafy vegetables, or 1/4 cup of dried fruit.

Loading up on fruits and vegetables and limiting fat may offer an added benefit: weight management. Being overweight may raise a woman's risk for breast cancer.



ARE YOU DUE FOR A SCREENING? Learn about Bermuda's breast cancer screening recommendations by visiting the Bermuda Cancer and Health Centre at www.cancer.bm. Select "Mammography" from the "What We Do" menu

20th BF&M Breast Cancer Awareness Walk

Walk With Us

- DATE** Thursday, October 20, 2016
- TIME** 5:00 P.M. Health Fair | 6:00 P.M. Walk Starts
- VENUE** Barr's Bay Park
- REGISTER** www.racedayworld.com
- DONATE** By raising/donating \$165, you will cover the cost of a mammogram for someone who cannot afford one. Imagine how many people we can assist with your help!
- CONTACT** www.chc.bm or email BCAMarketing@chc.bm

 Bermuda Cancer and Health Centre



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Bermuda Celebrates Milestones in the Fight Against Breast Cancer

The annual BF&M Breast Cancer Awareness Walk to support the Bermuda Cancer and Health Centre is celebrating 20 years! The October 20 walk is one of the many island activities scheduled to promote Breast Cancer Awareness Month. We are IN IT TO WIN IT!

BF&M Breast Cancer Awareness Walk

This year's walk will start at Barr's Bay Park, and the registration fee is \$30. Participants can register online at www.chc.bm, in person at the Centre at 46 Point Finger Road, at BF&M on Pitt's Bay Road, or by calling **441-236-1001**.

The funds raised from the walk will support the Centre's Radiation Therapy Initiative, which will make radiation therapy available locally. All Bermuda residents will have access to treatment, regardless of their level of health insurance.

Genetic Testing on the Island

The Bermuda Cancer Genetics Risk Assessment Program is also reaching a milestone in breast cancer awareness and treatment — it's celebrating 10 years! As the island's first genetics program, it has helped provide counseling to more than 500 individuals.



WHAT'S YOUR GENETIC RISK? For more information regarding genetic counseling and testing for breast cancer, email Leslie Shane M.S., R.N., at Ishane@partners.org