

3 Super Seeds You Should Be Eating

Tiny but mighty: Seeds can be as small as the tip of a pencil but pack a major nutritional punch. Many varieties contain a slew of healthy fats, fiber, minerals, and more.



Flaxseeds

Flaxseeds are brimming with omega-3s, a type of polyunsaturated fatty acid that may help reduce your risk for coronary heart disease. You can add ground flaxseed to cereal, yogurt, bread or muffin batter, and even sauces and casseroles. Another option is to drizzle flaxseed oil on cooked grains or use it for salad dressing.



Chia Seeds

These little black seeds are rich in omega-3s, protein, calcium, iron, and fiber. They expand quickly after absorbing water, so it's recommended to eat chia seeds that have already been soaked in liquid or are served with moist food (such as yogurt, oatmeal, or smoothies). Combining 1 tablespoon of chia seeds with 3 tablespoons of water creates a gelatinous substance that can be used in place of an egg when baking.



Pumpkin Seeds

Also known as pepitas, pumpkin seeds are high in fiber, magnesium, zinc, and more. Studies have linked pumpkin seeds with a reduced risk for certain types of cancer, lower blood sugar, and healthier cholesterol and blood pressure levels. Just be sure to choose the unsalted kind to help keep sodium in check.



For a fun way to fit more of these and other seeds into your family's diet, offer them as "sprinkles" to top whatever's on their plates.



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 **LEARN TO EAT WELL**

For a copy of Bermuda's daily dietary guidelines or Eat Well Plate (a recommendation for each meal based on your plate size), visit www.gov.bm/eat-well-bermuda-dietary-guidelines-bermudians.



PTSD Can Happen to Anyone

Anyone who has suffered or witnessed a shocking, scary, or dangerous event can develop post-traumatic stress disorder (PTSD). PTSD occurs when you experience trauma and continue to feel its effects long after the incident.

Triggers and Symptoms

Common triggers include sexual assault, accidents, injuries, and natural disasters. You may feel stressed or frightened even though you're no longer in danger. Other symptoms of PTSD include:

- Experiencing flashbacks along with physical symptoms, such as a racing heart or sweating
- Having bad dreams or trouble sleeping
- Avoiding places, events, or things that remind you of the traumatic incident
- Being startled easily
- Losing interest in activities you used to enjoy

Know When to Seek Help

Many of these symptoms are common after experiencing trauma. Typically, they last for a few weeks and then resolve on their own. But if your symptoms continue for more than a month and impact your everyday life, you could have PTSD. The condition often goes hand in hand with depression, substance abuse, or an anxiety disorder.

If you think you may have PTSD, make an appointment with a mental health provider who is experienced with the disorder. Treatments are available and may include medications (such as antidepressants), psychotherapy, or a combination of the two.

CT Scans May Reduce Lung Cancer Deaths

The best way to reduce your risk of dying from lung cancer is not smoking. However, smokers who are at high risk for lung cancer may be able to lower their odds by getting a chest CT scan. This test can detect lung cancer early, when successful treatment may be more likely.

Are You a Candidate?

People who are at the highest risk for lung cancer are candidates for screening. This includes people who meet all of the following criteria:

- Are a current smoker or have quit within the last 15 years
- Are 55 to 80 years old
- Have a smoking history of 30 pack-years or more (for example, one pack a day for 30 years, two packs a day for 15 years, or the equivalent)

Understanding Chest CT

Chest CT (computed tomography) scans are a type of X-ray that show the lungs in detail. They allow doctors to assess lung health with greater accuracy than is possible with a standard chest X-ray.

Painless and noninvasive, CT scans pose few risks to adults. The amount of radiation used in the average scan is more than a standard X-ray, but the risks of developing cancer from one CT scan are small.

If you are at high risk for lung cancer, talk with your doctor about whether you should receive this screening.

BREAK THE HABIT

Nearly one in seven Bermudian adults (14%) are current smokers. If you're ready to quit, talk with your healthcare provider about smoking cessation options.



Cholesterol Treatment Gets Personal

Do you know your cholesterol levels? Keeping an eye on your numbers is crucial for taking key steps, if needed, to lower your cholesterol levels and protect your heart health.

Today, healthcare providers are encouraged to take a more personalized approach when treating patients with high cholesterol. For example, when determining the best treatment plan, providers may consider many different factors, including a patient's age; heart disease risk; low-density lipoprotein (LDL), or "bad" cholesterol level; health (such as whether the patient has type 2 diabetes); and more. Based on that information, the provider may recommend lifestyle changes and cholesterol-lowering medications to help lower a patient's risk.

Healthcare providers and patients need to work together for treatments to be most effective. If you have high cholesterol, are at risk for heart disease, or aren't sure what your numbers may be, talk with your doctor. Together, you can decide when you should be tested and how best to improve your heart health and overall well-being.



Grow Your Own

Sun, water, and a little time are all it takes to sprout a healthier lifestyle. From warding off dementia to boosting the quality of your diet, growing your own garden offers a surprising array of benefits for your body and mind.

HERE ARE SOME OF THE REWARDS YOU'LL REAP:



Digging, raking leaves, weeding, and other gardening activities count as cardio.



Tending to veggies and other plants may reduce symptoms of depression, anxiety, and stress.



Digging in the dirt may help protect against dementia.



Cultivating your own veggies and herbs encourages your family to eat healthier foods.



Being active during the day—including sweating it out in your garden—helps you sleep better at night.

Saving money—growing your own plants costs less than buying them at the store.



Get Moving for a Healthier Life

When it comes to physical activity, more is better. But you don't need to put in endless hours at a gym to reap the benefits of exercise. There's a simple fitness rule that people of all ages should follow: Move more and sit less.

Moving More Pays Off Quickly

Even if you don't exercise much now, moving just a little more throughout your day can improve your health. Many payoffs from increased physical activity occur immediately. These include:

- Decreased feelings of anxiety
- Lower blood pressure
- Better sleep
- Improved insulin sensitivity

Long-Term Benefits

After consistently exercising for a few weeks or months, you may experience even more benefits such as:

- Increased cardiorespiratory fitness
- Greater muscle strength
- Fewer depressive symptoms
- Sustained reduction in blood pressure

Moving more not only has mental and physical benefits, but you'll also notice that simple daily tasks (carrying heavy boxes, doing housework) become easier. Seeking out daily opportunities to stand and move your body will yield benefits now and throughout your lifetime.



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HOW DO YOU MEASURE UP?

More than a quarter of Bermuda's adults are not meeting the World Health Organization's physical activity recommendations. To find out if you are, visit www.who.int/dietphysicalactivity/factsheet_recommendations/en.