

## An Easy Trick to Eat More Veggies



Which sounds better: “light ‘n’ low-carb green beans” or “sweet sizzlin’ green beans and crispy shallots”? Chances are, you’d rather put the “sizzlin’” beans on your plate.

According to a recent study, people were more likely to select veggies in a cafeteria when they had an indulgent label compared with a healthy one, even though they were prepared exactly the same way.

### What’s in a Label?

For the study, a university cafeteria served vegetables each day that were labeled in different ways. When the veggies sported a label such as “rich buttery roasted sweet corn” or “zesty ginger-turmeric sweet potatoes,” about 40% more people selected the veg compared with when there was a healthy label, like “reduced-sodium corn” or “cholesterol-free sweet potatoes.”

Why were people more likely to put the indulgently labeled foods on their plates? When foods have exciting names, people expect them to taste better.

### Rev Up Your Family’s Taste Buds

Just less than one in five adults eats the recommended five or more servings of fruits and vegetables per day. To help your family fill up on veggies, try the study’s strategy. Instead of highlighting what they don’t have (“sugar-free” or “low-sodium”) focus on the flavors they *do* have (“citrus-glazed” or “garlic-ginger”).

Veggies don’t have to be bland or boring. Here are some ways to enhance their flavor:

- Sauté with oil, garlic, and herbs, such as basil, oregano, or thyme.
- Squeeze fresh lemon juice on steamed greens.
- Pair tomatoes with mozzarella cheese and basil for a caprese salad, or sprinkle Parmesan cheese on roasted veggies.



*Giving your veggies more enticing flavors and names can help make your family more excited about eating them every day.*

[www.bfm.bm](http://www.bfm.bm)

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- 1-519-251-5186 (from Bermuda: collect calls)
- 1-519-251-5185 (from outside Bermuda: collect calls)

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### EAT BETTER, LIVE BETTER

Dive into Eat Well Bermuda’s dietary guidelines, plus get tips on how to better meet them, at [www.gov.bm/eat-well-bermuda-dietary-guidelines-bermudians](http://www.gov.bm/eat-well-bermuda-dietary-guidelines-bermudians).

## Your OB-GYN Can Help

### Protect Your Heart



Heart disease is the number one killer of women, killing more women than all types of cancer combined. Some medical experts are now advising OB-GYNs to get involved in the effort to protect women's heart health.

#### Prime Time for Screening

Many women think of their OB-GYN as their primary care provider (PCP), especially during their childbearing years. A well-woman exam with an OB-GYN is an opportunity to receive a heart-health screening that includes a review of family history and heart disease risk factors (such as smoking, high blood pressure, diabetes, and abnormal cholesterol levels), and counseling about making healthy lifestyle changes, if needed.

#### Know Your Risks

Even if you feel healthy today, you could still be at risk for heart disease. It's estimated that 90% of women have at least one risk factor for heart disease. During your next visit with your PCP or OB-GYN, be sure to ask about your heart health. Find out whether you have any risk factors and what you can do to control them. Partnering with your provider to protect your heart can mean a longer, healthier life.



#### UNCOVER YOUR HEART DISEASE RISK

About 6% of Bermudians have a history of cardiovascular disease. Do you know your risk? To find out, collect some health information—including your cholesterol and blood pressure numbers—and take the risk assessment at [www.mybermudaheart.bm/self-assess.htm](http://www.mybermudaheart.bm/self-assess.htm).

## 4 Ways to Step Up Your Oral Hygiene

Even if you brush and floss daily and visit your dentist regularly, you can do more to improve your oral hygiene. Try these tactics.

- **BRUSH LONGER.** Keep those bristles moving for two minutes each time you brush.
- **UPDATE YOUR TOOTHBRUSH.** Replace your toothbrush every three or four months or sooner. A frayed toothbrush won't scrub your teeth as well as a newer one.
- **FLOSS THIS WAY.** Guide floss between your teeth with gentle rubbing motion. When it reaches the gums, curve it into a C shape around one tooth and slide it into the space between the gum and the tooth. Repeat for all your teeth.
- **RINSE.** When used alongside brushing and flossing, mouthwash offers additional benefits, such as protecting against cavities and gum disease, and it may help with dry mouth or painful oral sores.



*Eating a healthy diet and drinking plenty of water are key for healthy teeth and gums, too.*



## 4 Things Your Rheumatologist Wants You to Know

If you have pain, swelling, or stiffness that isn't getting better, you may need to visit a rheumatologist—a doctor who specializes in treating autoimmune and musculoskeletal diseases that affect your muscles, joints, and bones. Here are four things rheumatologists want you to know:

**1 Rheumatologists are like detectives.** There are more than 100 different types of arthritis and related conditions, so rheumatologists have to piece together various clues to make a diagnosis. You may undergo physical examination, imaging, and blood tests, as well as a review of your symptoms and family history.

**2 Don't wait to see a rheumatologist.** Don't put off visiting a rheumatologist if your doctor recommends it. The sooner you see one, the faster you can receive a diagnosis and start treatments that will protect your joints and prevent serious problems.

**3 Your rheumatologist can help you through a high-risk pregnancy.** If you become pregnant, certain rheumatic diseases can put you at risk for complications, such as miscarriage, preeclampsia, preterm birth, blood clots, and more. With close monitoring, a successful pregnancy is possible.

**4 Don't settle for small improvements.** Work with your rheumatologist until you've found a treatment that makes your inflammation and pain completely go away. With support from your rheumatologist, remission can happen for you.

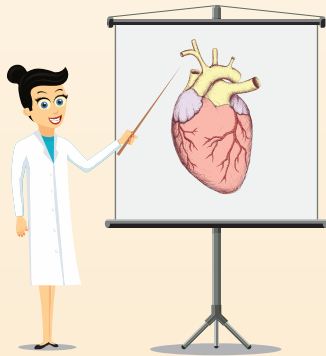


# You Can Do Hands-Only CPR

If you don't know how to perform CPR, you can still help someone in need. Hands-only CPR is CPR without using rescue breaths. It can be just as effective as CPR with breaths when used in the first few minutes during an out-of-hospital sudden cardiac arrest.

Here's what you need to know.

## HANDS-ONLY CPR SAVES LIVES.



Heart attacks are among the leading causes of death **in Bermuda**. Survival depends on receiving CPR immediately.

If you act immediately, hands-only CPR can **DOUBLE OR TRIPLE** a person's chance of survival.

Bystanders who know **hands-only CPR** are more likely to help in an emergency.

## USE IT

whenever you witness a teen or adult who suddenly collapses and isn't responsive. They're likely experiencing sudden **cardiac arrest**.



## IT TAKES 2 STEPS:

1. Call **911**.
2. Push hard and fast in the center of the person's chest to the beat of the Bee Gees' disco song **"Stayin' Alive"** until help arrives.



# Vaccinate Against HPV

Human papillomavirus (HPV) causes almost all cervical cancers. HPV is spread through sexual contact. Almost all sexually active adults will eventually catch at least one of the more than 40 strains.

The HPV vaccine does an excellent job of defeating the virus. Studies show that the shot provides nearly 100% protection against precancerous growths, and it defends against the strain of HPV that causes genital warts.

Your preteen's doctor may ask you about getting your child the shot. You might be surprised that the doctor brings it up, even if you don't think your child is sexually active. But the HPV vaccine works best in people who haven't yet been exposed to the virus through sexual contact.

All boys and girls ages 11 or 12 should get two doses of the HPV vaccine spaced at least six months apart. But even older teens and young adults can benefit. Women can get the vaccine until age 26, and men through age 21. Some men, such as those with compromised immune systems, can catch up on the vaccine through age 26 if they weren't vaccinated earlier.



## A SHOT AT GOOD HEALTH

The HPV vaccine isn't the only one your tweens or teens may need. Visit [www.gov.bm/immunization](http://www.gov.bm/immunization) -schedules-children-and-adults for a full schedule of recommended vaccinations.

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