

## SWAP THIS FOR THAT:

# Simple Holiday Substitutions

Don't have all the ingredients you need for those family-favorite holiday recipes? Try these easy swaps that work in a pinch.

When you don't have ...	Use ...
Baking powder	For 1 tsp., ¼ tsp. baking soda plus ⅝ tsp. cream of tartar
Butter or oil	Applesauce, shredded carrot, mashed banana, or pureed pumpkin; pureed avocado works great in place of butter for chocolate recipes
Whole milk	For 1 cup, use 1 cup fat-free or low-fat milk plus 1 tbsp. vegetable oil (like heart-healthy canola oil)
Heavy cream	For 1 cup, use 1 cup evaporated skim milk or ½ cup low-fat yogurt and ½ cup plain low-fat unsalted cottage cheese
Buttermilk	1 tbsp. lemon juice or vinegar mixed into enough milk to make 1 cup; let stand for five minutes
Sour cream	Nonfat Greek yogurt or a combination of low-fat unsalted cottage cheese with low-fat or fat-free yogurt
Sugar	Unsweetened applesauce can be substituted in equal portions for sugar (this will work in most baked desserts, but you'll need to reduce the liquid by ¼ elsewhere in the recipe)
Eggs	In cake batter, 2 tbsp. mayonnaise can replace one egg
Mayonnaise	Nonfat or low-fat plain yogurt
Vinegar	Lemon juice

## Spice It Up

DIY a teaspoon of your favorite holiday spices with these mixes:

### Allspice

- ½ tsp. cinnamon
- ½ tsp. ground cloves

### Pumpkin pie spice

- ½ tsp. cinnamon
- ¼ tsp. ground ginger
- ⅛ tsp. ground allspice
- ⅛ tsp. ground nutmeg

### Apple pie spice

- ½ tsp. cinnamon
- ¼ tsp. nutmeg
- ⅛ tsp. cardamom



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

See back issues of *healthmatters* online at [www.bfm.bm/news/healthmatters](http://www.bfm.bm/news/healthmatters).

## BF&M wants you to LiveWell!

Check out the LiveWell Program at [www.bfm.bm/products/group/group-health.aspx#LiveWell](http://www.bfm.bm/products/group/group-health.aspx#LiveWell).

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# The Hidden Health Risk for ‘Tough Guys’



According to the World Health Organization, nearly 800,000 people die by suicide each year, and men are especially at risk. Recent research finds that those with traditional masculine values—like competitiveness, holding back emotions, and aggression—face an even greater danger than others.

Why? “Manly” men may not seek help for depression or other conditions, believing it signals weakness. Plus their anger and hostility might make it harder for doctors and others to detect mental health problems.

Thoughts of harming yourself or even taking your own life may arise when you don’t see a way out of your pain. But with help, you can feel better. If you’re having suicidal thoughts:

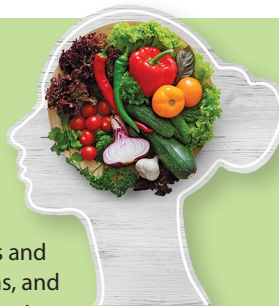
- **Reach out.** Friends, family, and your healthcare provider can offer support.

- **Take your time.** Know you don’t have to act on these thoughts. Promise yourself you’ll try another option first.
- **Work with a pro.** Psychiatrists, counselors, and other mental health professionals are here to help. There’s no shame in calling on their services.

Focusing on psychological well-being is especially important now. The COVID-19 pandemic has caused stress, loss, and economic concerns that could lead to more feelings of hopelessness. But you are not alone in your struggle.

 **HELP IS HERE**  
The Mid-Atlantic Wellness Institute offers a 24-hour mental health crisis line. Call **239-1111** for help.

## Middle-Aged Women Can Slash Stroke Risk




A recent study offered some good news about strokes: Even if women wait until midlife to trim their risk, they can still make an impact. Women who made a few healthy lifestyle changes lowered their risk of having a stroke from 4.7% to 3.5%.

Their success came from these combined strategies:

- Not smoking
- Exercising 30 minutes or more per day
- Gradually losing weight (if they needed to)
- Eating a healthy diet

The anti-stroke diets included plenty of fruits and vegetables, whole grains, and fish; at least one daily serving of nuts; no processed meat; and limited red meat and alcohol.

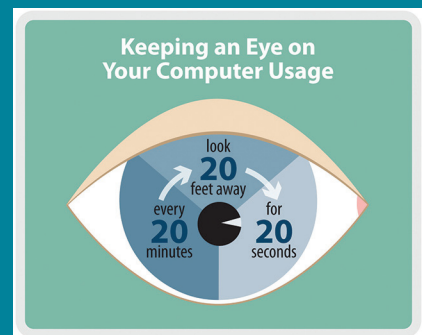
These switches are simple—but lifestyle change isn’t always easy. Start by assessing where your behavior is now. Then create an action plan of small steps to get started. Your healthcare provider can serve as a guide through this process.

 **EAT WELL.** Find guidance for eating and living well at [www.gov.bm/eat-well-bermuda-dietary-guidelines-bermudians](http://www.gov.bm/eat-well-bermuda-dietary-guidelines-bermudians).

## Help for Digital Eyestrain

Spending hours gazing into screens can cause blurred vision and achy, tired eyes. If you must remain tethered to technology, you can take steps to ease eyestrain. Here’s how.

- **Take breaks.** Follow the 20-20-20 rule: Every 20 minutes, shift your gaze to a spot 20 feet away for 20 seconds.
- **Open and shut.** Blinking coats your eyes with moisture, and computer users tend to bat their eyes less than half as often as nonusers. Stick a note on your desk reminding yourself to flutter your lids.
- **Position properly.** Sit about an arm’s length from your screen. Adjust so that you’re gazing slightly down, not up or straight ahead.
- **Drop in.** Eye drops called artificial tears offer extra lubrication. You can buy them at the drugstore.
- **Rest up.** Poor sleep can worsen symptoms of digital eyestrain in kids. Remove devices from bedrooms and ban them an hour before bedtime. Studies suggest their blue light can keep us awake.
- **Request specs.** Try prescription computer eyeglasses to improve focus at a distance of 20 to 26 inches, ideal for computer screens.
- **Buy a printed book.** Do at least some reading on paper. Young and grown-up eyes alike can benefit from your flipping pages instead of always using a tablet or e-reader.



# 3 Common Childhood Skin Conditions

It's time to break the silence about three icky skin problems kids experience and how to solve them.

## 1. Cold Sores

A type of herpesvirus causes these small blisters around the lips and mouth. The bug spreads through spit, skin-to-skin contact, or contaminated objects. Ease pain and itching with ice or chilled treats. Wash hands and clean toys regularly. See a pediatrician the first time cold sores develop. Also call if they don't heal after about a week; approach the eyes; or have red, swollen, or hot skin around them.

## 2. Warts

These small, raised bumps are caused by human papillomaviruses. They're often skin-coloured, sometimes with black spots that look like seeds. Over-the-counter medicine with 17% salicylic acid turns warts into dead skin. See a pediatrician right away if red

streaks appear around the wart, especially if your child has a fever. Also seek treatment for four or more warts or those on the face, genitals, or soles of the feet.

## 3. Ringworm

Ringworm comes from fungus, not a parasite. The name refers to the itchy, red circles ringworm causes. It spreads through contact with people or animals or in places like locker rooms and shared showers. Most cases resolve with over-the-counter antifungal creams, lotions, and powders. See a pediatrician if your child has ringworm on the scalp.

When your child has a skin condition, explain what's happening in age-appropriate language. Make sure they understand it doesn't mean they're dirty or gross. Remind them that beauty and confidence come from inside.



## Face Mask Breakouts?

Often referred to as *maskne*, the pimples, bumps, and blemishes that occur as a result of wearing a face mask are common. That's because the friction, perspiration, and heat created by the mask can make the skin more susceptible to breakouts. This is especially true for those working in healthcare and other industries who wear face coverings for long periods of time. Being in the heat adds to the problem.

Obviously protecting yourself and others from illness is top priority. But that doesn't mean you have to live with skin care issues. Here are three steps you can take to avoid a breakout.

- **Don't touch.** Avoid touching the skin on your face. This can cause flare-ups.
- **Keep it clean.** If you use a surgical mask for long periods, replace it every four hours. Throw fabric face coverings in the wash after every use.
- **Scrub up.** Using clean fingertips, wash your face with a mild cleanser twice daily and after sweating. Follow up with a gentle moisturizer.



**SPECIALIZED CARE.** You may want to see a dermatologist for skin problems. These specialists diagnose and treat skin diseases and also care for hair and nails, help improve skin's appearance, and perform certain kinds of surgery.

## A wellness programme tailored for you

If your health insurance is with BF&M, you have access to LiveWell, our free online wellness platform that can be tailored to your needs and interests.

Our easy-to-use online wellness platform includes:

- An individualised Wellbeing Activity Hub
- Fun and engaging wellness challenges
- A personal Wellness Assessment
- Healthy habits programmes
- Access to health lifestyle and chronic disease management programmes and events
- Access to BF&M's LiveWell Rewards Programme



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