



## February Special: GET WELL SOON

In February, save 20% on "Get Well Soon." Taken at the first sign of a cold or flu, this combination of herbs and other ingredients helps support your immune system. It's a good thing to have on hand during this cold and flu season.

## IS ASPIRIN THERAPY RIGHT FOR ME?

You've probably heard a lot about the benefits of taking aspirin to ward off heart disease and wondered if it's right for you. If you've had or are you are at risk of heart disease, talk to us about your options. Taken appropriately, a daily aspirin regime has many benefits including a reduced risk of heart attack and stroke. Aspirin should be used as part of an overall program of lifestyle measures including healthy eating, cessation of smoking, control of blood pressure and regular physical activity. Consult with us to determine whether "an aspirin a day" could keep you heart healthy.

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## February IS HEART MONTH... Take steps to be heart healthy!

### DEVELOP A PLAN TO MANAGE YOUR CHOLESTEROL

While family history influences your risk of high cholesterol, there are things you can do to keep your cholesterol in check. Good nutrition, consistent exercise and lifestyle modifications including smoking cessation and limiting alcohol intake are amongst the most important. Here are some specific strategies to help you.

- Limit the cholesterol in your diet to less than 300 mg per day. If you have heart disease, limit cholesterol to less than 200 mg per day.
- Be careful about the amounts and types of fat that you eat. Most of your dietary fat should be from polyunsaturated and monounsaturated fats. **TIP:** *Make an appointment with our nutritionist for a free consultation on how you can improve your diet.*
- Check food labels for fat and cholesterol content. Choose the foods with less fat per serving.
- Limit the amount of butter and margarine you eat.
- Use egg whites or egg substitutes rather than whole eggs.
- Replace whole-milk dairy products with nonfat or low-fat milk, cheese, spreads, and yogurt.
- Eat skinless chicken, turkey, fish, and meatless entrées more often than red meat.
- Avoid fatty desserts.
- Reduce the amount of fried foods, vending machine food, and fast food you eat.
- Eat fruits and vegetables.
- Eat 4 to 5 servings of nuts a week. Examples of nuts that can be a part of a healthy diet are walnuts, almonds, hazelnuts, peanuts, pecans, and pistachio nuts.
- Keeps your weight down.
- Participate in aerobic exercise.
- Know your family history and discuss it with your health care provider. **TIP:** *Take advantage of your membership by scheduling a free initial consultation with a personal trainer.*

## WHAT'S ALL THIS TALK ABOUT CHOLESTEROL MEDICATIONS?

You can hardly watch television today without seeing a commercial for cholesterol lowering medications. High cholesterol is a leading cause of heart disease, making important for you to know your numbers and keep them in check

Cholesterol helps your body build new cells, insulate nerves, and produce hormones. Your liver makes all the cholesterol your body needs. But you also get cholesterol from things you eat, including milk, eggs, and meat. Talk to us about getting a blood test to monitor your cholesterol levels. If you have unhealthy cholesterol levels, we usually first recommend that you try eating a low-fat, high-fiber diet and increasing your level of exercise. But, for some patients these changes alone are not enough to lower blood cholesterol levels. That's when we'll try medicine, in addition to dietary changes, to bring your cholesterol down to a safe level. There are many options, and we will work with you to maximize your benefit and minimize the side effects of treatment.

**TIP:** *If you are taking cholesterol medicine, you should not drink grapefruit juice and limit your grapefruit consumption, as it can interfere with your medication's effectiveness.*

## MEMBER BENEFIT: *Body Composition Monitoring*

When you receive your physical, we will assess your body composition. You might wonder why this is important. Here are some of the reasons it is important for you to know your body composition.

1. Establish a baseline.
2. See the impact of a change in your diet to make sure you are dieting the healthy way.
3. Fine tune your fitness program by monitoring progress of muscle mass and Basic Metabolic Rate.
4. Monitor the level of visceral fat, which has been linked as a possible risk factor to developing Type 2 diabetes and/or heart disease.
5. Set a target for your physique and monitor your progress towards it.

Our body monitor scale calculates your body composition using Bio-electrical Impedance Analysis (BIA). Safe, low level electrical signals are passed through the body via the footpads on the monitor platform. We will discuss your body fat percentage—the amount of body fat as a proportion of your body weight. Your personal body fat percentage is simply the percentage of fat your body contains. For example, if you are 150 pounds and 10% fat, your body consists of 15 pounds of fat and 135 pounds lean body mass. Based on the results, we will determine ways to improve your health, which might include a change in your diet or exercise level.

### *Pomodoro Pasta with Beans*

Pasta doesn't get much fresher or easier than this elegant, lightly cooked tomato sauce. Beans make a nutritious alternative to meat, and heating them briefly in olive oil and garlic infuses them with flavor.

#### **INGREDIENTS**

4 ounces whole-wheat pasta shells, tubetti, ziti or rigatoni  
1 15-ounce can cannellini beans, rinsed  
1 large clove garlic, minced  
2 ripe medium tomatoes, diced  
2 Tbsps oil-cured black olives (see Tip), pitted and chopped  
1/4 cup sliced fresh basil  
Freshly ground pepper to taste  
2 Tbsps freshly grated Pecorino Romano cheese

- Bring a large saucepan of water to a boil. Add pasta and cook, stirring occasionally, until just tender, 8 to 10 minutes or according to package directions. Drain.
- Meanwhile, heat oil in a large skillet over medium heat. Add beans and garlic and cook, stirring frequently, until the beans are just heated through, 2 to 3 minutes. Remove from the heat. Add tomatoes, olives, basil and pepper. Stir gently to combine. Divide the pasta between 2 plates and top with the bean mixture and cheese.

*Makes 2 servings, 2 cups each*