



HEALTHY AT 80

SCRIPT YOUR FUTURE

Have you ever had a question about your medicines? You are not alone. It may feel like there are so many things to keep track of!

Medicine is prescribed to help you. But it can hurt if you miss a dose or mix medicines that don't go together. Here are four ways to be smart and safe with medicines:

- 1) **Give your health care team important information.** Be a partner with your health care team. Tell them about all the medicines, vitamins, herbals, and dietary supplements you're taking.
- 2) **Make a note of it!** Be sure to write down what your health care team tells you about your medicine so you remember later. Keep a list of all the medicines, vitamins, and dietary supplements or herbs you take. Add new medicines to the list when you start taking something new or when a dose changes. Show the list to your health care provider at each visit.
- 3) **Stay with your treatment plan.** Now that you have the right medicine, you'll want to carry out the treatment plan. Take all medications exactly as they are prescribed. It is very important to take all of your medicine for as long as your health care provider prescribed even if you feel better. Ask your health care team if your prescription needs to be refilled. If you take medicine for high blood pressure or to lower your cholesterol, you may need your medicine for a long time.
- 4) **Your medicine was prescribed only for you.** Never give your prescription medicine to anyone else or take prescription medicine that wasn't prescribed for you, even if you have the same medical condition.

<http://www.bemedwise.org/docs/yourmedicines.pdf>



"I go to my regular doctor for most things, but sometimes I go to a specialist. No matter who I'm going to see, I always take my list of medicines with me and show it to the doctor."

Healthy at 80 is Community Health Centers of Greater Dayton's informational newsletter on healthy living, created with the goal of helping you stay healthy and thriving through 80 years old and beyond! To read more Healthy at 80 articles, please visit the archives on our website:

www.communityhealthdayton.org/healthyat80

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GUIDELINES HAVE CHANGED: DO YOU KNOW YOUR RISK?

The American Heart Association and the American College of Cardiology redefined what is considered high blood pressure in November 2017, based on new evidence supporting a lower threshold. Stage 1 high blood pressure is consistently measured at 130 over 80 or greater. The previous threshold was 140 over 90.

High Blood Pressure is a serious condition that, if left untreated, can lead to coronary heart disease, heart failure, stroke, kidney failure and other health problems.

- ⇒ **The new guidelines and you:** Under these new guidelines, nearly 46 percent of American adults are considered to have high blood pressure. Over one-third of Americans would be recommended for high blood pressure medication.
- ⇒ **Your Next Steps:**
 - ⇒ High Blood Pressure is referred to as the “silent killer” because those who have it don’t typically experience symptoms. The best way to find out if you have high blood pressure is to get your blood pressure checked regularly and speak with your health care provider.
 - ⇒ In some cases, HBP can be prevented by living a healthy lifestyle that includes exercising regularly, eating a healthy diet low in salt, fat and alcohol, avoiding smoking and managing stress.

Talk to your health care team and make sure you know your blood pressure level.

FOODBORNE ILLNESS IS ON THE RISE: PROTECT YOURSELF

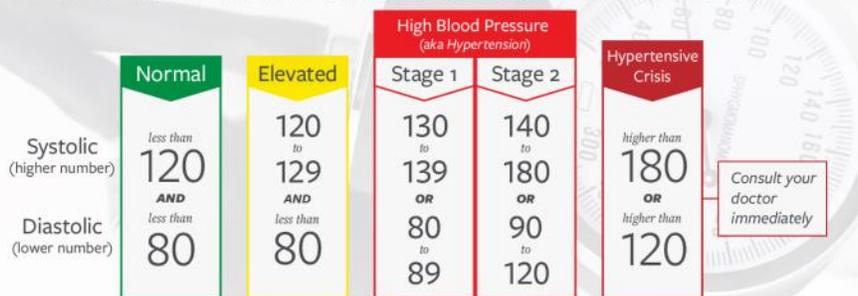
It’s scary, but it’s the truth. You’ve likely seen the news reports this year, announcing recall after recall of produce, eggs and other foods. According to the Centers for Disease Control and Prevention (CDC), the overall number of diagnosed cases of listeria and salmonella, among others, increased 96 percent in 2017 alone.

Foodborne illness is no joke—I in 6 Americans get sick and 3,000 die every year from one of 31 known pathogens. Globally, this number increases drastically.

To avoid contracting a foodborne illness, be sure to prepare your food safely and if an outbreak is reported or a recall is issued, don’t risk it! Follow the CDC’s advice so you don’t get sick. You can find the latest food safety information at www.foodsafety.gov, and you can also download the foodkeeper app to learn how to store all your food and beverages to maximize both freshness and safety.

BLOOD PRESSURE HEART-FACTS

DO YOU HAVE HIGH BLOOD PRESSURE?



Understand what your blood pressure numbers mean for your health, and what you can do to lower them.

MYTH-BUSTERS: FOOD SAFETY

We all do our best to serve our families food that's safe and healthy, but some common myths about food safety might surprise you.

Myth: It's OK to thaw meat on the counter. Since it starts out frozen, bacteria isn't really a problem.

Fact: Actually, bacteria grow surprisingly rapidly at room temperatures, so the counter is never a place you should thaw foods.

Instead, thaw in the refrigerator, in cold water, in the microwave, or simply cook foods without thawing.

Myth: To get rid of any bacteria on my meat, poultry, or seafood, I should rinse off the juices with water first.

Fact: Actually, rinsing meat, poultry, or seafood with water can increase your chance of food poisoning by splashing juices (and any bacteria they might contain) onto your sink and counters.

The best way to cook meat, poultry, or seafood safely is to make sure you cook it to the right temperature.

<https://www.foodsafety.gov/keep/basics/myths/index.html>

NUTRITION BITES!

Cook Safely

One of the basics of food safety is cooking food to its proper temperature. Foods are properly cooked when they are heated for a long enough time and at a high enough temperature to kill the harmful bacteria that cause foodborne illness. Use this chart and a food thermometer to ensure that meat, poultry, seafood, and other cooked foods reach a safe minimum internal temperature.

⇒ Remember, you can't tell whether meat is safely cooked by looking at it. Any cooked, uncured red meats – including pork – can be pink, even when the meat has reached a safe internal temperature.

⇒ After you remove meat from a grill, oven, or other heat source, allow it to rest for the specified amount of time. During the rest time, its temp remains constant or continues to rise, which destroys harmful germs.

<https://www.foodsafety.gov/keep/charts/mintemp.html>

Category	Food	Temperature (°F)	Rest Time
Ground Meat & Meat Mixtures	Beef, Pork, Veal, Lamb	160	None
	Turkey, Chicken	165	None
Fresh Beef, Veal, Lamb	Steaks, roasts, chops	145	3 minutes
Poultry	Chicken & Turkey, whole	165	None
	Poultry breasts, roasts	165	None
	Poultry thighs, legs, wings	165	None
	Duck & Goose	165	None
	Stuffing (cooked alone or in bird)	165	None
Pork and Ham	Fresh pork	145	3 minutes
	Fresh ham (raw)	145	3 minutes
	Precooked ham (to reheat)	140	None
Eggs & Egg Dishes	Eggs	Cook until yolk and white are firm	None
	Egg dishes	160	None
Leftovers & Casseroles	Leftovers	165	None
	Casseroles	165	None
Seafood	Fin Fish	145 or cook until flesh is opaque and separates easily with a fork.	None
	Shrimp, lobster, and crabs	Cook until flesh is pearly and opaque.	None
	Clams, oysters, and mussels	Cook until shells open during cooking.	None
	Scallops	Cook until flesh is milky white or opaque and firm.	None

Delicious & Nutritious

PUMPKIN CORNBREAD

This pumpkin cornbread is a great, easy, vegan side dish for any meal!

3/4 cup almond milk or soy milk, at room temperature
1/4 cup white vinegar
1 cup cornmeal
1 cup whole wheat pastry flour
1/2 teaspoon salt
1/2 teaspoon cinnamon
1/2 teaspoon baking soda
1/2 cup canola oil
1/3 cup brown sugar packed
1 (15 oz) can pumpkin puree



- ⇒ Preheat your oven to 375 degrees F and prepare a 9 in cast iron skillet (or square pan) with cooking spray.
- ⇒ Stir together almond milk or soy milk and vinegar. Let sit for 10 minutes while you prep the rest of the ingredients.
- ⇒ Whisk together your dry ingredients: cornmeal, whole wheat pastry flour, salt, cinnamon, and baking soda and set aside.
- ⇒ Whisk together canola oil and granulated sugar until well combined.
- ⇒ Whisk in pumpkin puree.
- ⇒ Stir in almond or soy milk/vinegar mixture.
- ⇒ Now stir in your dry ingredients. Mix until just combined. Don't over mix, or you'll end up with tough bread!
- ⇒ Bake for about 25-35 minutes, or until an inserted toothpick comes out clean. Remove from the oven, let cool slightly and then serve immediately

<https://showmethenyummy.com/pumpkin-cornbread/>

Community Health Centers of Greater Dayton

Give us a call to discuss your health with our caring doctors and nurse practitioners!

Our Health Centers

Appointment Line:

937-461-6869

Hours: Mon-Fri 7:30am-5:30pm

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