



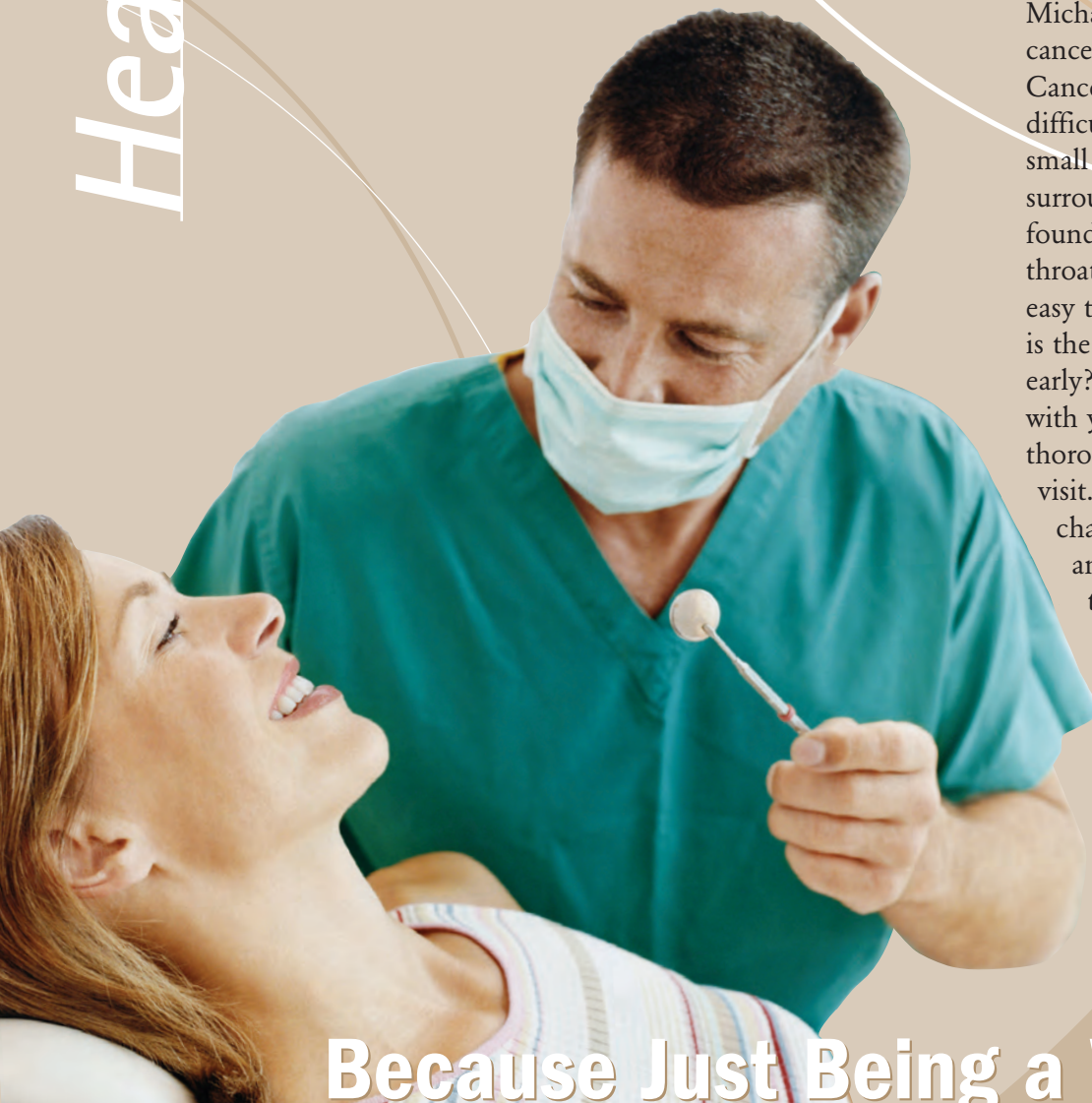
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A Spirit of Women<sup>®</sup> Member Hospital

## Did you know...

### The Dentist: Your New BFF?

“Pain in the mouth” is the first thought that comes to mind for many people contemplating a trip to their dentist’s office. Visits to the dentist, in fact, have fallen precipitously in the last several

years, a function, according to the American Dental Association, of tough economic times. Michael Douglas’ experience with oral cancer should motivate you to think otherwise. It was Michael’s dentist who discovered his cancer and referred him for treatment. Cancer in the oral cavity is extremely difficult to detect, generally starting very small and blending smoothly into the surrounding tissues. First signs are often found under the tongue or back of the throat, but even there, cancers are not easy to find until they grow larger. What is the best way to detect these cancers early? Schedule regular appointments with your dentist, who will conduct thorough visual exams every time you visit. Between visits, be alert to any changes in your mouth, particularly any sore area or unusual growth that lasts more than two to three weeks. Make an appointment with your dentist OR your primary care physician if you have any questions about changes in your oral health. It will be well worth your time.



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Indiana Regional Medical Center

# beauty basics

## Love Those Heels – Hate Those Side Effects!

Admit it – you have at least one pair of them in your closet. Heels that tower somewhat above the doctor-recommended 1 3/4” heel height. And you love the way you look in them. But oh, those aching dogs after just one evening on the town. Abstinence is always an option, but if you are like 90% (that’s right, 90%) of US women, you have at least one pair of pain-inducing shoes that you just can’t resist. So take these tips to heart:

1. Aim lower. High heels distribute weight abnormally, which can lead to hammertoes, bunions, blisters – you know the drill. So pledge that you won’t buy heels higher than 3”. And look for round-toed versions, vs. pointy styles. They give your toes more wiggle room.
2. Limit the amount of time you confine your feet to heels. Wear them out to dinner, and call it a night. Treat yourself to valet parking so you can spare your feet the pain (and peril) of walking in high heels.
3. Get your feet measured EVERY time you purchase a new pair. The ligaments in your feet stretch over time, affecting both the length and width of your feet. So double-check every time. And if the shoe doesn’t fit, don’t buy it. There really is no such thing as a break-in period for shoes. It’s just another way of saying your shoes are too small.

By the way, fashionistas tell us the next trend for stylin’ shoes: 9” heels!



# learning curve

## A research study about exercise for breast cancer survivors

IUP’s Health and Physical Education Department along with the Indiana Regional Medical Center are looking to recruit subjects for a study we will be conducting involving the health related benefits of an exercise program on breast cancer survivors.

Recruitment for the study will end in November 2011 and the actual classes will begin in January 2012 and will last for 10 weeks. The classes will consist of either an aerobic group exercise class or a body awareness class (flexibility, yoga, & postural strengthening).

The cost is free and various class times will be available to attend.

If you or anyone you know is interested in this study please contact Jessica Kalinowski at [j.m.kalinowski@iup.edu](mailto:j.m.kalinowski@iup.edu) or 570-898-7613.

# meet the doctor

## Dr. Mohammed N. Islam - Vascular Surgeon

Dr. Islam specializes in vascular surgery. He will be providing surgical and non-surgical treatment, including angioplasty and stenting for vascular disease. He’ll also be seeing patients in our IRMC Vein Clinic and Center for Wound Healing, in addition to general surgery. Dr. Islam is board certified from the American Board of surgery in 1996 and 2008. Schedule your appointment today! Call (724) 349-2576.



119 Professional Building  
Suite 103, Indiana, PA

# financial fitness

## Good Deals on Nutritious Food

Self-improvement programs often include the pledge to start eating more healthfully. That resolution generally ends abruptly when shoppers discover fast foods are not only more convenient, but also less expensive than healthy options. *Consumers Digest* recently featured a list of 25 healthful food bargains that cover a broad range of nutrients including antioxidants, calcium, fiber, protein and omega-3's. No one food is a magic bullet, says Kim Kirchherr, corporate dietitian for SuperValu grocery stores. "Variety is key, not just for the best mix of nutrients but also to keep menus interesting and tasty, too." The foods, nutrient categories and costs are listed below.

### Antioxidants: Super nutrient fixes

Cabbage - 16 cents per serving  
Canned unsweetened pumpkin - 38 cents per serving  
Dried plums - 31 cents per serving  
Frozen blueberries - 66 cents per serving  
Kale - 37 cents per serving  
Canned tomatoes - 28 cents per serving

### Fiber: Staying healthy

Rolled oats - 23 cents per serving  
Whole grain spaghetti - 23 cents per serving  
Quinoa - 50 cents per serving  
White potatoes - 13 cents per serving  
Edamame and green peas - 25 cents per serving of peas, 90 cents per serving of edamame  
Popcorn - 12 cents per serving

### Omega 3s: Heart healthy

Canned sardines in water - \$1.59 per serving  
Frozen shrimp - \$1.36 per serving  
Flaxseed - 11 cents per serving  
Tofu - 48 cents per serving  
**Calcium: Feeding your bones**  
Plain yogurt - 70 cents per serving  
Nonfat dry milk powder - 17 cents per reconstituted cup

Canned salmon with bones - 32 cents per serving

### Protein: Fuel for the body and soul

Dried brown lentils - 27 cents per serving  
Eggs - 18 cents per egg  
Frozen turkey - \$1.59 per pound  
Dried black beans - 24 cents per serving  
Peanuts in the shell - 12 cents per serving

# delicious dieting

## Recipe Connection from recent events....

Following our two most recent programs - "Motivating Women to Better Health" and "Girls' Night Out" - we have received many requests for some of the recipes served at those events. We are including two of our favorites for you to enjoy: Rustic Lodge Hummus and Pumpkin Spiced Chex® Mix.

### Rustic Lodge Hummus (Serves 5)

4 garlic cloves - *Mince or process the garlic first in a food processor.*  
30 ounces garbanzo beans - *Add remaining ingredients except the salt.*  
2/3 cup tahini - *Process well to form a paste. Taste.*  
1/3 cup fresh lemon juice - *Adjust seasoning with salt as needed.*  
1/2 cup water - *Serve with fresh or baked pitas, vegetables or you favorite cracker.*  
1/4 cup olive oil  
1/4 teaspoon salt

Calories: 183; Fat: 7.6g; Protein: 7.6g; Carbohydrates: 22.4;  
Fiber: 6.6g; Cholesterol: 0mg; Sodium: 37mg

### Pumpkin Spiced Chex® Mix (Serves 16)

1/4 cup brown sugar - *Preheat oven to 250°F.*  
1 Tbsp. pumpkin pie spice - *In a large bowl, mix the cereals, nuts, pretzels and cranberries; set aside.*  
1/4 cup butter - *In an ungreased large roasting pan, melt butter in oven.*  
2 tsp. vanilla - *Stir in seasonings.*  
2 cups Cinnamon Chex® Cereal - *Gradually stir in cereal mixture until evenly coated.*  
2 cups Wheat Chex® Cereal - *Bake 1 hour, stirring every 15 minutes.*  
2 cups Honey Nut Chex® Cereal - *Spread onto paper towels to cool. about 15 minutes.*  
8 oz. pecans - *Store in an airtight container.*

Calories: 180; Fat: 9g; Protein: 2g; Carbohydrates: 23;  
Fiber: 2g; Cholesterol: 10mg; Sodium: 150mg

## reward partners

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# *Girls' Night Out 2011*

## **You Made it a Success!!**

We'd like to take this opportunity to thank all of our wonderful members who helped make this year's Girls' Night Out a huge success! We hosted over 50 community vendors who served more than 300 of our party goers! The Rustic Lodge provided the backdrop for this spectacular event, creating an incredible Oktoberfest theme.

Educational seminars were presented throughout the evening consisting of topics such as Spine Health, Radiation Exposure and Breast Health. Between presentations, many of our guests took advantage of the Oktoberfest menu, sampling homemade applebutter, pumpkin butter and pretzels. Our Beer Garden was well stocked with free tastings of some of the season's most popular brews.

**Food, friends and fun - what more could a girl ask for?**



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