

## This bling's the thing that could save your life

Medical bracelets and necklaces can be lifesavers. You wear them just as you would any other piece of jewelry. Wear them on your wrist or around your neck. They carry vital information about you and your medical condition. Some devices carry only vital information right on them. Others are a push-button style – they send a distress signal to an emergency call center.



### Helpful for many conditions

They are helpful for people of any age, especially those who:

- Have food, drug or insect allergies
- Have special needs
- Take multiple medicines
- Are impaired in their hearing, sight or mental abilities
- Have had surgery, a transplant or are cancer patients

### Find more information

Your doctor can help you decide if you need a medical bracelet. You can get one from your doctor, your local pharmacy, or online.

[Read more about medical alert bracelets, including reviews of several, here.](#)

## Give up just one cigarette to gain 11 minutes

If you could have 11 minutes of your life back, what could you do with it? [One study found every cigarette](#) you don't smoke could add 11 minutes to your life. You could have 11 minutes more joy by giving up just one cigarette. So just think what tossing away a whole pack could bring. We set out to show folks what 11 minutes of sheer joy can look like. We asked people to pop a cigarette into our Machine 11.



[Check out the results – and smiles.](#)

### You don't have to do it alone

Sounds simple, [but research shows nicotine is addictive](#). That means it can be hard to quit on your own. But you have many resources to help. The American Cancer Society offers [several ways in this guide](#). And here's more [on our Tumblr blog](#). Or

talk to your doctor. The Great American Smokeout is on Thursday, November 17. Every November, the [American Cancer Society](#) sponsors this event to encourage people to quit smoking. So find out about the steps you can take, quit-smoking programs and lots more on their website.

## A healthy lifestyle can help prevent Type 2 Diabetes

### Be aware

Almost 1 in every 10 people have diabetes.<sup>1</sup> Diabetes remains the seventh leading cause of death in the United States.



### Be determined

Once you have diabetes, you need to make an effort to stay healthy. The good news is that you can prevent most cases of Type 2 Diabetes.<sup>2</sup>

Stay at a healthy weight, eat well and be active. With these steps, you can stay healthier longer and lower your risk.

### Be prepared

- Control your weight
- Tune your diet. Avoid sugary drinks and sodas – drink more water.
- Exercise with others who have the same goal.
- Use available apps to track your food and exercise.

Visit the [American Diabetes Association](#) for more tips.

<sup>1</sup>Source: [The National Center for Health Statistics](#)

<sup>2</sup>Source: <https://www.hsph.harvard.edu/nutritionsource/diabetes-prevention/>

## Easy, healthy holiday recipes – for home or to go

The holidays are around the corner. Time to eat, drink and be merry. It's also the time of year you may be tempted to throw caution – and healthy eating – to the wind. But you don't have to.



When your host asks you to bring a side dish or a salad to dinner, try one of these delicious and nutritious recipes.

### **Green bean casserole – 8 servings**

#### **Ingredients**

8 ounces sliced mushrooms

3 (10 ounce) packages of frozen French cut green beans, thawed and drained

1 (10 3/4 ounce) can of condensed low-fat cream of mushroom soup

1/2 cup nonfat sour cream

1/4 teaspoon black pepper

1 medium onion, thinly sliced and separated into rings

4 tablespoons grated Parmesan cheese

2 tablespoons Italian bread crumbs

#### **Directions**

Preheat oven to 350°. In a small frying pan coated with cooking spray, sauté mushrooms until soft.

In a large bowl combine sautéed mushrooms, green beans, mushroom soup, sour cream and black pepper. Toss gently to mix.

Coat a 2-quart casserole dish with nonstick cooking spray. Place the green bean mixture in the dish. Arrange the onions over the top.

In a small bowl, combine the cheese and breadcrumbs. Sprinkle over the top of the onions.

Bake for 50 minutes in preheated oven, or until the green bean mixture is bubbly and the top is lightly browned.

#### **Nutrition information**

Calories: 68

Fat: 1 gram

Cholesterol: 5 milligrams

Sodium: 218 milligrams

Carbohydrates: 10 grams

Fiber: 2 grams

Protein: 4 grams

Recipe provided by Aetna. Copyright 2012.

## **Autumn salad – 6 servings**

### **Ingredients**

1 medium Granny Smith apple, thinly sliced (with skin)  
2 tablespoons lemon juice  
1 bag (about 5 cups) mixed lettuce greens (or your favorite lettuce)  
1/2 cup dried cranberries  
1/4 cup walnuts, chopped  
1/4 cup unsalted sunflower seeds  
1/3 cup low-fat raspberry vinaigrette dressing

### **Directions**

Sprinkle lemon juice on the apple slices. Mix the lettuce, cranberries, apple, walnuts, and sunflower seeds in a bowl. Toss with 1/3 cup of raspberry vinaigrette dressing, to lightly cover the salad.

### **Nutrition information**

Calories: 138

Total fat: 7 grams; saturated Fat 1 gram

Cholesterol: 0 milligrams

Sodium: 41 milligrams

Fiber: 3 grams

Protein: 3 grams

Carbohydrates: 19 grams Potassium: 230 milligrams

Source: [Heart Healthy Home Cooking African American Style](#), published by the U.S. Department of Health and Human Services.