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# Make the bounty of fall produce last through the winter

## *Frozen vegetables add a touch of summer taste to meals*

**By Dave Fidlin**  
Special to Conley Media

Fall might be the final phase of Wisconsin's traditional outdoor growing season, but it offers up a bounty of fruits and vegetables in a variety of shapes, sizes and colors.

Apples, squash, broccoli and, of course, pumpkins are a small sampling of what will continue to sprout up and be readily available at local

farmers markets well into the early autumn months.

Making the incoming crop of produce stretch through the desolate winter months can be challenging — but most definitely not impossible. Freezing, roasting and canning are a few of the options available for prolonging the life of freshly picked produce.

Depending on the method chosen, nutrients can be retained long after the pro-



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duce has been picked, said Liz Riesen, a clinical dietitian at Ascension's Elmbrook Memorial Office facility.

"Freezing is always a good option," Riesen said. "When you do this, you retain a lot of the nutrients."

Riesen said she frequently encourages people to cut up fall vegetables and freeze them for dishes that can be prepared throughout the winter months. Soups and stir fries are a few examples of how produce can be used months after it has been picked or harvested.

To make the most of freezing fruits and vegetables into the frigid winter months, there are a number of techniques people can use to ensure the produce maintains its quality upon thawing, said Ellie Duyser, a dietitian with Froedtert Health.

Duyser said blanching produce is a good way of retaining the fresh-picked quality of a particular fruit or vegetable. The process involves placing the produce in boiling water and subsequently running it under cold water to stop the cooking process. Freezing produce immediately afterward, Duyser said, helps reduce quality loss over time.

"By doing this, you retain

the vibrant color," Duyser said. "It also has a crunchier texture, and makes the cooking preparation a little easier later on because you've already done some of it."

When cutting up produce for freezing, Duyser also recommends laying it flat to prevent the fruits and vegetables from coalescing together and losing some of their quality.

While freezing is one of the most effective ways of maintaining nutrients, Riesen said roasting also has been a technique that keeps the all-important vitamins in tact in most produce.

In some instances, Riesen said, roasting actually increases nutrient levels.

"Vitamin C tends to decrease (in roasting)," Riesen said. "But vitamin A actually increases. You see this a lot when you're roasting vegetables like carrots."

Throughout the area, organizations and community parks and recreation departments are offering classes on how to make the most of fall produce.

"There are a lot of great classes out there on how to make great meals," Duyser said. "You also can learn some of the different techniques, like canning, which requires a little more skill."

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# Teens benefit physically and emotionally when staying active

## *Diet also plays a role in helping teens stay healthy*

By Karen Stokes  
Special to Conley Media

It's no secret that teens love technology and spend hours a day on their cellphones, laptops and playing video games. For better health, the sedentary activities should be replaced with activities that require more movement.

The benefits from regular exercise range from keeping weight under control, boosting energy levels and increasing muscle strength to managing stress and fighting anxiety and depression.

Shannon Johnson, personal trainer and owner of All Around Fitness in Glendale, is a former University of Wisconsin-Milwaukee women's basketball player and focuses on the health and fitness of clients of all ages. She believes diet, along with exercise is important.

"It is super important for teens to train because they are in their 'growth' stages.

Everything that they eat, drink and do will affect their bodies for the rest of their lives. So it's very important to get the nutrients from fruits and veggies, as well as participating in some physical activity," said Johnson.

The United States Department of Agriculture says that a healthy plate is 50% fruits and vegetables, 25% grains and 25% protein.

In August, Vibe Health and Fitness in Waukesha held a Vibe to be You teen summer camp that focused on fitness exercises, arts and crafts and mindfulness techniques to aid in self-expression. Vibe Health and Fitness works to embody an overall mind, body, spirit and emotion connection.

"The main goal of our camp was to help open the minds of children to various positive coping mechanisms to deal with stress through mindfulness, self-expression, movement, physical activity



Photo by Vibe Health and Fitness

Ropes, yoga, and stretching were part of the exercises to build strength with teens during the Vibe to be You summer camp.

and self-awareness," said Carly Chertos, personal trainer and co-owner of Vibe Health and Fitness. "We recommend doing bodyweight movement and doing different cardiovascular exercises,

yoga type stretching, ropes, core and teamwork exercises.

"By doing fitness and releasing healthy endorphins the kids naturally feel more confident and strong," Chertos said.

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# Get flu shots early in the season, experts say

*Vaccine can take two weeks to take full effect*

**By Dave Fidlin**

Special to Conley Media

Each year, as the temperatures dip, it becomes more of a question of “when,” rather than “if.”

Cold and flu season is a timeliness tradition most people would rather forget, but local experts say it is best to be proactive and get a vaccine early to help fend off the likelihood of contracting the influenza virus during its heightened state.

The exact timing and intensity of the virus varies from one year to the next, but most experts say it is a good rule of thumb to consider getting vaccinated in September.

Jaclyn Pillay, a family medicine and primary care physician at Froedtert and the Medical College of Wisconsin’s Westbrook Health Center, said season-specific vaccines are released and shipped to pharmacies in September.

Getting a shot at the beginning of the season, she said, increases the likelihood of warding off the cold and flu virus — or at least contracting a diminished variation of it.

“The earlier, the better,” Pillay said. “We recommend that people get them as soon as possible.”

When it comes to getting a flu shot, timing is everything, said Kristina Bolling, nurse practitioner with the New Berlin office of Ascension Medical Group.

“It takes about two weeks to get the full immunity,” Bolling said. For this reason, she said, getting the vaccine before the onset of the holidays is a good rule of thumb. More people in close quarters, she said, means a greater likelihood of interacting with the virus.

Predicting the outcome of how mild or intense a particular cold and flu season is going to be can pose a challenge.

But Bolling said there are some sources local experts rely on to help gauge what might be coming down the pike. The World Health Organization, she said, is one such resource.

“The global numbers we’ve been seeing have been low so far,” Bolling said. “But it’s very hard to tell how a season is going to turn out.”

Peak cold and flu season can be a moving target. While it typically strikes hardest in November and December, its heaviest wallop sometimes carries over into January or February, as was the case this past year.

While a flu shot is one of the most touted preventive measures against contracting the virus in any given season, experts say there are other steps that can be taken to help safeguard against contracting the virus.

Jeffrey Gentile, a primary



care doctor

at Aurora Medical Center in Mukwonago, said the tried-and-true recommendation of staying home from work, school or any other commitment in the public while feeling sick is a great way of preventing the spread of the cold and flu virus.

“I think people tend to forget this all the time,” Gentile said, adding staying active, eating healthy and getting adequate sleep also play an important role, in general, in boosting a person’s immunity.

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# Boot camps don't need to be intimidating

## *Area camps offer a mix of cardio, strength training and calisthenics*

By Karen Stokes  
Special to Conley Media

Boot camp workouts have been around for years. Boot camps can vary with the type of activities but typically a boot camp is a group physical training program designed to build strength through various types of exercise that usually include a mix of cardio, strength training and calisthenics during each session.

John and Lesa Gutenkunst, personal trainers and owners of Menomonee Falls Fit Body Boot camps and Lakeside Fit Body Boot camps in Hartland, believe in a functional-style training boot camp.

"It's an intimidating thing when people hear 'boot camp,'" said Lesa Gutenkunst. "My style of training is functional training so we basically get to the whole entire body. We don't use machines because machines are kind of limited; we

use free weights. Functional training is beneficial for people of all ages."

Lakeside Fit Body Boot camp has a class for those 65 and over. One gentleman is 80 years old.

"The exercises are attemptable for every different level so all of our trainers understand that it's not a one-size-fits-all. If someone has a hip, knee, shoulder or wrist issue we are able to modify those so the client can have a good workout and they're not frustrated. All of our clients need to leave knowing they felt accomplished during an exercise," Lesa Gutenkunst said.

Shannon Johnson, a personal trainer and the owner of All Around Fitness in Glendale said, "In a boot camp, people are more likely to stay involved in the duration of the fitness program if they are in a group that will hold them accountable. Group support and accountability goes a long way with fitness."



Karen Stokes/Special to Conley Media

Trainer John Gutenkunst leads a boot camp class in a plank challenge.

Annette Jackson of Milwaukee wanted to try something different because her body had gotten used to her regular routine. She enrolled in a boot camp class.

"I was very happy with the boot camp; it toned me and built up my stamina," said Jackson. "I would do another one."

"It's basically an all around healthy fitness program," Lesa Gutenkunst said. "Exercise is something we need long term, some people stop and go and get frustrated. Exercise is a lifestyle change we need to incorporate in order to sustain into our later years."



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Karen Stokes/Special to Conley Media

The team gives a group high-five after a boot camp workout. The 45-minute workout consisted of weights, ropes, kettle balls, pull ups and more at six different stations.

# Is it seasonal allergies or dry eye?

(NAPS) – Two of the more common eye-related problems are dry eyes and eye allergies. While the symptoms are similar, there are differences between the two conditions. Sometimes they can occur at the same time, compounding the problem.

That's why it's important to have a medical eye exam to determine the cause of your symptoms so you can get the appropriate treatment. If you're concerned about the cost of the exam, the American Academy of Ophthalmology's EyeCare America program may be able to help.

## Understanding allergies

Seasonal eye allergy symptoms are like dry eye, but itchiness is more common. When you're sensitive to an allergen such as molds, pollen, dust or grass, histamine is released, causing itchy, red eyes that tear or burn. Over-the-counter medications are often effective. You can also take the following steps for relief:

- Limit exposure to the outdoors on high-pollen-count days.

- Wash your face and hands after being outside to reduce the amount of pollen on the skin.

- Don't rub your eyes; it may increase the irritants and make symptoms worse.

## Examining dry eye

Dry eye is a complex disease that has many causes that often overlap and interact. Dry eye can happen when the eye doesn't produce enough tears or when the quality of the tears can't keep the surface of the eye adequately lubricated. It frequently occurs with other health conditions.

People tend to make fewer tears as they get older due to hormonal changes. Both men and women can get dry eye. However, it is more common in women – especially after menopause.

Common symptoms of dry eye disease may include sensitivity to light, dryness and



itchiness, the feeling that something is in the eye, fluctuating vision, eye fatigue and excess eye watering.

Ophthalmologists – physicians specializing in medical and surgical eye care – will prescribe a variety of treatments based on the cause of the dry eye. For many people, though, a few simple lifestyle changes can resolve the problem:

- Try adding moisture to the air with a humidifier.

- Protect your eyes from drying wind by wearing wrap-around glasses outside.

- Add omega-3 fatty acids to your diet for dry eye relief. These are in oily fish (such as salmon, sardines, tuna, trout and anchovies) and in flax-

seeds.

- Use artificial tear ointment or thick eyedrops just before you go to bed.

If your eyes remain red and irritated after trying these tips, see your ophthalmologist.

## About EyeCare America

EyeCare America is a national public service program that provides eye care through volunteer ophthalmologists for seniors 65 and older, and those at increased risk for eye disease. To see if you or your loved ones are eligible, visit [www.aao.org/eyecareamerica](http://www.aao.org/eyecareamerica).

Since 1985, EyeCare America has helped more than 2 million people with sight-saving eye care and resources, and more than 90 percent of the care provided is at no out-of-pocket cost to the patient. The program is co-sponsored by the Knights Templar Eye Foundation, Inc., with additional support provided by Alcon and Regeneron.

## Cold and Flu Prevention

As winter approaches, cold and flu season follow swiftly behind. Here are a few tips to prevent you from catching those pesky viruses as well as a few things you can do if you catch a bug. Washing your hands can be a great way to eliminate germs and avoid the cold and flu. Make sure you are rubbing your hands together with soap and warm water for at least 20 seconds. Another way to stay healthy this season is to ensure you're getting plenty of rest, at least 7 or 8 hours of sleep a night. Eating plenty of fruits and vegetables can also be helpful in boosting your immune system. In addition to these tips, the flu vaccine is highly recommended by physicians and the CDC.

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## How to never miss a day of your medication

(NAPS) – Most people can't go a day without a cup of coffee or checking their email. But with the demands of everyday life it's not surprising that about 50 percent of patients sometimes fail to take their daily medications as prescribed.

According to a new survey by WebMD, over the past six months one-third of respondents either sometimes or most of the time missed taking their medication as prescribed even though 76 percent know it can cause their condition to worsen or symptoms to return.

When asked why they'd missed a dose, 66 percent of survey respondents said that they forgot, 38 percent said they experienced side effects, and 26 percent weren't able to get to the pharmacy to refill their prescription on time.

"Not following a prescription correctly can seriously impact your health," said Jamal Downer, a Walgreens pharmacist. "Your local phar-



macist is an expert who can help you understand your medications and provide tips on how to use tools like smartphone apps that make it easier and more convenient to stay on track."

Steps to help you take your medications include services online, through apps and in store:

■ **Getting help whenever you need it:** A pharmacist is an integral part of your support team, and now they are available anytime via phone. They can answer questions to help you better understand your medications, including side effects and how the other medicines you take and food you eat may interact with another drug.

■ **Setting reminders:** Whether you need a quick prompt to take your pill or a text alert that your refill is available, calendar notifica-

tions and free tools like a pill reminder can help ensure you always have your medication on hand.

■ **Simplifying your refills:** Pharmacists can also coordinate your prescription refills to a single pickup date. Refilling your prescription can be made more convenient by switching to a 90-day supply or setting up automatic refills.

■ **Making refills convenient:** Just like you can order purchases online from your phone, you can have refills shipped directly to your home from certain pharmacies.

From pill reminders to tools for conveniently managing your condition, the answer to improved health and saving money could be in the palm of your hand. Ask your local pharmacist how they can help you stay on track with your medications.



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## Fighting the opioid epidemic

(NAPS) – According to the Centers for Disease Control and Prevention, health care professionals could save more than 130 lives lost to the opioid epidemic each day.

How? With a deeper understanding of pain, pain medication and addiction, especially related to opioids. Communities rural and urban are witnessing a growing and deadly phenomenon, while health care providers feel caught between prescribing guidelines and patients' needs.

To address this issue, doctors, nurses, dentists, physician assistants, pharmacists and other clinicians can take courses from CME Outfitters and USF Health, supported by an educational grant from Johnson & Johnson, that provide strategies for how and

when to prescribe opioids, better understand the biologic underpinnings of pain and addiction, and look at targeted, effective and safe treatment alternatives.

Fighting the opioid epidemic in our communities goes beyond educating the health care professionals who prescribe opioids to educating patients as well. If you are prescribed an opioid:

- Make sure you understand your treatment and what to expect

- Learn how to safely dispose of unused medication

- Understand how to help loved ones struggling with addiction

- Know what lifesaving measures you can take in case of an overdose.

Learn more at [www.cmeoutfitters.com/rx4pain](http://www.cmeoutfitters.com/rx4pain).



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# New survey reveals BP monitoring habits need to improve

(NAPS) – A new survey from the American Heart Association and the American Medical Association shows that 40 percent of people with high blood pressure, or hypertension, report their numbers were still too high at their most recent doctor's appointment, and many don't even know their numbers.

## The problem

HBP occurs when the force of blood flowing through your blood vessels is consistently too high. Ideally, blood pressure should be below 120/80 mmHg. It's considered elevated if the top number (systolic pressure) is above 120 and high if systolic is 130 or higher, or the bottom number (diastolic pressure) is 80 or higher. Uncontrolled, it can lead to heart attack and stroke, and most of the time there are no obvious symptoms.

## What people with HBP can do

Most people say they know

what to do to lower HBP. Yet, according to the new survey, 44 percent of those with HBP didn't know what a high reading is, and 27 percent didn't know what their blood pressure was the last time it was checked. In addition, while 80 percent of those diagnosed with HBP say they take medication, 16 percent of those with HBP believe that as long as they take their BP medication, they don't need to monitor their BP.

"The first step to keeping your numbers under control is knowing what they are," said Sondra DePalma, DHSc, a cardiology PA and certified hypertension specialist. "There are no symptoms of high blood pressure, so you can't rely on how you feel to gauge your levels. You have to take the time – less than 10 minutes – to check it. That's 10 minutes well spent, considering controlled blood pressure can add five years to your life."

"Some people will need medication to keep their



blood pressure numbers in a healthy range," DePalma said. "But that doesn't mean you get a free pass on lifestyle changes to support your blood pressure-lowering therapy. Making healthier living choices helps your medicine work better." DePalma added that under a doctor's care, some people may be able to reduce their medication dose or wean off of it after making consistent progress with lifestyle changes.

Lifestyle changes that help reduce blood pressure include:

- Get regular physical activity: Ninety-150 minutes a week of aerobic activity can reduce systolic blood pressure about 5 mmHg.

- Eat a well-balanced diet low in salt: Eating a diet rich in fruits and vegetables, whole grains and low-fat dairy, such as the DASH eating plan, can drop your systolic pressure up to 11 mmHg. Reducing your salt intake by about 1,000 mg per day has a similar effect on systolic pressure as increasing aerobic activity – dropping it about 5 mmHg.

- Maintain a healthy weight: For about every two pounds lost, your systolic pressure could drop 1 mmHg.

- Work together with your doctor to create a treatment plan.

For more facts and tips about HBP and how to control it, go to [www.heart.org/hbp](http://www.heart.org/hbp).



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# Suspect stroke? Call 911

(NAPS) – A stroke can happen to anyone, of any age, at any time, so it's important for everyone to learn and understand the signs and symptoms of stroke. The condition, also known as a "brain attack," is the fifth leading cause of death in the United States and affects more than 795,000 people each year.

Stroke occurs when a blood vessel that carries oxygen to the brain is blocked by plaque (acute ischemic stroke) or ruptures and bleeds (hemorrhagic stroke). When it comes to treating stroke, every 10 minutes can save up to 20 million brain cells. That's why it is crucial to recognize the signs of stroke and act with urgency. If you suspect stroke, call 911 immediately and seek medical attention.

## Learn the signs to help make a difference

In more than 60 percent of stroke cases, someone other than the patient made the decision to seek immediate treatment. The signs of stroke

can be subtle and hard to recognize, so educating yourself and others is key to noticing and responding quickly to the sudden onset of one or more of them. You might know the BE FAST signs of stroke but would you or your loved ones be able to identify all 10 signs and symptoms?

1. Confusion
2. Difficulty Understanding
3. Dizziness
4. Loss of Balance
5. Numbness
6. Severe Headache
7. Trouble Speaking
8. Trouble Walking
9. Vision Changes
10. Weakness

More than 6.5 million people in the United States are



stroke survivors. If you experience a sudden onset of any of these symptoms or recognize the signs in someone else, don't wait to seek help. It's okay to overreact because when it comes to stroke, the right care – right away – has the potential to save lives.

## Who's at risk?

While certain risk factors of stroke, including age, race,

gender or family history, are out of your control, there are many factors that you can manage to help reduce the chances of having a stroke.

Manageable risk factors of stroke include high blood pressure, atrial fibrillation (AFib), high cholesterol, smoking, diabetes, poor circulation, lack of physical activity, and obesity. Choosing healthy lifestyle choices, not smoking or using tobacco products, limiting alcohol consumption and exercising regularly can help greatly reduce your stroke risk.

Educating yourself on the signs, symptoms and risk factors of stroke, and empowering others to do the same, can make all the difference for someone experiencing a stroke. Trust your instincts and take action. Your quick action can help improve treatment and recovery from stroke.

To learn more about stroke and how to recognize all 10 signs and symptoms, visit [www.strokeawareness.com](http://www.strokeawareness.com).



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# Major changes headed to a product label near you

(NAPS) – If you're like 90 percent of shoppers, you consult the Nutrition Facts panel on food packages before you buy. To make it easier to make informed food choices, the U.S. Food and Drug Administration has developed a new Nutrition Facts label. Here are the seven major new features:

## 1. Increased print size for "calories"

Calorie counts will be easier to see.

## 2. Inclusion of "added sugars"

The FDA currently defines added sugars as "sugars that are either added during the processing of foods, or are packaged as such, and include sugars (free, mono- and disaccharides), sugars from syrups and honey, and sugars from concentrated fruit or vegetable juices that are in excess of what would be expected from the same volume of 100 percent fruit or vegetable juice of the same type." Sugar alcohols, or polyols, provide sweetness but aren't counted

as "added sugars" because they're not sugar. These low-digestible carbohydrates can replace sugar as a lower-calorie alternative. Common polyols include erythritol, maltitol, sorbitol, mannitol, xylitol, lactitol, isomalt and hydrogenated starch hydrolysates.

## 3. Changing "sugars" to "total sugars"

Sugar can be present in healthy foods. This change can help consumers understand the amount of sugar the product contains from any source.

## 4. Removal of "calories from total fat"

Research shows the type of fat (for example, polyunsaturated) is more important than the total calories from fat. Labels still include "Total Fat," "Saturated Fat" and "Trans Fat."

## 5. Increased print size for "serving size" and "servings per package/container"

Portion control remains a problem for many. Increased visibility of recommended



serving sizes can help people make better, more accurate decisions.

## 6. The amounts of Vitamin D and potassium are now required, instead of Vitamins A and C

Based on research from the Institute of Medicine, the new labels will include this information to increase visibility of Vitamin D and potassium requirements. Though voluntary, similar information for Vitamins A and C may still be included.

## 7. Revision of "percent daily

## value" footnote

The new language will specifically state: "The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice." Experts at the Calorie Control Council, a nonprofit association that seeks to provide objective, science-based communications about low-calorie foods and beverages, suggest that this revision may help clarify the meaning of "Daily Value."

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