

# Did You Know . . .

January 2013

## Happy New Year!

Begin 2013 with **S.M.A.R.T.** Health Goals  
*Specific, measurable, attainable, realistic, timely*

### Did you know that ...

Whether it's quitting smoking, exercising more or making healthier meal choices, setting realistic and specific health goals is your first step.

### Specific

Setting a very general health goal is counterproductive—if your goal is to “lose weight,” you are much less likely to achieve it, or even stick with it at all, than if your goal is to “lose 10 pounds by your friend’s upcoming wedding day.” In addition, saying things like “I want to eat healthier” or “I want to eliminate stress from my life” is far too general.

### Measurable

Find a way to measure your progress toward your goal. Record your goal and put it in a place where you will see it regularly, such as on the bathroom mirror, on the refrigerator or on your desk at work. Check in with yourself regularly to measure progress toward your goal—if your goal is to consume a certain number of calories per day, keep a journal of calorie intake so you can monitor your progress.

### Attainable

After setting a goal, plan how you will reach it. If it is a large goal, there may be many steps to complete and phases to go through before you reach your ultimate goal. Going in without a plan will not help you reach that goal—research what you need to do and how to do it.

### Realistic

Don't set impossible expectations for yourself. It may benefit you to set goals in smaller pieces—when you reach one goal, set another, and eventually you will make it to your long-term goal. Starting with small goals and working up to the larger ones may also help your motivation—the feelings of success you'll experience as you achieve the smaller goals will give you motivation to push yourself further.

### Timely

Give yourself a sense of urgency—“I will lose 10 pounds before my friend’s wedding,” rather than, “It would be nice to lose 10 pounds.” Setting a date or time frame in which to complete your goal may help you get in the right mindset to actually achieve it. Be sure you're setting realistic timelines though, so you don't just write the goal off as impossible.

*Set S.M.A.R.T goals now to accomplish what you've been meaning to do for years—don't hold yourself back.*



## Winter Crisp Dessert

Only 1 tablespoon of margarine is used to make the crumb topping of this tart and tangy, cholesterol-free, low-sodium fruit dessert.

- ½ c. sugar
- 3 tbsp. all-purpose flour
- 1 tsp. lemon peel, grated
- ¾ tsp. lemon juice
- 5 c. apples, sliced and with peels
- 1 c. cranberries
- 2/3 c. rolled oats
- 1/3 c. brown sugar, packed
- ¼ c. whole wheat flour
- 2 tsp. ground cinnamon
- 1 tbsp. soft margarine, melted

In a medium bowl, combine sugar, flour and lemon peel; mix well. Add lemon juice, apples and cranberries; stir to mix. Spoon into a 6-cup baking dish. In a small bowl, combine oats, brown sugar, whole wheat flour and cinnamon. Add melted margarine; stir to mix. Sprinkle over filling. Bake at 375 degrees Fahrenheit for 40-50 minutes or until filling is bubbly and top is brown. Serve warm.

*Yield: 6 servings. Each serving provides 284 calories, 6g total fat, 1g saturated fat, 0 mg cholesterol and 56mg sodium. (1 slice of Marie Callender's apple pie (1/8 pie) has 440 calories, 23g total fat, and 208mg sodium.)*

Source: [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)



For Generations

## Doctor Visits — Making the Most of Your Limited Time

Many of us start the new year by making an appointment for a physical exam. Did you know that the average doctor visit lasts only 10 to 20 minutes, and during that short time a great deal of information is shared between doctor and patient. With a little research and some planning, you can make sure you get all you need out of your visit.

### Preparation is the Key

While your time with the doctor may be limited, good planning will help ensure that you both get the information you need. First, find a doctor you feel comfortable with. This will make it easier for you to have open discussions, and ultimately you will receive better care. It is important to ask your doctor questions. You deserve to understand all the information about your condition or treatments.

#### Before the Visit

- Make a list of the questions, symptoms, and concerns that you want to discuss.
- Make a list of any prescription and over-the-counter medications and/or vitamins or other supplements you are currently taking. Include frequency and dosage (grams or mg per dose). Take a copy of the list to give to your doctor.
- If you have seen a different doctor before for a similar problem, arrange for a copy of your medical records to be sent to your current physician.

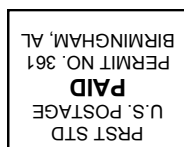
#### During the Visit

- State your problem or concerns first.
- Describe your symptoms clearly to the doctor. Your doctor needs accurate, factual information in order to help. Be open and honest. Some symptoms may be embarrassing, but they may be vital to your diagnosis.
- Make sure that your doctor knows about any allergies you have.
- Describe any past experiences with the same problem.
- If the doctor prescribes medication during the visit, ask the following:
  - \* What is the name of this medication?
  - \* Can a generic drug be substituted?
  - \* What is the purpose of this drug?
  - \* How should I take this drug?
  - \* Are there any potential side effects?
  - \* Are there any other medications (prescription or over-the-counter) that I should avoid while taking this medication?

#### At the End of the Visit

- Be sure you know if you should return for a follow-up visit, and if so when.
- Have the doctor repeat any explanations or instructions that you did not understand. Take notes if it helps.
- Ask how you will be notified of test results.
- Ask if there is anything else you need to know.

After the visit, be sure to fill prescriptions, follow the doctor's instructions, and call the office if you have questions or experience unexpected results.



McWane, Inc.  
1143 Vanderbilt Road  
Birmingham, AL 35234