

FIND YOUR **Healthy Way** MONTHLY NEWSLETTER

Keeping you connected to important health updates, upcoming classes and helpful resources

IT'S NATIONAL NUTRITION MONTH

This year's National Nutrition Month® theme is "Fuel for the Future." We invite you to learn more about an anti-inflammatory diet for a healthier future.

DID YOU KNOW that inflammation can increase the risk of diabetes, obesity, heart disease, cancer, allergic asthma, rheumatoid arthritis, inflammatory bowel disease, chronic kidney disease, COPD, and Alzheimer's disease?

Our registered dietitians and health educators at Regal, Lakeside and ADOC are excited to share some healthy eating habits to help fuel your day!

Ask the Registered Dietitian Nutritionist

Gabriela Espinoza, RDN, CDCES

ADDITIONAL LANGUAGE: Spanish | LOCATION: West Covina



What kind of food can I eat to stay healthy in the future?

An anti-inflammatory diet helps to lower inflammation in the body and prevent sickness and disease. Sometimes our bodies get swollen to help us heal, like when we have a cold. But when the swelling doesn't go away, it can hurt our healthy cells and increase the chance of getting serious illnesses like heart disease, diabetes, cancer, and memory loss. Eating an anti-inflammatory diet is a great way to keep your body healthy.



What is an anti-inflammatory diet made up of?

Anti-inflammatory diets have a lot of vitamins and antioxidants that protect your cells and keep you healthy. Some examples of anti-inflammatory foods are fruits and vegetables, whole grains, beans, healthy oils, nuts and seeds, fish, tea, coffee, dark chocolate, and herbs and spices. Foods to avoid on this diet are sugary drinks, refined carbs, fried foods, high-fat meats, butter, and too much alcohol.



Who can benefit from an anti-inflammatory diet?

Everyone can benefit from an anti-inflammatory diet, but it is especially good for people with heart disease, cancer, memory loss, diabetes, lung disease, kidney disease and autoimmune disorders such as arthritis, lupus, and multiple sclerosis.

Feta-licious Greek Quinoa Salad

This Greek quinoa salad is not just a healthy and nutritious option, it's a flavor explosion!

Don't settle for a bland salad - try this recipe as a lunch or side dish.

- Made with quinoa, a gluten-free grain that provides healthy carbohydrates and protein
- Paired with low-carb vegetables that are bursting with fiber and potassium
- Loaded with vitamins A and C, iron and antioxidants that can help reduce the risk of heart disease and cancer

[Get the full recipe here](#)

Doc Talk:

Heart Health & Hypertension

We invite members in the Thousand Oaks area to join family physician Dr. Lindberg for a Doc Talk about heart health and hypertension. Dr. Lindberg will speak about heart disease, preventing illness during the pandemic, blood pressure and stress management, and heart-healthy nutrition.

Thursday, March 16, 2023 • 10:00 a.m. at Goebel Adult Community Center, Thousand Oaks

[Click here for more information and to RSVP](#)



About Dr. Frederick Lindberg

Dr. Lindberg is a board-certified family physician in the Thousand Oaks area. He is very active in his church and his community, and has completed nearly 20 medical missions in other countries. He enjoys building close relationships and taking care of his patients over the years.

"To really listen to my patients and their needs makes all the difference in making them better." ~ Dr. Lindberg



CASES, HOSPITALIZATIONS & VIRUS MUTATIONS

FROM THE DESK OF



Nirav K. Shah, M.D., Sr. Medical Director

We are currently seeing a surge of COVID-19 cases and hospitalizations in Southern California. Additionally, the coronavirus mutates, and we see the most infectious variants since the pandemic began. The bivalent vaccine is our best defense against the new variants. If you do get COVID-19, please talk to your doctor to seek treatment.



FACTS ABOUT COVID-19



As of January 2023, nearly 93% of total COVID-19 deaths in the U.S. have been among adults 50 years and older while deaths for adults 65+ is at 75%. The number of adults 65 and older who received at least one dose, or were fully vaccinated, has reached 94%.



Treatments including Paxlovid and Remdesivir reduce the risk for hospitalization and death by 50-88% among unvaccinated people and by 45-50% among vaccinated or previously infected people.



There is early, but growing, evidence that COVID-19 treatments may reduce the risk of developing long-term COVID.

For additional information, please visit [COVID.gov](https://www.covid.gov) to find helpful resources including:

- COVID-19 risk factors & variants
- Vaccination sites near you
- Free at-home testing kits
- Find a testing site
- Getting a copy of your digital vaccine record
- Masking requirements by city
- Safety & testing requirements for travel

Congratulations GIFT CARD winners!

Thank you for participating in our last opportunity to win a gift card. Keep an eye out for more chances to win in future newsletters!

We will contact the 2 winners soon with their gift cards.