

THE CLINIC CORNER

SPARTANBURG COUNTY EMPLOYEE HEALTH CLINIC

258 North Church Street, Spartanburg, SC 864-562-4436 Open M-F 7:30AM to 4:30PM by appt

UPCOMING CLASSES/INFO:

JANUARY:

- Thyroid Awareness Month
- Cervical Health Awareness Month
- National Birth Defects Awareness Month

FEBRUARY:

- Heart Health Month www.heart.org
- February 3rd: National Wear Red Day
www.nhlbi.nih.gov/health/hearttruth

MARCH:

- Mobile Mammography Unit coming March 28, 2013 (if you had yours done this way last year, you are eligible to have it done again this way this year)
- Register early; space is limited. Call 864-562-4440 for more info. Watch for breast health classes coming soon! (you will need to attend this class if signing up for the Mobile Mammography Unit to get your registration packet and forms)
- National Nutrition Month

A WORD ABOUT THIS YEAR'S FLU

Many of you received the flu vaccination this year; however, the CDC (Centers for Disease Control) has stated that the flu is a particularly virulent strain this year, and notes that even though you were vaccinated, you may still get the flu - to a lesser degree. There are other Strains not covered in the vaccination out there as well. Norovirus is also to blame for symptoms of nausea, stomach cramping, vomiting and diarrhea, and can cause even more complications if coupled with the flu. Signs and symptoms of the flu include:

- * **Fever (101 or higher)**
- * **Muscle Aches/Pains and Fatigue**
- * **Hot/cold chills**
- * **Cough**
- * **Runny/stuffy nose and headache**

It is important to drink plenty of fluids (water, gatorade, etc.) during times of illness. Caffeinated beverages will dehydrate you more, so refrain from these until feeling well. Many over the counter remedies can help ease the symptoms of the flu. If prescribed Tamiflu, take as directed in conjunction with the over the counter remedies. To help prevent spread of disease, wash your hands frequently (every ½ hr or so), cover cough/sneezes with your arm - not your hand, if you use a tissue, throw it away. Get rest. Eat well, and if you're sick, stay home to prevent spread to others.

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■ CLINIC QUICK TIPS

- Always make sure that if you need a medication refill, you have your bottle with you, with the correct name and dose of the medications and how it's supposed to be taken. We cannot refill something if **YOU** don't know what you're taking!
- Grab a Medication Reconciliation Form while you're at the clinic next time and fill it out; you can give copies to all of your doctors for your records!

■ NEW YEAR, NEW YOU!

- Let us help you get healthy! Call Connie Battleson, NP at 864-562-4440 at the clinic to discuss weight loss options with Take Shape for Life / Medifast!
- 36% of American adults are overweight according to a new Gallup poll

Tuna Noodle Casserole

- Use reduced fat soup and fat-free milk to make this favorite casserole lower in fat and calories. Adding a variety of vegetables makes it more nutritious than the traditional recipe.
- MAKES: 4 servings
- SERVING SIZE: 1 cup
- CARB GRAMS PER SERVING: 27

Nutrition Facts Per Serving:

- Servings per Recipe: 4
- cal.(kcal): 222
- Fat, total(g): 4
- Chol. (mg): 45
- Sat. fat (g): 1
- carb.(g): 27
- fiber(g): 2
- pro.(g): 18
- Sodium (mg): 685

Diabetic Exchanges

- Vegetables (d.e): 1
- Starch (d.e): 2
- Very Lean Meat (d.e): 2
- Fat (d.e): 1
- 2 cups dried medium noodles (3 ounces)
- 2 cups sliced fresh mushrooms
- 1 cup loose-pack frozen broccoli stir-fry vegetables
- 3/4 cup chopped onion
- 1 10 3/4 ounce reduced-fat and reduced-sodium condensed cream of mushroom soup
- 3/4 cup fat-free milk
- 2 teaspoons snipped fresh dill or 1/2 teaspoon dried dill
- 1/4 teaspoon salt
- 1 6 ounce can solid light tuna (water-pack), drained and broken into chunks
- 2 tablespoons grated Parmesan cheese
- **1.** Preheat oven to 375 degrees F. In a large saucepan, cook noodles, mushrooms, stir-fry vegetables, and onion in a large amount of boiling water for 3 minutes. Drain; return to saucepan.
- **2.** In a medium bowl, stir together cream of mushroom soup, milk, dill, and salt. Stir into noodle mixture. Fold in tuna. Spoon mixture into a 1-1/2- to 2-quart oval or rectangular baking dish. Bake, covered, for 25 minutes.
- **3.** Uncover; sprinkle Parmesan cheese over tuna mixture. Bake, uncovered, about 5 minutes more or until heated through. Makes 4 (1-cup) servings