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January is Cervical Health Awareness Month

Cervical Health Awareness Month

Get regular Pap tests

healthfinder.gov

HPV, the human papillomavirus, is the most common sexually transmitted disease. It's also a major cause of cervical cancer. About 79 million Americans currently have HPV, but many people with HPV don't know they are infected.

The good news is HPV can be prevented by the HPV vaccine.

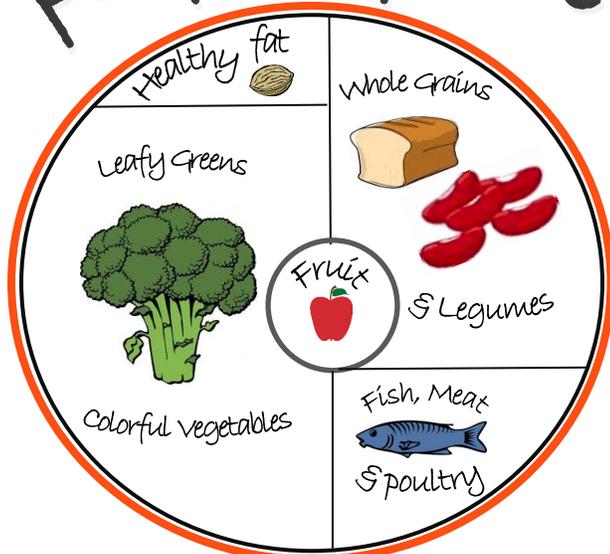
Cervical cancer can often be prevented with regular screening tests called Pap tests and follow-up care.

In honor of National Cervical Health Awareness Month, The Department of Health and Human Services recommends that:

- ⇒ Women start getting regular Pap tests at age 21
- ⇒ Women get the HPV vaccine before age 27
- ⇒ Parents get their pre-teens the HPV vaccine at age 11 or 12
- ⇒ Men get the HPV vaccine if you are under age 22

For more information visit: www.healthfinder.gov

Perfect Plate



January Recipe

KALE & APPLE SALAD WITH GOAT CHEESE



SALAD PREPARATION

In a large bowl toss together:

- 1/2 bunch kale, stems removed and leaves torn into bit sized pieces (about 4 cups)
- 1 romaine heart, torn into pieces
- 2 large radishes, thinly sliced
- 1 Fuji apple cored and thinly sliced
- 1/2 cup pomegranate seeds
- 3 oz. fresh goat cheese, crumbled

DRESSING PREPARATION

Mix:

- 1 small shallot, minced;
- 1 tbsp. apple cider vinegar;
- 1 tsp. Dijon mustard;
- 1/2 tsp salt;
- 1/2 tsp pepper;
- whisk in 3 tbsp. olive oil

Only use 1/2 of the dressing and store the rest.

Serves: 6

Recipe compliments of: *Dr. OZ Magazine*

TIP CORNER

- **ADD SOY:** Soy is a great source of fiber and protein, but if you are going to add soy to your diet be sure to buy organic soy. It is estimated that 93% of soy in the U.S. is genetically modified. Some experts believe that genetically modified foods, GMOs, can trigger allergies.
- **HEADACHE HELP:** If you suffer from headaches be sure you get enough sleep. Studies show that people who do not get enough sleep suffer from headaches more often than those that get 8 hours per night.
- **T.V. TIME:** According to a new study in the *Journal of the American Heart Association*, you maybe twice as likely to die prematurely if you watch T.V. for three or more hours per day.

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WEIGHT CYCLING

Recent studies have shown that women who yo-yo diet or weight cycle, have a higher risk of heart disease beginning shortly after menopause. This is especially true if weight cycling occurs five or more times during their life.

It is believed that when people gain and lose weight repeatedly, the cells that line the blood vessels become damaged so blood can't flow freely to the heart which can lead to a heart attack or stroke.

In addition, women who yo-yo diet usually gain back more weight than they had originally lost due to the shame and stress involved with gaining the weight back. This can lead to more eating and binge eating.

Doctors agree that the best way to lose weight and keep it off is through a gradual, consistent loss of one to two pounds per week. Not only does it help keep the weight off, it's healthier for you.

Happy New Year

45%

Percentage of Americans who usually make New Year's resolutions.

8%

Percentage of Americans who are successful in achieving their New Year's resolutions.



HIGH INTENSITY INTERVAL TRAINING

HIIT is an enhanced form of interval training, an exercise strategy alternating periods of short intense anaerobic exercise with less-intense recovery periods.

These short, intense workouts provide improved athletic capacity and condition, improved glucose metabolism and improved fat burning.

If you are interested in HIIT training look for a Tabata class at your local gym.

THYROID TESTING

Your thyroid is a butterfly shaped gland located in the front of your neck that regulates your metabolism.

When your thyroid sends out too little or too many hormones you then suffer from a thyroid disorder.

Some of the symptoms include being overly tired day after day, brain fog, weight gain, chills, hair loss and depression. These symptoms are associated with a hypothyroidism

Just the opposite is true for a hyperthyroidism. Symptoms include feeling revved up, sweaty, and anxious.

A simple blood test can diagnose thyroid disorders.

Some doctors are now recommending that people get a blood test that acts as a snapshot of the thyroid at age 35 and annual tests after age 40.

During routine testing two hormone levels will be checked, TSH and T4. If those tests come back negative you should push for a T3 test which is another thyroid hormone.

*Written by: Lisa Sundström
 Wellness Director*