

President's Post

Don't Delay Your Care

This article has been adapted from the original that appeared in the May 26, 2021 edition of Emanate Health's - ***The Source***.

With COVID-19 cases and hospitalizations shrinking, we invite our many community members to return to see their doctor for their health care needs. Are you experiencing chest pain, or shortness of breath? Are you having discomfort in your hips or knees when walking? Are you tired of wondering what the growth is on your arm? Are you having trouble with your blood sugar levels? **Please don't delay your care!**

Preventative care is the best way to stay healthy. It is important to diagnose hidden medical issues and help manage chronic illnesses before they worsen, **especially for our seniors**. In addition, our children or grandchildren need pediatric care more often than ourselves as their young bodies are growing and changing so quickly.



The doctors at Emanate Health will monitor their transformation from youngsters to pre-teens, and teenagers to ensure their patients are meeting their developmental milestones.

Please make sure to schedule a physical check-up with your physician to assess your current condition. For those who live in the San

Gabriel Valley and need a doctor, visit www.Emanatehealth.org/doctors/ or call 626.483.4310 to schedule an appointment at Emanate Health Care Center, a multi-specialty outpatient clinic in West Covina (adjacent to the Emergency Department at Queen of the Valley Hospital). Live outside of Emanate Health's service area? Google your local hospital, they will have a list of doctors who can help you and your family

members with their health care needs.

We know how important it is to manage your health and doctors' appointments. Remember, it is time, please don't delay your care!

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Health Benefits of Fresh Summer Fruits

This article addresses the nutrients and the advantages and disadvantages in summer fruit that is now available at your favorite market. Also, what benefits these fruits give you because when it comes to food, variety is not just the spice of life, it is also the key to health!



The Importance of Being Vaccinated

With more of us becoming vaccinated against COVID-19, there is still a large percentage of the public who have not gotten their shots. There is a COVID-19 variant called “Delta” that has spread to nearly 100 countries around the world. According to Dr. Anthony Fauci, “The Delta variant is the greatest threat in efforts to eliminate COVID-19 in the U.S.” As of this writing, the good news is that the Moderna and Pfizer vaccines have shown to be effective against the variant.

Though it may be early to think of the upcoming flu season, it will be here sooner than we would want to deal with it. Even more reasons to remember and maintain the three W’s:

Wear your mask

Watch your distance

Wash/sanitize your hands



Sad News

It is on a sad note that I end this quarter’s column. On March 29, Breath Savers lost one of our stalwart members and volunteers. Maureen (O’Hara) Buzzerio passed away at the age of 81. Although we are all saddened to have lost her, we and her family are happy to know that Maureen can finally be free from her battle with COPD. We are so proud of how she fiercely battled the disease and helped set new standards for future lung transplant recipients.

To all who knew her, Maureen was such a gift to us with her smile and laughter, and so generous with her time helping the Breath Savers with our newsletter. She was a champion in her fight for her lung transplant. We will certainly miss her. We send our condolences to her family as they endure their loss.



In memory of Maureen, if you wish please donate to:

Emanate Health Foundation
Maureen Buzzerio-Breath Savers
1041 W. Badillo St., Suite 106
Covina, CA 91722-4194

Please make checks payable to Emanate Health Foundation.
Please note on your check, For Maureen.

Please be well,

Pat Jones
President, Breath Savers

The health benefits of fresh summer fruits



Nutrition Basics

There is no single perfect food that will give you all the nutrients you need. That is why the Academy of Nutrition and Dietetics and the American Heart Association recommend that you eat a wide variety of foods every day. It's thought that the high amount of Vitamin C and antioxidants that fresh fruit contain can help treat people with asthma. One study from 2000 found that there was a beneficial effect on the lung function among those who consumed fresh fruit regularly. Fresh fruit may reduce wheezing in susceptible children.

Oranges, for example, are a great source for Vitamin C and folate (which helps the body produce healthy red blood cells); however, you will not get Vitamin B12 from an orange. Cheddar cheese will give you B12, along with calcium, but if you just eat cheese, you will not get Vitamin C.

So, to get different kinds of nutrients you must eat a wide variety of foods.

Why are nutrients important? We simply cannot live without these critical nutrients in our diet. All the food we eat breaks down into nutrients, according to the Academy of Nutrition and

Dietetics. These nutrients are absorbed into our bloodstream and are distributed throughout our body's cells.

Before moving on, some definitions of the most important nutrients and their functions include:

Carbohydrates: Carbohydrates, sometimes called "carbs," are a necessary source of energy, or calories. But, some carbs are better for you than others. Soft drinks are a form of carbohydrates (because of the sugar content), but so is whole-wheat bread. Although the former doesn't offer much than calories, with the latter you also get fiber, minerals and vitamins.

Fats: Fats sometimes get bad press. But, like carbs, fats are a necessary nutrient. Try to avoid saturated fats and trans-fat, which can both contribute to heart disease. That means cutting back on high-fat meats, fast food, full-fat dairy products (milk, yogurt and cheese), processed foods (chips and crackers). The healthiest fats are unsaturated, such as those found in vegetable oils, most nuts (hazelnuts, walnuts, pistachios and pecans), avocados, olives and fatty fish (salmon).

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The first wealth is health.

**- Ralph Waldo Emerson
American Essayist**

Proteins: Proteins, also known as amino acids, are part of every cell on our body, according to the Academy of Nutrition and Dietetics. Our skin, muscles, bone and organs are all made of proteins. Like carbs and fats, proteins also are a source of energy. Foods high in protein include meats (beef, poultry, pork, fish and shellfish), dairy products, as well as beans, peas and nuts.

Vitamins: Different vitamins all have various roles to play in a healthy diet. Each plays such a specific function that no one can replace any other, according to the Academy of Nutrition and Dietetics. Fruits and vegetables are good sources of vitamins.

Minerals: As with vitamins, different minerals play a part in a healthy diet. Calcium, found in dairy products and some leafy vegetables, keep bones strong. Potassium, abundant in tomato products and lima beans, aids muscle and nerve function.

Water: Water makes up approximately 60 percent of our body. It aids in a myriad of bodily functions, including regulating our body temperature to expelling waste.

All Things in Moderation: As good as these nutrients are for us, too much will start having a negative effect with our body and thus our health. This theme will be carried through the rest of the article, highlighting the advantages and disadvantages of summer fruit.

Mangos

Mangos should be considered a superfood because of all the fiber, vitamins, and the fantastic flavor it presents! In addition to having all sorts of vitamins and minerals, mangos are low in fat and only have about 70 calories per $\frac{3}{4}$ cup serving.



**Eat breakfast like a king,
lunch like a prince &
dinner like a pauper.**

- Adelle Davis
American Author

Mangos are good for a healthy heart, your blood pressure, they benefit your skin, your digestion, your eyes, your immune system, and mangos can reduce your risk to cancer.

Overeating mangos may cause diarrhea. Mangos have a high natural sugar content, which will raise your blood sugar and therefore diabetics

should consume mangos in moderation. Not a staple of our diet, some people may be allergic to mangos.

They may experience watery eyes, runny nose, breathing problems abdominal discomfort, sneezing, etc.

Grapes

Grapes are easily available in summertime. They are high in antioxidants. They help lower cholesterol, prevent eye degeneration, aid in digestion, can help in relieving asthma, and they are good for a healthy brain. Grapes fight against breast cancer and grape juice helps in relieving migraines.



What color grapes are the healthiest? The health benefits of black grapes (Concord grapes are black grapes) have been studied extensively. The chemicals they contain can give you healthier hair and skin, improve your heart health, and even protect your cells against cancer. Some varieties of black grapes are much higher in antioxidants than green or red grapes.

All things in moderation. Grapes have the highest levels of sugar of any fruit. Remember raisins are dried grapes. This may negate any health benefits and increase your risk of weight gain. Those who struggle with diabetes should remember grapes are not your friend.

Watermelons



This delicious fruit is about 92 percent water and belongs to the cucurbitaceous family, which counts among its members pumpkin, squash, and cucumber, among others.

Watermelon is unique as it is considered both a fruit and a vegetable. It not just tastes wonderful, but also has numerous health and beauty benefits to offer. It is fat free and is an excellent source of Vitamins A, B6 and C, contains potassium (helps maintain electrolyte function, keeps our heart healthy and makes our bones and muscles stronger), and beneficial plant chemicals like lycopene (gives fruits their red color) and citrulline. The fiber content in watermelon makes it an amazing fruit for weight loss.

Lycopene is a cancer prevention agent. Watermelons are helpful with macular degeneration, watermelons regulate blood pressure, they are useful in kidney disorders, and it has anti-inflammatory properties.

As with all things in moderation, watermelon in large quantity can cause harm to your body. As beneficial as lycopene is, it will cause digestive problems and the fiber can cause diarrhea. Watermelon contains sorbitol, which, is a sugar compound known to encourage loose stools and gas issues. Too much of potassium can lead to cardiovascular problems like irregular heartbeat and weak pulse rate.

Strawberries

Strawberries' healthy gifts are Vitamin C, folate (Vitamin B9 is important in red blood cell formation and for healthy cell growth and function), potassium (heart health), fiber and magnesium (improves brain health & function).



Strawberries helps with weight loss, reduces hypertension, prevents birth defects, works to prevent hair loss, have anti-aging properties, assist in improving vision, fight inflammation, and ripe strawberries taste great!

The strawberry contains a good amount of histamine and also have elements that can cause dizziness, nausea and itching. If you have a fruit allergy, then it is important to avoid consuming strawberries. Too much fiber can harm the body as it blocks nutrition absorption, not just that it can harm your digestion too. Too much potassium may lead to cardiovascular problems.

Remember moderation, no more than a cup of strawberries!

Blueberries

Blueberries are another superfood. The berries are native to South America and have been part of the human diet for about 13,000 years. Besides digestion



health, another benefit of blueberries is their impact on bone health. They are rich in calcium, iron, magnesium, phosphorus, zinc, and Vitamin K, which all work to strengthen bones and maintain bone structure. In addition, this delicious fruit improves our mental health, is good for our skin, they help lower our blood pressure, and is suitable for diabetic patients.

Blueberries contain a high amount of salicylates, an active ingredient used in the formation of aspirin. Those who are allergic to salicylates should stay away from blueberries.

Exercising moderation, Vitamin K is greatly beneficial to our body, however, too much will bring on pulmonary issues, rash, and bleeding/bruising. Blueberries are not suitable for individuals taking anticoagulant medication.

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Kiwis

Kiwifruits are another superfood for our summer enjoyment. It has a thin, fuzzy, fibrous, tart but edible light brown skin and light green or golden flesh with rows of tiny, black, edible seeds. The fruit has a soft texture with a sweet and unique flavor.



This delicious fruit is packed with many health benefits. Vitamin C, Vitamin A, Vitamin B6, calcium, iron, and magnesium. All these vitamins and minerals are incredibly good for our overall health.

Kiwis are considered to be the best of summer fruits for the following health gifts: Kiwis improve our hemoglobin levels in our blood, create alkaline balance in our bodies, they are good for liver health, help in preventing irritable bowel syndrome, improve heart health, are good for healthy hair and skin, and are known to help with insomnia.

With all fresh fruits, consumption in moderation is necessary as too many kiwis will cause allergic reactions (rash, swelling of limbs and mouth), problems with pancreatitis, diarrhea, and those who are allergic to latex will develop an allergic reaction to kiwis.

Guava

If you want some sweet and sour fruit with a bite, you will surely go for guavas. Maybe it is not a favorite fruit by many, but it is extremely popular in tropical countries. Guavas are rich in Vitamin C and contain carotene (nutrient that our body converts to Vitamin A, good for eye health), folate (promotes cell growth) and magnesium (needed for hundreds of biochemical reactions in our bodies).



Guavas help with digestive issues, good for your eyesight, stress reduction, and are healthy

for your heart and brain. Guava aids in weight loss and has anti-aging properties.

Too much guava, again all things in moderation, generates excess stomach gas, diarrhea, and not recommended for diabetics.

Enjoy these and other summer fruits; but, due to the high natural sugar content on fruits, diabetics should consume them in moderation. Reach out to your physician or a registered dietitian for more advise on how much fruit can be consumed.

All things in moderation!



Sources

This article has been reviewed and edited for accuracy by:

Remi Hayashi, MS, RD Director of Food and Clinical Nutrition, Emanate Health Queen of the Valley Hospital

Angana Shah, MS, RD Director of Food and Clinical Nutrition, Emanate Health Inter-Community Hospital

www.emanatehealth/health-library/nutrition

[www.12 summer fruits and health benefit of all summer fruits - youthfeed.org](http://www.12summerfruitsandhealthbenefitofallsummerfruits-youthfeed.org)

[www. Goodhealthall.com](http://www.Goodhealthall.com)

www.stylecraze.com

www.healthline.com

The Sunshine Corner

SUMMER



It doesn't get easier.
You just get stronger.
Lauren Gleisberg



Don't use your energy
to worry.
Use your energy to
believe, create, trust,
grow and heal.



Discipline is choosing
between what you
want now and what
you want most.
- Abraham Lincoln



Remember,
don't let anyone or
anything steal
away your joy.



Every morning you have
a new opportunity to become
a happier version of yourself.



If you feel like you're losing
everything,
remember that trees
lose their leaves
every year and still they
stand tall and wait
for better days to come.

A grateful heart is a
magnet for miracles.



Brain Teaser
**What gets wetter the
more it dries?**

A towel.

Emanate Health Inter-Community Hospital

210 W. San Bernardino Road

P.O. Box 6108

Covina, CA 91722-5108

ADDRESS CORRECTION REQUESTED



SENIOR EDITOR: Pat Jones

ASSISTANTS: Rita Sullivan
Lucy Brejcha

CIRCULATION: Rita Sullivan

ADVISOR: Toni Baliton

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