

THINGS TO REMEMBER

January

National Birth Defects Prevention Month
Cervical Health Awareness Month
National Blood Donor Month

February

American Heart Month
National Cancer Prevention Month
National Condom Month

March

National Nutrition Month
National Kidney Month
Learning Disabilities Awareness Month

April

National Child Abuse Prevention Month
National Counseling Awareness Month
National Family Planning Awareness Month

Note from the CEO:

"I am pleased to welcome you to the new TCA Health newsletter. Our goal is to help you stay informed of TCA Health news, activities and events. The New Year brings about resolutions and fresh ideas. We hope that the quality of your health is at the top of that list. TCA is committed to remaining the preeminent health provider that serves the community. We thank you for our continued success and look forward to seeing you soon."

Veronica E. Clarke

TCA HEALTH, INC.

QUARTERLY NEWSLETTER

SOCIAL MEDIA



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UPCOMING EVENTS

The cadets at Carver will have the opportunity to receive dental health education. They can also get a full vision and dilated eye exam at no cost. They will also get to pick out their own free pair of glasses!

Freshman and sophomore cadets will be attending and participating in a 5-week health seminar on reproductive health.

Spring Open House – TCA Health will be holding an open house on Good Friday. Stay tuned for more details!

TAKE YOUR BLOOD PRESSURE PILLS AS PRESCRIBED AND LIVE LONGER!

Almost anyone who takes meds for high blood pressure — or has a spouse, parent or pal who does — likely will recognize this reaction: Do I really need to take this pill forever?

What eventually gets to so many people taking hypertension drugs is this: You don't feel younger. You don't look younger. You just fork over money every month. There are moments when you're beyond unconvinced that swallowing one more pill is worth it. IT IS!! Note capital letters. And exclamation points! Still, we get that font theatrics or another set of medical reassurances may not cut it. So try this:

Smack in the middle of the holidays, some startling news arrived: Drugs that bring down your blood pressure don't just put off heart trouble for a while. For every month you take them, they add a day to your life — or as we say, zees pills add life to your years. Take 'em for 20 or 30 years (hardly unusual) and you're talking lots more days. Enough time to finish that book, celebrate your 75th anniversary (it's diamonds, BTW) and get to really know your great-grandkids. We're not even factoring in the time you're adding by taking your vitamin D-3 and DHA omega-3s, chucking the Oreos and walking daily with a buddy.

**CALL TCA HEALTH TO MAKE A BLOOD PRESSURE SCREENING APPOINTMENT TODAY
(773) 995-6300**



1029 E. 130th Street
Chicago, Illinois 60628
Phone (773) 995-6300

8:30 a.m. — 5:30 p.m. Mon/Thurs/Fri
10:00 a.m. — 5:30 p.m. 1st & 3rd Tues
8:30 a.m. — 5:30 p.m. Every other Tues
8:30 a.m. — 6:30 p.m. Wed
9:00 a.m. — 1:00 p.m. Sat

www.TCAHealth.org

PROVIDER SPOTLIGHT



Dr. Nicole Burton, Pediatrician

Dr. Burton came on as a provider with TCA in November 2011. She works alongside Dr. Scott as a pediatrician. Call TCA Health today and make an appointment for your child to see her!



We at TCA Health held our Winter Open House in December, and it was a success! Current clients as well as new patients were treated to refreshments, a tour of the facility and pictures with Santa. Thanks for coming out!


WINTER OPEN HOUSE!

DECEMBER 22, 2011



5 TIPS FOR HEALTHIER EATING IN 2012

- 1. Build a better plate.** The Healthy Eating Plate is made up of one-half vegetables and fruits, one-quarter whole grains, and one-quarter healthy protein. "Whole" and "healthy" are important words here. Refined grains (think white breads, pastas, and rice) have less fiber and fewer nutrients than whole grains, such as whole-wheat bread and brown rice. Healthy proteins include fish, poultry, beans, and nuts. Many studies have shown that red meats and especially processed meats are linked with colorectal cancer — and that you can lower your risk for heart disease by replacing either type of meat with healthier protein sources. So eat red meats sparingly and avoid processed meats altogether.
- 2. Pile on the vegetables and fruit.** Vegetables and fruits are high in fiber and contain many vitamins and minerals as well as hundreds of beneficial plant chemicals that you can't get in supplements. Diets rich in vegetables and fruit can benefit the heart by lowering blood pressure, cholesterol levels, and inflammation and improving insulin resistance and blood vessel function. In long-term observational studies, people who eat more fruits and vegetables have a lower risk of heart disease, diabetes, and weight gain, and those who eat more fruit also have a lower risk of stroke.
- 3. Go for the good fats.** Saturated fats and trans fats boost LDL cholesterol and triglycerides, increasing your risk of heart disease. Worse still, trans fats reduce your "good" HDL cholesterol. As long as you replace bad fats with good ones, you can get up to 35% of your calories from fat.
- 4. Eat whole grains.** Whole grains retain the bran and germ of the natural grain, providing healthful fiber, vitamins and minerals, antioxidants, and phytochemicals. Many of these substances are removed from refined grains, such as white bread and white rice, and are barely present in starches such as potatoes. These changes increase the risk of heart disease and diabetes. The rapid rise and fall of blood sugar and insulin can also make you hungry, raising the risk of weight gain.
- 5. Drink water.** Many foods contain water, but it can be helpful to drink with meals or as an alternative to snacking. A reasonable goal is 4 to 6 cups of water a day. Hint: As you add whole grains to your diet, water helps move the fiber smoothly through your digestive tract, reducing the chances of constipation.



WINTER WISHES

SNOWCONE'S SUGAR COOKIES

3 C.	Flour	1/4 tsp.	Salt
3/4 tsp.	Baking Powder	1 C.	Sugar
1 Tbsp.	Milk	1	Egg
1 C.	Unsalted Butter <i>softened</i>	Powder Sugar <i>to roll out dough</i>	

Mix together butter and sugar, until smooth. Next, add the egg and milk, beat to combine. With the mixer on low speed, add the dry ingredients and blend until the dough pulls away from the side of the bowl. Refrigerate for 1 hour. Preheat oven to 375°. Sprinkle a surface with powder sugar and roll out the dough to a 1/4 inch thickness. Cut the dough into snowflakes and place on a baking sheet lined with a silicone baking pad. Bake for 7-9 minutes or until light brown.