

PEAS AND CARROTS

Indiana FSSA's Division of Aging

November 2021

Lung Health and Respiratory Care

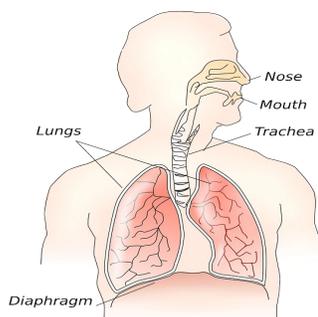


Image by OpenClipart-Vectors

The respiratory system consists of airways, blood vessels, organs (lungs), tissues, bones, and muscles that all work together to help you breathe.

The respiratory system takes in and moves oxygen all over the body and removes harmful gases such as carbon dioxide. It has other functions such as warming the air that you

breathe in to match your body temperature and moisturizing that air to the humidity that your body needs, protecting your airways from irritants and other harmful substances, and allowing you to talk and to smell.

There are many conditions that can affect the respiratory system such as allergies, asthma, and infections such as pneumonia, bronchitis, colds, or influenza, diseases such as lung cancer, chronic obstructive pulmonary disease (COPD), aging, and damage.

Lung function typically declines around the age of 35 and continues to gradually decline as you age. Natural aging changes include weakening of muscles like the diaphragm, loss of elasticity in lung tissue, and changes in the size of your ribcage bones.

Ways to keep your respiratory system healthy should include: not smoking, including lots of fruits and vegetables in your diet along with drinking water, exercising regularly, washing hands to prevent infection, getting an annual flu vaccine and/or pneumonia vaccine, and avoiding pollutants such as secondhand smoke, chemicals, radon, dust, and fumes.

Further study on the effects of diet and lung health is needed. There are different diet recommendations for different lung conditions such as asthma, COPD, cancer, cystic fibrosis, sleep apnea, and infections.



Image by Devon Breen

A consultation with your doctor and a Registered Dietitian is recommended. However, the following tips can help maintain good lung health: high intake of fruit, vegetables, and fish (oily fish), eating foods high in antioxidants and magnesium (blackberries, sweet potatoes, carrots, spinach, broccoli, kale, red and green peppers, walnuts, pecans, coffee, tea, cereals, seafood).

“Keep your vitality. A life without health is like a river without water.”

- Maxime Lagacé

In This Issue

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small
steps **big**
difference

PREVENTING
DIABETES
IS WITHIN
YOUR REACH



Prediabetes is a serious health condition that puts you at an increased risk for developing type 2 diabetes. Prediabetes affects more than 1 in 3 U.S. adults—that's 88 million people—but most people don't know they have it.

The good news is that by making healthy lifestyle changes, it is possible to manage or reverse prediabetes and prevent it from turning into type 2 diabetes.

Follow these tips to manage your prediabetes

01



Take small steps.

Making changes to your lifestyle and daily habits can be hard, but you don't have to change everything at once. Start small.

02



Move more.

Limit time spent sitting and try to get at least 30 minutes of physical activity 5 days a week. Start slowly by breaking it up throughout the day.

03



Choose healthier foods and drinks most of the time.

Pick foods that are high in fiber and low in fat and sugar. Build a plate that includes a balance of vegetables, protein, and carbohydrates. Drink water instead of sweetened drinks.

04



Lose weight, track it, and keep it off.

You may be able to prevent or delay diabetes by losing 5 to 7 percent of your starting weight.

05



Seek support from your doctor.

People are more successful at managing their prediabetes if they have regular contact and support from trusted health care professionals.

06



Stay up to date on vaccinations.

The COVID-19 and flu vaccines are important for people who may be more likely to get very sick from COVID-19 or the flu, such as people with diabetes.

Visit niddk.nih.gov for more information on managing prediabetes.

 **Website**
niddk.nih.gov

 **Email**
healthinfo@niddk.nih.gov

 **Phone**
[1-800-860-8747](tel:1-800-860-8747)

 **TTY**
[1-866-569-1162](tel:1-866-569-1162)

   
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PREDIABETES

PROTEIN

PULMONARY

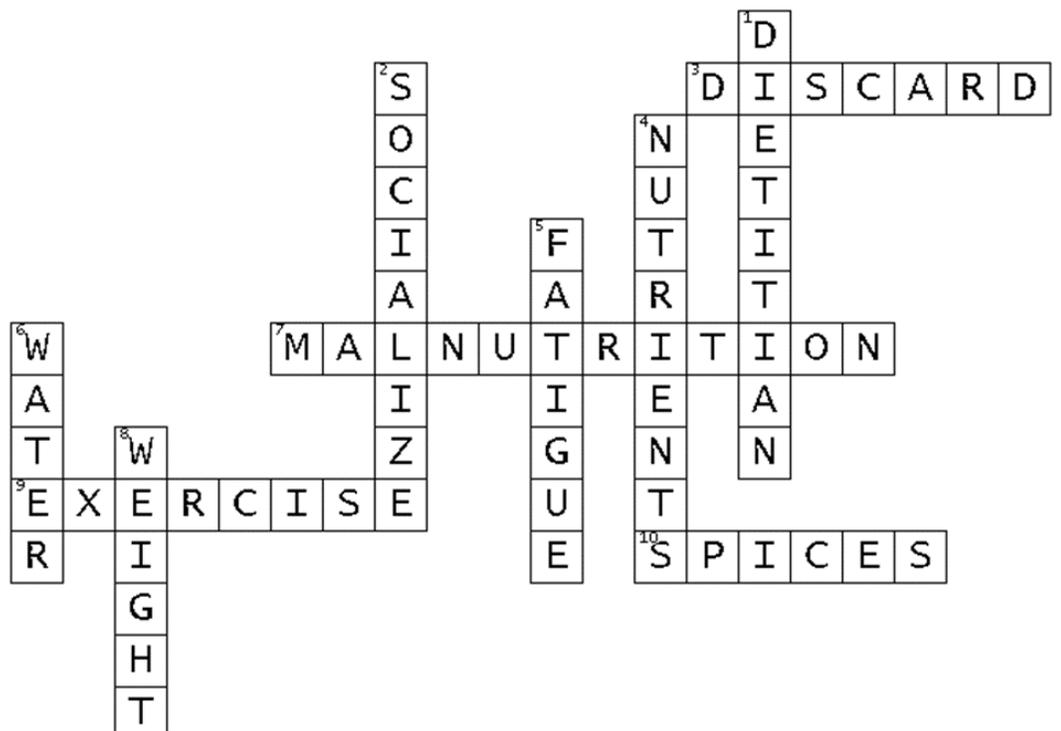
REVERSE

SUPPORT

VEGETABLES

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Answer to last month puzzle



Tuna Salad Avocado Bowls

Recipe Courtesy: Elaine Magee, MPH, RD, retrieved from: https://www.diabetesfoodhub.org/recipes/tuna-salad-avocado-bowls.html?home-category_id=28

Servings: 2

Serving Size: 1 stuffed avocado half

Nutrition Information:

Calories: 320, Total Fat 23g (includes 3.5g Saturated Fat), Cholesterol 40mg, Sodium 420mg, Total Carbohydrate 11g (Dietary Fiber 7g, Total Sugars 2g), Protein 22g, Potassium 740mg, Phosphorus 410mg

Ingredients:

6 oz canned tuna or salmon, packed in water (drained)
2 tbsp plain nonfat Greek yogurt
1 tsp olive oil
2 tbsp chopped scallions or other onion
1 tbsp chopped green olives
1 tsp lemon zest
2 tbsp chopped toasted walnuts or other nuts
1 large avocado (sliced in half, pit removed)

Directions:

1. In medium bowl, toss together salmon or tuna, yogurt, olive oil, onion, green olives, lemon zest and toasted nuts. Stir the mixture to blend everything well. Spoon half of the mixture into each of the avocado halves and serve.

Contact Us

By phone:

1-888-673-0002

Monday - Friday

8 a.m. to 4:30 p.m. EST

Visit us online:

www.in.gov/fssa/2329.htm

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