



Green pea fritters

THE Y AXIS



### Talk with a Doc



Ever put off going to the doctor because of your schedule?

Come on.

You should really get that checked out. Lack of time is a poor excuse.

Seriously. Telemedicine makes it possible to talk with a doc from your smartphone, tablet, or computer.<sup>1</sup>

This is how more than 10 million Americans are treated for minor health problems. Like what? The common cold, a urinary tract infection, skin problems, or even mental health disorders, for example.



You can talk to a doctor by phone or video. Get a diagnosis and treatment plan.

Medicine can even be sent to your home or nearest pharmacy. And more health plans now cover telemedicine visits.

### COMMENTS?

Send comments to the editor:  
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## Eat More Legumes to Beat Hunger

Protein and fiber in beans helps you feel full

Beans for breakfast. Ever thought about that?

Cereal, fruit, toast, donuts, or the coffee shop drive-thru might be your go-to plan for breakfast. Or maybe you skip breakfast. What you eat (or don't eat) to start the day can have an impact on your appetite, according to a recent study.<sup>2</sup>

Researchers fed a group of 43 people one of three breakfasts over several weeks. A meat patty with mashed potatoes, a bean patty with mashed peas, or a bean potato patty with mashed peas. Three hours after breakfast, the people rated their hunger. Then they were all served the same lunch (pasta with meat sauce). They could eat as much lunch as they wanted, but researchers did keep track of how many calories they consumed.



Beans count

What happened? People who had a bean patty with mashed peas for breakfast ate 12 to 13 percent fewer calories for lunch than the other groups. They also reported feeling less hungry between breakfast and lunch.

Want to improve your diet and control hunger? Eat beans for breakfast. Try a breakfast

burrito with black beans and chopped veggies. Mix mashed beans in with a fruit smoothie. Or try hummus with vegetables or whole-grain crackers.

The protein and fiber in legumes will help you feel fuller longer. Beans for breakfast can also help you lose weight or maintain a healthy weight. @

### MORE

10 ways to eat beans for breakfast  
<http://tinyurl.com/y89odunk>

## Stay Safe When Summer Temps Sizzle

Take precautions in hot weather



When summer temperatures start to sizzle, you probably look for ways to stay cool.

Eat ice cream. Enjoy a cold drink. Crank up

the air conditioning. Or take a trip to the pool, lake or beach. Sounds pretty good, right?

Summer can be a great time of year for spending more time outdoors. But too much time in the sun can be dangerous. Hot weather can lead to heat stroke and other problems.

And if you're not prepared, you could get sunburned, too. It might only hurt for a few days, but it can also increase your risk for two types of skin cancer: Basal cell carcinoma and melanoma.<sup>3</sup>

Sunburn major risk factor for skin cancer

Think a little sunburn is no big deal? Think again. Your risk for melanoma doubles if you've had five or more sunburns in your life. About 87,000 new cases of melanoma are diagnosed every year. And about 10,000 people a year die from this type of skin cancer. Not so sunny news.

Be sun smart

A little planning can keep you safe when you're in the sun. Here are some things you can do to avoid a sunburn or heat-related illness when the weather is hot:

- Go indoors or get in the shade when the sun's ultraviolet (UV) rays are the strongest (10 a.m. to 4 p.m.).
- Wear a wide-brimmed hat to protect your nose, ears, and neck from too much sun.
- Dress in clothes that fit loosely (long-sleeved shirt and long pants are best).



## RECIPE

### Black Bean Breakfast Bowl

Want to improve your diet, curb your hunger, and control your weight? Eat beans for breakfast. It only takes a few minutes to make this Black Bean Breakfast Bowl.<sup>5</sup>

#### Ingredients

- 2 T olive oil
- 4 eggs (egg whites or substitute)
- 1 can water-packed black beans, drained
- 1 avocado, cubed
- ¼ C salsa

#### Directions

1. Heat olive oil in small pan over medium heat. Cook and stir eggs until set. About 3 to 5 minutes.
2. Place beans in microwave-safe bowl. Microwave on high for about 1 minute until warm.
3. Divide warmed beans into two bowls (recipe makes two servings).
4. Top with scrambled eggs, avocado, and salsa.
5. Season with salt and pepper, or other seasonings to taste.

## Find an Activity You Enjoy to Stay Fit

Be active at least 30 minutes a day

It makes sense that Neal Unger lives in California. It's the birthplace of skateboarding. And he loves to ride...on the sidewalk, the street, and local skate parks. He's got the skills to land a long list of tricks, cut corners, and go fast.

He's even invented a couple of tricks of his own, like the Sissy Bounce Finger Flip. The dude is serious about staying active on his skateboard. It's his form of exercise. And it's also how he keeps his balance – both body and mind. He meditates as he strengthens his core on four wheels.

Unger may not fit your idea of the typical skateboarder. Watch him skate and one of the first things you'll notice is his gray hair. Unger is 60 years old.

"One of the main reasons why I wanted to skate was to show people that it's possible," says Unger. "It's



possible to be strong. It's possible to be in good condition. I just want to continue to see how healthy can I get, and how young can I get. How old can I look, and yet still act young?"

Sit less, move more

Maybe you're not ready to ride the half-pipe with Neal. What do you like to do that keeps you active? Walk, cycle, swim, even garden. Do what's fun for you. Just be sure it burns calories and strengthens your heart, lungs, and muscles.

Find a way to be more active, and make it a part of your lifestyle. Aim for at least 30 minutes a day.<sup>4</sup> You'll feel better, and live longer. @

#### MORE

Finding your motivation for exercise  
<http://tinyurl.com/ycrabkno>

## Stay Safe When Summer Temps Sizzle (continued from page 1)

- Wear sunglasses that provide 100-percent UV protection from the sun.
- Use sunscreen with an SPF-30 rating or higher. Reapply every

#### MORE

10 tips for protecting your skin from the sun  
<http://tinyurl.com/yc47yxu9>

two hours. Apply it like a second skin for maximum protection.

- Be sun smart when the skies are cloudy or hazy. You can still get sunburned. @

## References

1. Dorsey, E., Topol, E. (2016). State of telehealth. *New England Journal of Medicine.*, 375:154-161. doi: 10.1056/NEJMra1601705.
2. Kristensen, M., et al. (2016). Meals based on vegetable protein sources (beans and peas) are more satiating than meals based on animal protein sources (veal and pork) – a randomized cross-over meal test study, *Food & Nutrition Research.* <http://dx.doi.org/10.3402/fnr.v60.32634>.
3. Skin Cancer Foundation. (2017). Skin cancer facts and statistics. Accessed 06/08/17, <http://tinyurl.com/7hggad9>.
4. U.S. Department of Health and Human Services. (2017). Physical activity guidelines for Americans. Accessed on June 8, 2017, from <http://tinyurl.com/ycoddq8v>.
5. Matt, D. (2012). Black bean breakfast bowl. *AllRecipes.com.* Accessed 06/08/17 <http://tinyurl.com/yc05v7oo>.



## Take the July Health Challenge!

Eat Less Red Meat: Eat healthier alternatives to protect your health

Ask the Wellness Doctor:

This month Dr. Joe Raphael answers the question:

What are the healthiest ways to cook food?

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