

WRITTEN BY HEALTH-CARE PROVIDERS FOR YOU!

James Hubbard's **My Family Doctor**[™]
The Magazine That Makes Housecalls[™]
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To get kids to eat fruits and veggies, "use vegetables for art; then, eat them. For instance, on a paper towel make a picture using broccoli stalks as trees, sliced cucumber as the sidewalk and sliced yellow squash as the sun."

—LINDA LOCKETT BROWN, R.D., L.D.N., C.L.C., *founder, CINET Registered Dietitians, Orange Park, Fla.*

"If you like to walk like I do, don't wait for the perfect day. Consider every day, whether drizzling or snowing, as a chance to get outdoors and exercise. ... You will find that you have the paths to yourself. Walking is the perfect exercise: It burns off calories, builds muscle and when you walk with a friend is an easy way to catch up."

—NANCY L. SNYDERMAN, M.D., F.A.C.S., *NBC News chief medical editor, BeWell.com community health expert*

If the electricity goes off, "The refrigerator will keep food safely cold for about four hours if it is unopened. A full freezer will hold the temperature for approximately 48 hours (24 hours if it is half full and the door remains closed)."

—THE U.S. DEPARTMENT OF AGRICULTURE. *"Consumer Alert: Keeping Food Safe During an Emergency"*

"Wearing heavy socks and boots, especially when combined with dry winter air, makes feet especially susceptible to dry skin. Wear socks made of a synthetic blend to prevent excess moisture from becoming trapped in shoes. ... Moisturize feet daily after washing



and drying feet. If feet are extremely dry and have painful cracks, and antibiotic cream and bandages have been applied with no relief, seek help from a podiatrist immediately."

—ROSS TAUBMAN, D.P.M., *president, American Podiatric Medical Association*

For smooth skin, "if you can't spend the money or shy away from cosmetic procedures, there are some great microdermabrasion products on the market. One in particular that I know has great results is made by Neutrogena."

—GARY BURTON, M.D., *plastic surgeon, Baltimore, Md.*

"For nausea, I would recommend giving [children] flat ginger ale.

It tastes good, so it appeals to them. The ginger has been shown to be very effective in reducing or

eliminating nausea. Ginger tea or ginger in warm water will work, too."

—NARINDER DUGGAL, M.D., *internist and clinical pharmacy specialist, Liberty Bay Internal Medicine, Poulsbo, Wash.*

In the weeks before surgery, "stick to a well balanced diet.

Proper nutrition will increase the chance for healthy wound healing and reduce the risk of infection after the operation."

—STEPHEN RITTER, M.D., *spine surgeon, Methodist Sports Medicine / The Orthopedic Specialists, Indiana*

Alcohol "contributes to the risk of cold-weather injuries by causing the blood vessels in the skin to dilate. This creates a temporary feeling of warmth but causes large amounts of heat loss."

—From the DEPARTMENT OF EMERGENCY MEDICINE, HENRY FORD HEALTH SYSTEM, *Detroit, Mich.*

"Frozen fruits and vegetables—without the heavy sauces and sugary syrups—are as nutritious as fresh because they are picked when ripe and flash frozen to lock in nutrients. Add some frozen blueberries to your oatmeal or stir in some frozen mixed vegetables into a warm winter stew. The nutrients and antioxidants will help to ward off winter colds and keep your immune system in tip-top shape."

—JANEL OVRUT, M.S., R.D., L.D.N., *registered dietitian, Fitness Works at Work (employee wellness), Boston, Mass.*