

WELLNESS WORKS!

Fuel for Change...Fuel for Life

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SMART HEALTH CARE CHOICES

Health Care Decision Making

www.frankelderlaw.com

There may come a point where the individual is unable to make medical decisions such as whether to see a doctor, consent to a medical procedure, or make decisions regarding withholding or withdrawing life sustaining treatment. In Maryland, the Health Care Decisions Act, effective October 1993, creates standards for health care decision making. The Act gives individuals flexibility in determining how health care decisions will be made in the event that individuals are unable to make the decisions themselves. It does this by allowing individuals to express their wishes regarding health care and the withholding or withdrawal of life sustaining procedures through written instructions and/or the appointment of a "health care agent", to make decisions for them. Additionally, if individuals have not expressed their wishes in advance, the Act allows other persons close to them, known as "surrogates", to make healthcare decisions on their behalf. As a last resort, the court may appoint a guardian of person to make health care decisions for the individual.

Advance Directives

An advance directive is an instrument which details an individual's wishes regarding health care. Unless documented otherwise, the directive becomes effective when the attending physician and a second physician certify in writing that the patient is unable to make an informed decision. If the patient is unconscious or unable to communicate, a second physician certification is not necessary. There are three forms of advance directives: 1) Health Care Power of Attorney, 2) Health Care Instructions and



3) Oral Directives.

1. Health Care Power of Attorney

This is a document in which one individual, the grantor, grants authority to another individual, the health care agent, to make medical decisions, including decisions regarding life sustaining treatment. The grantor must be competent when the document is executed. The healthcare power of attorney will remain in effect if the grantor becomes incompetent and can be revoked at any time while the grantor is competent. Additionally, health care powers of attorney can be either springing, i.e., only effective upon the grantor's disability, or effective immediately upon execution. The health care agent has priority decision making power over other individuals who may be qualified to make decisions in their capacity as surrogate decision makers.

2. Health Care Instructions

This is a document in which an individual details in advance what types of health care treatment they want to receive. A living will, in which an individual specifies

whether or not to provide life sustaining treatment under certain circumstances, falls under this category. The health care instructions differ from a health care power of attorney in that no one is appointed to make the health care decisions. An individual must be competent when the document is executed.

3. Oral Directives

A competent individual can orally appoint a health care agent and/or give instructions regarding treat-

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National Nutrition Month

March is National Nutrition Month—a good time for you to take charge of the food choices you make every day. With healthful eating habits, you may reduce your risk of many chronic diseases such as heart disease, diabetes, osteoporosis, and certain cancers, and increase your chances for a longer life. So the sooner you start, the better!

See Page 3 for information about the New Food Pyramid.

Health Care Decisions...continued

ment. The request must be made in the presence of the attending physician and a witness, documented in the patient's medical record, and signed and dated by the attending physician and the witness.

Surrogate Decision Making

In the absence of an advance directive, a surrogate decision maker can make health care decisions for a person who is incapable of making informed decisions. Surrogates are somewhat limited in their ability to make health care decisions: 1) they cannot authorize sterilization or treatment for a mental disorder (if the patient needs one of these treatments and an advance directive does not exist, it may be necessary to have the court appoint a Guardian of the Person to make such health care decisions) and 2) can only authorize the withholding or withdrawal of life sustaining treatment if two physicians certify that the patient has a terminal or end stage condition or is in a persistent vegetative state. The following individuals can act as surrogate decision

makers in the following order of priority: guardian of the person, spouse, adult child, parent, adult sibling, and a close friend or relative. Surrogate decision makers must make decisions based on what the patient would have wanted. If the patient's wishes are unclear or unknown, the surrogate decide on the basis of the patient's best interest. In making healthcare decisions, surrogates must consider

"The Health Care Decisions Act allows individuals to express their wishes regarding health care and the withholding or withdrawal of life sustaining procedures through written instructions and/or the appointment of a "health care agent."

the following factors: the patient's current diagnosis and prognosis; expressed preference regarding treatment at issue; relevant religious or personal beliefs; behavior and attitude toward the treatment at issue; reaction to a similar treatment for another individual; and

expressed concerns about the effect on family or friends.

Guardian of Person

A guardian of person is appointed by the court to make decisions concerning health care, food, clothing, and shelter. In Maryland, the Circuit Courts have exclusive jurisdiction over guardianship proceedings for adults. To establish a guardianship of person the court must determine by clear and convincing evidence that an adult lacks the understanding or capacity necessary to make or communicate responsible decisions concerning his or her person. The court must also find that a less restrictive arrangement to provide for the needs of the disabled person does not exist. The guardian has the same rights and powers over the ward as a parent has over a minor child. The guardian is an agent of the court and as such must file papers with the court and seek court authority prior to making certain decisions. ❖

STRESS MANAGEMENT

Stress—The Personal Toll

www.stress-management.net

The #1 Health Problem?

Back in 1983, *Time* magazine called stress "the epidemic of the 80's". But it's even worse now – it's been proven. And the adverse health effects have been proven.

Indirectly, stress is one of the biggest killers around. And it makes us miserable to boot. Unchecked stress can be at the root of destroying relationships, losing jobs/promotions, killing someone directly or with your car, drinking, drugs...

Other results of stress can be insomnia, hypertension (high blood pressure), depression and anxiety, smoking, weight gain or weight loss, alcoholism and other substance abuse, gastrointestinal problems, arthritis, skin breakouts, immune system problems and resultant infections.

Regarding insomnia, new research shows lack of sleep causes permanent brain damage. The best insomnia cure? Relaxation.



Deep Relaxation. Stress relief. Stress management. Stress reduction. And you can train to "trigger" deep relaxation anytime you need it, anywhere.

Being healthy is not just the absence of illness. It comes with a positive state of mind.

Are Stress Problems Worsening?

- ◆ Workers reporting "feeling highly stressed" more than doubled from 1985 to 1990.
- ◆ The fees for stress management services and products, over 9 billion dollars in 1995, is projected to double.

Research & Surveys on the effects of Stress indicate:

- ◆ Stress is linked to all leading causes of death, including cancer, heart disease, lung diseases, accidents, cirrhosis, even suicide.
- ◆ 75-90% of visits to primary care physicians are for stress related disorders/complaints.
- ◆ 43% of all adults suffer adverse health effects due to stress.

Stress management, stress reduction, and stress relief can prevent so many problems. And prevention is far less costly, and far easier, than the alternatives. ❖

Spotlight On:

Your Guide to Great Adventures

www.mdifun.org

Maryland's great outdoors beckon you to revel in four-season fun at its finest. Here's your chance to backpack, bike, bird-watch, boat, canoe, and camp in unspoiled areas.

Consider that Garrett County alone has 90,000 acres of public land, with seven lakes, seven state parks, two federal parks and one municipal park. Even Baltimore City has more than 20 major parks offering fishing, hiking, boating, basketball, baseball, playgrounds, swimming pools, tennis courts, and more.

Now it's time to pick a place and pack your gear. Adventures await!

Leave No Trace:

Recreation in natural areas can cause harm to the environment, such as soil erosion along heavily used trails and loss of vegetation around back-country campsites. To minimize these impacts, follow this list of "Leave No Trace" outdoor ethics:

- * Plan ahead and prepare.
- * Travel and camp on durable surfaces.
- * Dispose of waste properly.
- * Leave what you find.
- * Minimize campfire impacts.
- * Respect wildlife.
- * Be considerate of other visitors.

For additional information, local tourism offices have numerous resources available also visit www.dnr.state.md.us.

DIET / NUTRITION

The New Food Pyramid

www.thedietchannel.com

Since the release of the original Food Pyramid in 1992 as a visual aid to help Americans understand the USDA's dietary guidelines, it has become one of the most familiar tools for educators and nutritionists. The USDA and the United States Department of Health and Human Services recently released an updated version of the food pyramid, designed to improve its effectiveness in motivating and helping citizens to make healthier food choices. The new food pyramid is called MyPyramid and it has been modified from the original in several significant ways.

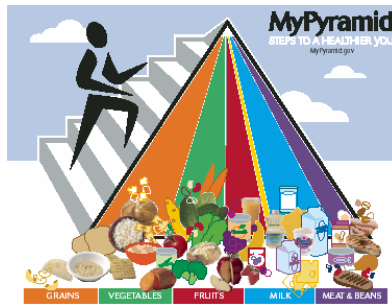
Alarmed by statistics which indicate obesity has increased over the past decade, the new Pyramid is designed to be a better, more accurate, and easier to follow guide for proper nutrition. MyPyramid has a new symbol and a revised diet and physical activity guide that comes with interactive Internet tools. According to Agriculture Secretary Mike Johanns, "MyPyramid is about the ability of Americans to personalize their approach when choosing a healthier lifestyle that balances nutrition and exercise. Many Americans can dramatically improve their overall health by making modest improvements to their diets and by incorporating regular physical activity into their daily lives."

Trying the angles

The old food pyramid separated food groups and stacks them horizontally based on the recommended number of servings to be consumed per day, with grains, at 6-11 servings

per day, at the bottom and fats, oils, and sweets, which should be used sparingly, at the top.

The new food pyramid replaces the horizontal blocks with vertical triangular sections of color representing the different food groups across the front, proportionate to the amount you should eat of each group. Other changes have been made to make the concept easier to follow and apply. For example, "Servings" has been changed to household measures like Cups. Features of the Pyramid program that



the new symbol is intended to reflect are:

- ◆ Personalization—Subdividing the main Pyramid into smaller ones is intended to make it easier for people to find a plan that works for them.
- ◆ Gradual improvement—The motto "Steps to a Healthier You" is meant to reassure people that their goals can be achieved by moving in small steps.
- ◆ Physical activity—The image of a stylized person climbing steps represents the importance of physical activity.
- ◆ Variety—The six rainbow color bands of the Pyramid represent the five food groups plus Oils that are essential for good health.

- ◆ Moderation— Each food group triangle narrows towards the top of the Pyramid, and this expresses the need for moderation in food intake.
- ◆ Proportionality—The food group bands vary in width, indicating how much food should be chosen from each food group.

The new pyramid seeks to emphasize the importance of making the right eating choices. It focuses on the specific food groups and which foods within each group to eat more of, so each food group is also in the shape of a pyramid. The wider base in each group stands for healthier food in each food group that have little or no fat or added sugars and should form the basis of your diet. The narrow top of each food group represents foods with fats and added sugars. For example, on the orange band representing grains, a slice of whole grain bread would fall on the bottom and a donut would be at the top. Thus, the new pyramid emphasizes whole grains over refined, lean meats and low fat dairy products over higher fat animal products, and similar healthy eating choices.

The new pyramid is more interactive and personalized than the old one. There are 12 different versions, based on different age, sex, and physical activity level. This allows the pyramid to reflect the individual needs of different Americans more accurately.

The U.S. Department of Agriculture has created a website explaining the new food pyramid—www.mypyramid.org. ❖

FITNESS / WEIGHT MANAGEMENT

Exercise and Mood

www.healthandwellnessclub.com

Ever wonder how much exercise is enough to keep you happy and alert? A new study in Health Psychology, a journal of the American Psychological Association, completed a study on 14 college students between the ages of 20 and 26 and found that a little every day is enough to keep your blues away.



of 60 percent will give you a measurable boost in mood and energy. Increasing the time to 20 minutes a day will significantly increase your concentration as well.

Remember, though, you have to have your heart rate up to 60 percent for 10 to 20 full minutes in order to gain the benefits. In other words, these time frames do not include warm-up or cool-down. To reap physical as well as psychological benefits, you need 30 minutes or more of moderate activity per day. ❖

In general, the results suggest that exercising as little as 10 minutes a day at an aerobic level

Personal Wellness Goal:

Get Enough Sleep!

When you sleep, your body rests and restores its energy levels. A good night's sleep is often the best way to help you cope with stress, solve problems, or recover from illness.

How Much Sleep Do You Need? The amount of sleep a person needs depends on the individual. Most adults need about 7-8 hours of sleep per day.

Sleep deprivation also magnifies alcohol's effects on the body. Caffeine and other stimulants can temporarily overcome the effects of severe sleep deprivation, but cannot do so for extended periods of time.

Don't Forget: Smile!, Quit Smoking!, Stretch to De-Stress!, Make your Doctor your Partner in Healthcare!, Have a Good Laugh!, Drink more Water!, and Make physical activity a regular part of your day!



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Fuel for Change... Fuel for Life

**Do You Have Ideas for the
Wellness Works! Newsletter?**

**Submit your ideas to
wellness@carrollfuel.net**

Or visit our website at

Food for Health and Wellness

Eat Fish

Because research has shown the omega-3 fatty acids found in fatty fish reduce the risk of heart disease, the American Heart Association (AHA) recommends eating these types of fish at least two times per week. According to the AHA, there are six types of fish that are high in omega-3s: mackerel, lake trout, herring, sardines, tuna, and salmon.

If you are concerned about contaminants, consider what kind of fish you buy. Larger fish live longer than smaller fish, so over the course of their lifetimes, they accumulate more contaminants in their flesh. Environment also plays a role. In the November issue of the Journal of Nutrition, researchers compared the health benefits of eating different types of salmon by conducting a risk-benefit analysis. They found that although farmed salmon often has more heart-healthy omega-3 fatty acids than wild salmon, Pacific wild salmon is lower in contaminants.

Mustard Jalapeño Salmon

This spicy glazed salmon not only is great tasting and simple, but it also provides your diet with omega-3 fatty acids – heart saving fats found in salmon and other cold water fish. These important fats help reduce the occurrence of hardening of the arteries and blocked blood vessels.

Prep: 10 minutes; Grill: 4 minutes.

Makes 4 main-dish servings.

- 4 5-ounce fresh or frozen salmon fillets, ½ to 1 inch thick
- 1 teaspoon olive oil
- 2 tablespoons Dijon-style mustard
- 1 tablespoon honey
- 1 tablespoon bottled chopped red or green jalapeño pepper
- 1/8 teaspoon onion powder
- 1/8 teaspoon garlic powder
- Nonstick spray coating



1. Thaw fish, if frozen. Rinse fish; pat dry. Brush with oil. For sauce, in a small bowl stir together mustard, honey, jalapeño pepper, onion powder, and garlic powder.
2. Spray the unheated rack of an uncovered grill with nonstick coating. Grill fish directly over medium heat until fish flaked easily with a fork (allow 4-6 minutes per ½ inch thickness of fish). Turn 1-inch-thick fillets once. Brush with sauce the last 5 minutes of cooking. (Or spray the unheated rack of a broiler pan with nonstick coating. Broil fish about 4 inches from the heat. Allow 4 to 6 minutes per ½ inch thickness of fish. Turn 1-inch-thick fillets once during cooking time. Brush with sauce the last 5 minutes of cooking.)

Nutrition Facts per Serving: 167 calories, 7 g total fat (1 g saturated fat), 25 mg cholesterol, 299 mg sodium, 5 g carbohydrates; 0 g fiber; 21 g protein.

Daily Values: 3% vitamin A, 2% vitamin C, 1% calcium, 6% iron.