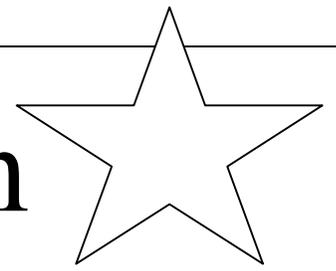


# To Your Health



VA Palo Alto Health Care System ★ Patient Education Newsletter ★ Summer 2002

*"Promoting good health through information"*

## Summer Food Safety

*Eileen Stein, R.D.*

With the beautiful summer weather, thoughts often turn to backyard barbecues and outdoor picnics. But in the midst of all the fun, are you being safe with your food? Here are some tips to help prevent any possible problems.

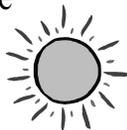


⚙ **The Danger Zone:** Keep cold foods cold and hot foods hot!! Bacteria grow best between the temperatures of 40°F and 140°F. Keep salads, cold foods, and drinks on ice. Wrap hot foods in foil and keep them on a warmer. *(Continued on back page...)*

## Not so Fun in the Sun!

*Sora Youn, Pharm.D.*

Did you know that there are some medications that may increase your sensitivity to the sun? By increasing your skin's sensitivity, they may cause you to burn more easily or cause your skin to become irritated by the sun's rays. The following are a few medications that may have such effects:



- ⚙ Some antibiotics such as tetracycline, minocycline, doxycycline, ciprofloxacin, and sulfamethoxazole/trimethoprim
- ⚙ ACE inhibitors such as captopril, enalapril, fosinopril, or lisinopril
- ⚙ Acne medications such as Retin-A (tretinoin) or Accutane (isotretinoin)
- ⚙ Diuretics such as Lasix (furosemide) or hydrochlorothiazide
- ⚙ "Sulfa" medications such as sulfasalazine or chlorpropamide
- ⚙ Antihistamines such as Benadryl (diphenhydramine)

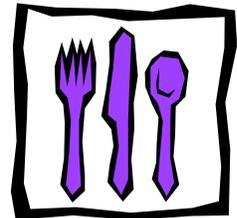
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## ★ Recipe for Health ★

### *Garden Potato Salad*

*Low-fat cottage cheese is the secret to the dressing in this delicious, low fat, low cholesterol, low sodium mixture of vegetables and herbs.*

- 3 lb (~6 large) potatoes, boiled in jackets, peeled and cut into 1/2-inch cubes
- 1 c chopped celery
- 1/2 c sliced green onion
- 2 tbsp chopped parsley
- 1 c low-fat cottage cheese
- 3/4 c skim milk
- 3 tbsp lemon juice
- 2 tbsp cider vinegar
- 1/2 tsp celery seed
- 1/2 tsp dill weed
- 1/2 tsp dry mustard
- 1/2 tsp white pepper



1. In a large bowl, place potatoes, celery, green onion, and parsley.
2. In a blender or food processor, blend cottage cheese, milk, lemon juice, vinegar, celery seed, dill weed, dry mustard, and white pepper until smooth. Chill for 1 hour.
3. Pour chilled cottage cheese mixture over vegetables; mix well. Chill at least 30 minutes before serving.

*~Yield: 10-1 cup servings*

#### Nutrient Analysis (per serving)

- ♥Calories 151
- ♥Sodium 118 mg
- ♥Total Fat less than 1 g
- ♥Cholesterol 2 mg
- ♥Saturated Fat less than 1 g

*~from www.nhlbi.nih.gov*

## Ergonomics & Self-Care Tips

### *VA Palo Alto Occupational Therapy*

Many aches and pains experienced with regular computer use can be reduced when you remember a few of these simple facts. Your posture and vision are related. *(Continued on back page...)*

## **Summer Food Safety** (Continued from front page)

- ⚙ **Keep meats, poultry and fish cool until cooking.** Defrost them in the refrigerator or cooler. Letting foods sit out until the grill is ready can allow bacteria to grow. Remember, some bacteria are only killed at very high heat; just warming foods through may not be enough. Most meat should be cooked to at least 145-160°F. Don't guess; check it with a meat thermometer.
- ⚙ **Keep meat and poultry separate from fruits and vegetables.** Never cut raw vegetables on the same cutting board as raw meats, unless you thoroughly wash it with soap and hot water in between. Also, don't put cooked meat on the same tray that held raw meat, unless it has been washed.
- ⚙ **Wash your hands!** As simple as it sounds, this is often the best advice. Your hands can easily contaminate many foods, so wash often and wash thoroughly!
- ⚙ **Clean up and put foods away quickly.** Foods spoil very easily when left out at room temperature so be sure to refrigerate any leftovers within 2 hours.★



## **Ergonomics & Self-Care Tips**

(Continued from front page)



It is important to remember to have your chair and monitor positioned properly so that you are not leaning forward when looking at the monitor. Your feet should be flat on the floor and remember not to slouch in your chair. Here are a few tips to keep you pain-free and productive:

1. Take a break at the first sign of fatigue.
2. Use wrist-rests only when resting, **not** while typing.
3. Space your sitting and standing activities throughout the day so that you are using different muscle at different times of the day.
4. Take a 3 minute stretch break every 30 minutes.
5. Use 2 fingers to click mouse buttons.
6. When hitting the keyboard *return* or *enter* key repeatedly, use the index and middle fingers, rather than the little finger.
7. Keep your wrists in a neutral position (straight, not bent up or down).
8. Keep nails trimmed.
9. Avoid eye fatigue by reducing glare on your monitor screen. To check for glare, turn off your monitor. If your clothing is reflected on the screen, reduce glare by closing window blinds or adjusting the monitor.
10. Keep your monitor and keyboard clean.
11. Follow the "20/20 rule." Look 20 feet away from your monitor every 20 minutes to lessen eyestrain.★



## **Not so Fun in the Sun!** (Continued from front page)

With the intense rays of the sun shining this summer, you may want to take some of the following precautions:

- ⚙ Avoid direct or prolonged exposure to sunlight.
- ⚙ Wear protective clothing such as closely-woven long sleeves, long trousers, or long skirts.
- ⚙ Apply sunscreen of at least SPF 15 before exposure to sunlight.
- ⚙ Wear a broad-brimmed hat that will protect you from direct sunlight.
- ⚙ Some medications may need to be discontinued if the reaction is severe enough. In such cases, your provider should be contacted immediately for further instructions.★



### **Questions or Comments?**

*If you have any questions or topics you would like addressed in "To Your Health", feel free to send in your request via postal mail or e-mail to:*

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***To Your Health is published quarterly for VAPAHCS veterans and their families.***

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