Hello Center for Adventist Research! Here is your eHealth Advisor for June 2011

June Is National Safety Month

The safety of you and your family starts at home. Preventable injuries and deaths are on the rise in homes and communities across the United States. You can minimize your chances of preventable injuries by making yourself aware of the hazards around you. Check out Shady Grove Adventist Hospital’s interactive Safety House. While there, also be sure to take a look through the interactive Fire Safety, Water Safety and Poison Safety houses. Share what you learn with your family, friends and neighbors!

Men’s Health - An Ounce of Prevention

Men’s Health Week is June 13-19, the perfect time to begin taking preventive measures to keep you healthy the whole year through. Do you know what health screenings you should be getting at what age? Consult Shady Grove Adventist Hospital’s Men’s Health Screenings Lifeline for more on how to give Dad the gift of Health this Father’s Day!

Best Food Choices at Barbecues

Bathing suit season is here, and so are summer barbecues! Shady Grove Adventist Hospital dietitian Mandy Mirzaie helps us jumpstart our healthy summers by making better food choices and increasing activity!

- Keep a food journal to key track of calories.
- Eat about an hour before

Sneezing? Tree Pollen is Floating Around

The Oxygen Cure

One Doctor’s Digital Journey

We offer hundreds of community health classes and events each year. From prenatal care classes for moms-to-be to preventive screenings to CPR certifications for health care professionals - we have the class/event for you!

Visit our Community Calendar to find upcoming class, event and support group dates.

1-800-642-0101

Our free 24-hour referral service can help you find the physician or specialist that best suits your needs. We can provide you with information on specific physicians, such as their
you go to a cookout, to help you make wiser food choices and keep you from splurging.

- Make 3/4 of your plate salads, vegetables, legumes and fruit and remember the more color variety, the better.
- Limit dishes with lots of oils, mayo and dressing.
- Use the smallest serving plate or bowl you can find. This instantly cuts down on your intake.
- Don’t mistake thirst for hunger. Drink lots of fluids, and make them 5 calories or less per 8-12 oz serving.
- Weigh yourself weekly. It's easier to eat fewer calories and exercise now than to try to lose 10-12 pounds at the end of the year!

Learn more by "liking" us on Facebook.

Fore! Shady Grove Adventist Hospital's 2011 Golf Classic

Get your foursome together at Rockville's Woodmont Country Club on Monday, June 27. Proceeds will benefit Cancer Care Services, as Shady Grove expands its expert clinical care and support services to help meet the needs of the 4,000 cases of cancer diagnosed each year in Montgomery County. You can also purchase a $25 raffle ticket for the chance to win a 2011 Kia Optima or $10,000 in cash. Please contact Abby Frimpong at AFrimpo2@adventisthealthcare.com or 240-826-6571 for more information.