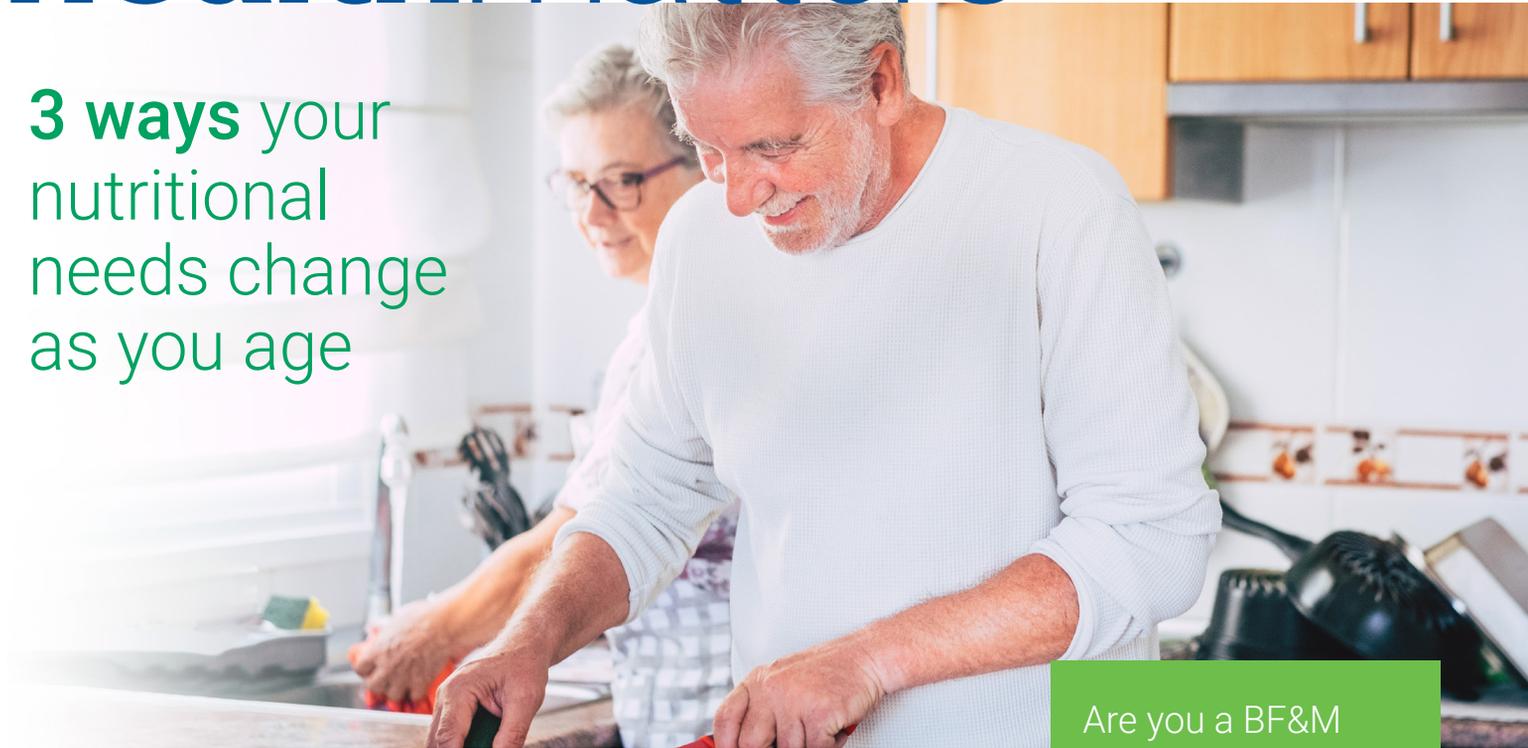


# healthmatters

Summer 2022

## 3 ways your nutritional needs change as you age



**G**etting older involves plenty of change—including to the way you eat. Compared with when you were younger, you may notice these differences:

### 1. YOU MIGHT NEED FEWER CALORIES.

Eating the same amount of food but gaining weight? Your body may not need as much fuel as before. However, you still need just as many nutrients.

### 2. YOU MIGHT NEED MORE WATER.

Many older adults lose the ability to feel thirst—all while needing more water than ever to help absorb nutrients and medications. Sip throughout the day, even if you don't feel parched.



### 3. YOU MIGHT STRUGGLE TO GET ENOUGH NUTRIENTS.

Age and certain medicines can decrease your body's ability to absorb vitamin B12. Without enough B12, you could feel tired or weak. Your healthcare provider can test your blood to find out whether you have a deficiency.

Other key nutrients you might be low on include:

- Calcium
- Dietary fibre
- Potassium
- Vitamin D

### STICK TO HEALTHY HABITS

Keep healthy eating habits going by having:

#### MORE

- Veggies
- Fruit
- Whole grains

#### LESS

- Added sugars
- Salt
- Saturated fat

## Are you a BF&M health insurance customer?

Make the most out of our free wellness programme, LiveWell. Through its engaging online platform and in-person sessions, LiveWell offers:

- ✓ Wellness assessments
- ✓ Personalised advice
- ✓ Nutrition education
- ✓ Healthy living workshops
- ✓ Mental health and lifestyle management support
- ✓ Wellness challenges with prizes

All included as part of your BF&M health insurance so you can live your healthiest life.

LiveWell with BF&M

Get started today at [bfm.bm/LiveWell](https://bfm.bm/LiveWell).

# 10 steps to a heart-healthy plate

**A** heart-healthy diet doesn't mean labelling certain foods "good" or "bad". Instead of giving up your favorites, follow these principles:



1. Balance food and exercise to maintain a healthy weight. Pair a nutritious meal plan and appropriate portion sizes with at least 150 minutes of moderate physical activity per week.
2. Eat a variety of fruits and vegetables. Consuming produce whole, instead of drinking juices, provides fibre.
3. Choose mostly whole grains, rather than refined—they're richer in nutrients.
4. Pick healthy sources of protein. These include plant-based foods like legumes and nuts, fish and other seafood, and lean cuts of unprocessed meat or poultry.
5. Use liquid plant oils, such as olive oil, canola oil, and sunflower oil. Avoid trans and partially hydrogenated fats.
6. Cut down on "processed" foods. Some processing, like canning or freezing, locks in freshness and nutrients. But stay away from ultra-processed foods, like frozen pizza and microwavable dinners.
7. Avoid added sugars. They increase your risk for diabetes and heart disease, among other conditions.
8. Opt for low-salt foods and use salt sparingly.
9. Limit alcohol intake to two drinks per day for men and one for women.
10. Follow this healthy eating pattern at home and on the go.

## The health hazards of **SECONDHAND VAPING**

The use of e-cigarettes, or vaping, has health experts concerned. Instead of lighting up, these devices use battery power to produce aerosol. They're marketed as being safer, both for the user and others breathing in the vapours.

But a study tracking more than 2,000 young adults over five years adds to evidence they're not harmless, especially indoors. Participants told researchers whether anyone at home—other than themselves—used e-cigarettes. Then, they reported any respiratory symptoms.

Young adults exposed to vaping at home were:

- 40% more likely to have bronchitis symptoms, including lingering daily coughs, congestion, and phlegm
- 53% more likely to have shortness of breath

The aerosol from e-cigarettes typically contains fewer toxins than cigarette smoke. But bystanders may still breathe in nicotine, heavy metals, and gases that can cause health issues. Vaping devices emit fewer large particles than burning cigarettes, but they release a higher percentage of ultrafine particles that could send toxins deeper into the airways and lungs.

Protect yourself and your family by avoiding e-cigarette use and banning it inside your home.

**STILL SMOKING?**  
Smoking cessation is a covered wellness benefit. Talk with your provider about quitting.

## How to save a life: GIVE BLOOD

What if you could save a life while sitting down? You can, by giving blood.

Donating blood is simple, safe, and usually takes less than an hour. Start by making an appointment at a blood drive or donation facility. Once you arrive:

- An employee will take your health history and do a brief exam, including checking your blood pressure.

- You'll move to a comfortable seated or lying position. A medical professional will use a new sterile needle to draw blood. This typically takes six to 10 minutes.
- Finally, you'll proceed to a refreshment area for snacks and fluids. When you feel steady, you'll be on your way.

For the next 24 to 48 hours, drink more fluids and eat

well-balanced meals, avoid heavy lifting or strenuous exercise, and skip alcohol and cigarettes. But these restrictions are temporary—the fulfillment of saving lives lasts.

READY TO GIVE BLOOD?

For more information, call **1-441-236-5067** or visit **bermudahospitals.bm/be-a-donor**.

# How to talk about gender diversity with kids

**G**ender identity is how a person perceives themselves—male, female, both, neither, or in-between. This is different from sexual orientation.

Children may begin to develop their gender identity by age 2. By their teens, a more advanced sense of gender emerges. Sometimes, this identity doesn't conform to previously held norms. A person might identify as a different gender than the sex they were assigned at birth. They might feel like their gender is more fluid, shifting between masculine and feminine. Or they may not relate to any gender.

Health experts don't know why some people are gender diverse and others aren't. But research is clear that children supported in exploring and expressing their gender identity are more likely to become healthy, happy adults.

When your child brings up gender:

- **Accept and support.** Tell them you love them, no matter what.



- **Celebrate diversity.** Expose your child to media with a variety of role models, including people who are gender diverse.
- **Encourage self-expression.** Talk with your child about the clothing, hairstyle, and room decor they'd prefer. Don't assume based on gender norms.
- **Watch for warnings.** Children who suppress their gender identity or are bullied have a greater risk for mental health issues. Seek help if your child is struggling.

## Keep an eye out for **MELANOMA**

The ABCDE rule can help you tell a normal mole from one that might be melanoma, the deadliest form of skin cancer. Here's what to look for:



**A Asymmetry:** One half of the mole does not match the other half.



**B Border irregularity:** The edges of the mole are ragged or irregular.



**C Colour:** The mole has different colours in it. It may be tan, brown, black, red, or other colours. Or it may have areas that seem to have lost colour.



**D Diameter:** The mole is bigger than 6 millimeters across, about the size of a pencil eraser. But some melanomas can be smaller.



**E Evolving:** The mole changes size, shape, or colour.

See your healthcare provider if you have these signs or if you have:

- A mole that itches or is sore
- A mole that oozes, bleeds, or becomes crusty
- A mole that looks different from your other moles
- A sore that doesn't heal
- A mole or sore that becomes red or swells at its edges or beyond



**PROTECT THE SKIN YOU'RE IN.** Keep a close watch on your skin and visit a dermatologist annually for a skin check.

## Preventative healthcare matters.

Remember to schedule the screenings and healthcare provider appointments to which you are entitled under your coverage, because preventative healthcare matters.

Learn more online at [bfm.bm/preventativehealthcare](https://bfm.bm/preventativehealthcare)

With **BF&M** you can.

\* LiveWell is intended to complement rather than substitute for proper medical advice or treatment.

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