

BALANCE

*Our Family Caring for Yours
Fall 2019*

SEE WHAT'S INSIDE:

Our Salem Clinic Has Moved

How EnrollU May Help You

Meet Dr. Dmitry Famil'tsev

CARE CLOSE TO YOU

When you are sick, you want to feel better as fast as possible. You want to get care close to where you live, work and play. At Phelps Health, we have multiple primary and specialty care services located near you. Our goal is to serve patients in their communities, so they do not have to travel far to receive high-quality care.

At Phelps Health, we are always growing. Currently, we have more than 100 providers offering care in 20 different specialties. One of our recent additions to the Phelps Health Medical Group is Dmitry Familtsev, MD, PhD. Dr. Familtsev is a cardiologist (a physician who specializes in heart care), who was the first in his family to become a doctor. Learn more about Dr. Familtsev on page 5.

We also recently celebrated the grand opening of our new Phelps Health Medical Group Salem clinic. While Phelps Health has been in Salem since 2012, building a larger and more modern clinic was needed to better serve the Dent County communities and beyond. Find out more about our new Salem facility on page 3.

If you have recently stopped by the Repeat Boutique at Phelps Health Hospital, you may have met volunteer Michael Linhart. Michael has been a volunteer at Phelps Health for four years, and he shares why he loves volunteering in this issue. You can read his story on page 7.

Fall has arrived, which means the leaves are changing, the kids are back in school and the nights are getting colder. However, this time of year also is flu season. Family Nurse Practitioner Emily Wiseman answers some common questions about influenza and flu shots on page 2 so that you and your loved ones can stay healthy this time of year.

Sincerely,



Edward J. Clayton, CEO



Phelps Health *Balance* is a quarterly publication of Phelps Health printed and distributed by Missouri S&T Printing and Mail Services, G8 Campus Support Facility, 1201 North State Street, Rolla, MO 65409. Information in this magazine is not intended for diagnosing or prescribing purposes. If you have any specific questions or concerns about your health, please talk to your healthcare provider.

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OCTOBER

10 *Community Blood Center of the Ozarks Blood Drive*

When: 8:00 AM-6:00 PM
Where: Private Dining Room 2, Phelps Health Hospital
Cost: Free
Contact: (800) 280-5337

11 *Dine at Panera - Benefit for Phelps Health Foundation*

When: 4:00-8:00 PM
Where: Panera, 1651 North Bishop Avenue, Rolla
Contact: (573) 458-7970

16 *ABCs of Medicare and Medicare Advantage*

When: 10:30 AM and 2:00 PM
Where: Private Dining Room 1, Phelps Health Hospital
Cost: Free
Contact: (573) 458-3676

21 *Prenatal Education Class*

When: 9:00 AM-3:00 PM
Where: Private Dining Room 2, Phelps Health Hospital
Cost: Free
Contact: (573) 458-7353

NOVEMBER

04 *Hospice Fall Memorial Service*

When: 6:00-7:00 PM
Where: Shirley Day Conference Center, Phelps Health Delbert Day Cancer Institute
Cost: Free
Contact: (573) 364-2425

12 and 19 *Prenatal Education Class**

When: 5:30-7:30 PM
Where: Private Dining Room 2, Phelps Health Hospital
Cost: Free
Contact: (573) 458-7353

* Two-part evening class, participants will be scheduled for both classes



DECEMBER

11 *Prenatal Education Class*

When: 9:00 AM-3:00 PM
Where: Community Room, Phelps Health Waynesville Medical Plaza
Cost: Free
Contact: (573) 458-7353

27 *Community Blood Center of the Ozarks Blood Drive*

When: 8:00 AM-6:00 PM
Where: Private Dining Room 2, Phelps Health Hospital
Cost: Free
Contact: (800) 280-5337



SUPPORT GROUPS

Cancer Support Group

When: Every Wednesday from 5:00-7:00 PM
Where: Shirley Day Conference Center, Phelps Health Delbert Day Cancer Institute
Cost: Free
Contact: (573) 458-7500

Women's Breast Cancer Support Group

When: Second Wednesday of each month from 1:00-2:00 PM
Where: Shirley Day Conference Center, Phelps Health Delbert Day Cancer Institute
Cost: Free
Contact: Jennifer Gerlemann at (573) 458-7164 or Tiffany Henry at (573) 458-3108

*Diabetes Support Group**

When: First Saturday of each month from 10:00 AM-Noon
Where: Private Dining Room 2, Phelps Health Hospital
Cost: Free
Contact: (573) 458-7697

*No classes in January, July or September

ASK A PROVIDER

Answering Questions about Influenza, Flu Shots



Q What is influenza (the flu)?

A Influenza is a viral illness that affects our upper respiratory systems, including our noses and throats, said Family Nurse Practitioner Emily Wiseman, who specializes in family medicine with the Phelps Health Medical Group. Influenza can be mild or severe, sometimes even affecting our lungs.

Q What is the difference between the flu and a cold?

A With a cold, you generally do not have fever. With influenza, fever, body aches and chills are likely. Some similar symptoms to both influenza and colds are sneezing, headaches, sore throat, fatigue and even chest discomfort. If you have been in contact with someone who has tested positive for influenza or if you have fever, body aches, chills and generalized weakness, you should see a healthcare provider.

Q Who should and should not get the flu shot?

A Anyone over the age of 6 months should get the flu vaccine. People younger than 6 months of age or who have known allergies to the vaccine or any of its ingredients should not get the injection. If you have an allergy to eggs or have ever been diagnosed with Guillain-Barre Syndrome, speak with your provider before getting the vaccine because you may not be eligible.

Q Why should I get a flu shot?

A Influenza can cause mild symptoms or can be severe and even life-threatening in certain cases. Each flu season is different. Just because you did not have the flu last year, that does not mean you will not be affected this year. Getting flu shots yearly is the most effective way to protect ourselves.

Q Can I get the flu from the vaccine?

A With the flu shot, you cannot get the actual flu virus. The injection that you receive is weakened or actually inactivated (dead).

Q How do flu vaccines work?

A Flu vaccines take effect in our bodies by creating antibodies, which help protect us against the different strains of the influenza virus present in the vaccinations we receive. Flu shots are created to cover the viruses experts think will be more common.

Q When should I get vaccinated? Is the vaccine immediately effective?

A Flu vaccinations are usually offered before flu season starts, generally around the beginning to middle of October. The vaccine generally takes around two weeks for the antibodies to develop in our bodies.

Q Besides flu shots, how else can I protect against the flu?

A One of the main ways to keep from getting the flu is hand washing. If you have to sneeze or cough, cover your mouth and nose, and then wash your hands immediately afterwards since the flu is spread by these droplet secretions. Eating healthy foods, drinking tons of water and getting plenty of sleep can all help lower our risks of getting the flu. If you are sick with flu-like symptoms, stay home and rest.

LEARN MORE

Talk to your healthcare provider about ways to protect yourself from the flu. To establish care with a Phelps Health primary care provider, call (573) 364-9000.

A MOVE IN THE RIGHT DIRECTION

Phelps Health Medical Group Salem Now Open in New Location

By Paul Hackbarth

Phelps Health is committed to serving patients in their communities, and that is why the new Phelps Health Medical Group Salem facility is so beneficial to the residents of Salem, Missouri, and surrounding areas.

The Phelps Health Medical Group Salem clinic moved to its new location at 1415 West Scenic Rivers Boulevard in Salem and opened on August 5, 2019. A grand opening celebration for the new building took place on September 12, 2019.

The new facility is about 7,500 square feet in size, which is approximately 3,000 square feet larger than the former Phelps Health clinic in Salem. The new clinic has 16 exam rooms, compared to seven at the old site, and a room for small procedures.

“The new Phelps Health Medical Group Salem clinic represents a commitment by Phelps Health to continue providing excellent care to Dent County communities and

beyond,” said Phelps Health Senior Vice President and Chief Operating Officer Jason Shenefield.

Phelps Health has had a presence in Salem since 2012, when now retired Dr. Charles Cunningham incorporated his family practice into the Phelps Health Medical Group.



Over time, though, Phelps Health outgrew its old clinic, and the need for a new, larger clinic was identified as a priority.

“We wanted a location that is more visible and has easier access,” Shenefield said, so a location on the west end of Salem was found. “As with all of our clinics, we aim to provide a high-quality care facility.”

Whereas Phelps Health was renting space at the former clinic, Phelps Health owns the new clinic.

The new building would not have been possible without the Phelps Health Foundation identifying a funding opportunity through the United States Department of Agriculture (USDA). Phelps Health received a grant of nearly \$1 million through the USDA’s Delta Health Care Services Grant Program to help offset the approximate \$3 million cost of the facility.

Earthwork began on the new site in the late summer of 2018, with a groundbreaking ceremony held August 27, 2018.



McCarthy served as the general contractor on the Salem clinic project. Phelps Health has partnered with McCarthy on several other construction projects, including the Delbert Day Cancer Institute in Rolla, Missouri, and the Waynesville Medical Plaza in Waynesville, Missouri.

Building a bigger and more modern clinic has helped improve workflow and increased the ability to see and care for more patients, said Family Nurse Practitioner (FNP) Barbie Fulton, who has practiced in Salem with Phelps Health for about five years.

Fulton, along with Miriam Stricklan, FNP, Jimmy Bell, FNP, and

Matthew Hurley, MD, currently see patients at Phelps Health Medical Group Salem.

The new building provides the space for three full-time primary care providers to practice as well as allows room for rotating specialists to practice in the community in the future, said Phelps Health President and CEO Ed Clayton.

In addition, this new facility provides medical students the chance to rotate through and work with Phelps Health providers in Salem.

As with the former clinic, the new Phelps Health Medical Group Salem facility offers family med-

icine care for all ages in addition to well-women exams, well-child exams, general wellness physicals, sports physicals and annual exams.

“This new clinic allows us to continue offering all of these great services to the community as well as other opportunities,” Fulton said.

The new Phelps Health Medical Group Salem facility offers walk-in and same-day or next-day appointments. While the clinic has moved, the clinic’s phone number – (573) 729-5533 – has remained the same.

A HEART *for* CARING

Dmitry Familtsev, MD, PhD, Is New Phelps Health Cardiologist

By Paul Hackbarth



Dmitry Familtsev, MD, PhD, was the first in his family to become a doctor.

“I was always interested in how the human body works, and being a physician is a good profession to have,” said Dr. Familtsev, who joined the Phelps Health Medical Group as a new cardiologist in the summer of 2019.

In this role, Dr. Familtsev cares for patients with heart disease and related issues to the cardiovascular system (including the heart and blood vessels).

Heart disease is the leading cause of death for both men and women in the United States. According to the Centers for Disease Control and Prevention (CDC), about 610,000 people die of heart disease in the United States every year.

“With heart care, there are a lot of patients who require attention,” Dr. Familtsev said. “In this field, there is a great mixture of both treating patients with heart disease and educating them about prevention.”

Dr. Familtsev has special interests in preventive care, heart failure and cardio-oncology

(treating heart conditions in patients who have cancer). He said the physiology and mechanics of the heart greatly interest him, which is why he chose cardiology as his specialty.

He is trained to treat adult patients with several heart-related issues, including, but not limited to, the following conditions:

- Ischemic heart disease (narrowing of the arteries)
- Heart failure and cardiomyopathies (heart muscle disease)
- Arrhythmia (irregular heart-beat)
- Structural heart disease
- Cardiometabolic disease (heart disease related to diabetes, obesity and lipid disorders)
- Peripheral vascular disease (blood circulation disorder)

One aspect of cardiology that Dr. Familtsev enjoys is that when treating patients for certain heart conditions, patients often times notice immediate results. “You can really see a difference,” he said. “I also really like the diversity of heart care.”

As for why he chose to practice at Phelps Health, he said he wanted to work in an area

where he could help many people. “When I interviewed here, I found the people to be very nice,” he said.

Dr. Familtsev grew up in Russia, and he earned his medical degree from Omsk State Medical Academy in Omsk, Russia. He then came to the United States around 2008 and received training in internal medicine from the University of Louisville in Louisville, Kentucky.

He completed a cardiovascular disease fellowship program at the University of Arizona College of Medicine in Tucson, Arizona. During his fellowship, he was named chief fellow, an honor only given to about two people per year.

He also earned a Doctor of Philosophy in anatomical sciences and neurobiology from the University of Louisville. Dr. Familtsev is certified as a Registered Physician in Vascular Interpretation (RPVI).

Dr. Familtsev is married and has two children. He speaks English and Russian. His hobbies and interests include playing music, fitness and sports, reading classic literature, spending time outdoors and traveling.

LEARN MORE

Dr. Familtsev is accepting new patients at the Heart and Vascular Center in the Phelps Health Medical Office Building, 1050 West 10th Street, Rolla, MO. For more information, visit phelpshealth.org or call the Phelps Health Heart and Vascular Center at (573) 308-1301.

Finding the **'PERFECT FIT'**

Michael Linhart Enjoys Volunteering at the Repeat Boutique

By Paul Hackbarth

Michael Linhart began volunteering at Phelps Health in early 2015. After having back surgery, he was unable to work full time. However, he still wanted the chance to get out of the house and give back.



Linhart asked Tina Pridgeon, former director of the Phelps Health Auxiliary and Volunteer Services, if he could volunteer. "I wanted something that would challenge me mentally," he said.

At first, Linhart volunteered in the Emergency Department and helped out there until about a year ago, when another volunteering opportunity at Phelps Health came along that was more to his liking.

Linhart learned that the Repeat Boutique needed some help, and he asked to start assisting there. The Repeat Boutique at Phelps Health Hospital is a resale shop that offers gently used clothes, books and more.

"I'm very outgoing, and I like dealing with customers," Linhart said. Volunteering at the Repeat Boutique involves a lot of face-to-face time with people and other volunteers, and Linhart said he really likes that aspect.

"It's the perfect fit," Linhart said, noting that he normally volunteers at the resale shop Thursdays and Fridays and fills in as needed. This flexible schedule is something Linhart said he enjoys about volunteering with the Auxiliary.

"Volunteering gives me the opportunity to do what I enjoy and when I am available," Linhart said.

He said that whatever area volunteers are interested in, "there is some form of volunteering available here, no matter the amount of experience you have or the amount of time you have available.

"Some volunteers do five days a week, and some just do a small shift one day a week. It's as little or as much as you want," Linhart added.

Linhart said he enjoys volunteering so much that he convinced his brother, Russell, to join the Auxiliary, too. His brother has since left to live in Columbia, Missouri, but Linhart noted that when they did volunteer together, it was fun since volunteers' relatives helping at the same hospital at the same time can be rare here.

Linhart recommends more people, especially men, become volunteers at Phelps Health. "It's the perfect opportunity to give back to the community," he said. "You just get some satisfaction from volunteering."

Linhart likes to refer to his time volunteering now as "Life B," with "Life A" referring to his previous years before retirement.

Linhart was born in Cabool, Missouri, but moved to the Rolla,

REPEAT BOUTIQUE

Hours

MONDAY - THURSDAY

10:00 AM - 4:00 PM

FRIDAY

10:00 AM - 2:00 PM

The Repeat Boutique is operated by the Phelps Health Auxiliary and Volunteer Services. The resale shop, which is open to the public, is located on the ground floor near the North Entrance of Phelps Health Hospital.

Proceeds from the resale shop are used to support the Auxiliary.

Missouri, area and is a Rolla High School graduate. He later joined the US Navy and moved to Maine, where he worked full time in a hospital there, while attending college full time. Linhart moved back to Missouri in 2014.

His prior experience in healthcare in Maine influenced him to volunteer at Phelps Health.

When not volunteering, Linhart enjoys fishing with his brother. "I'm also an avid reader, and I love Sudoku puzzles," he said.



BECOME A VOLUNTEER

Learn more about the Phelps Health Auxiliary and Volunteer Services at phelpshealth.org or by calling Phil Cox at (573) 458-7935 or Crystal Lorah at (573) 458-7947.

NEED HELP NAVIGATING INSURANCE



Phelps Health EnrollU Has You Covered

By Paul Hackbarth

Karen Brown, of Lebanon, Missouri, had previously heard the radio commercials for Phelps Health's EnrollU services, and earlier this year, she was able to experience in person how Phelps Health's certified and licensed navigators and counselors could assist one of her relatives.

The Phelps Health EnrollU staff can help individuals with any questions they may have about health insurance coverage, from finding coverage through the Affordable Care Act and Missouri Health Insurance Marketplace to finding answers to questions about Medicare.

In Brown's case, her mother, Ruby Denham, was scheduled to have an echocardiogram, a test that uses an ultrasound to check the heart. However, Brown and Denham were notified of a problem with

Denham's insurance. Brown said she tried to figure out the issue by herself.

Brown thought that her mother was covered by a Medicare Advantage plan, but the plan did not include coverage in the Phelps County area.

"I had a legal pad full of phone numbers," Brown recalled, noting that she called several places and was transferred to many people in an attempt to figure out the issue.

Then, Brown was referred to the Phelps Health EnrollU program, where she met with Sarah Schafer, a certified application counselor.

"It took her (Schafer) 10 minutes to figure out something I was trying to find an answer to for three weeks," Brown said.

Brown said Schafer was able to find out more information about her mother's Medicare Advantage plan, and then helped Denham enroll into a Medicare prescription plan that would be accepted in Phelps County.

Brown said the services offered by EnrollU "were a lifesaver to me." She said she highly recommends the Phelps Health EnrollU program to others.

"I really appreciate them," Brown said. "Ever since Sarah helped me, we've had no problems, monetarily."

People do not have to be a Phelps Health patient to receive assistance with EnrollU, according to Layla Earl, director of Patient Access at Phelps Health. These services are provided free to the community.

“With EnrollU, we are proud to provide these services and outreach education to the community. We do not work for commissions off of the insurance products, and Phelps Health takes no commissions, as well,” Earl said. “Our certified application counselors offer free, unbiased help with insurance questions and enrollment.”

With EnrollU, the public can receive guidance and assistance with enrolling in health insurance plans, including the Affordable Care Act, Missouri Health Insurance Marketplace, Medicare (including Parts A, B, C, D and Medicare supplements) and Missouri Medicaid.

EnrollU also offers help with SSI (Supplemental Security Income) or SSDI (Social Security Disability Insurance). Additionally, EnrollU has financial navigation services exclusive for Phelps Health Delbert Day Cancer Institute patients.

EnrollU counselors and navigators can help with special enrollment periods, too. People who missed the open enrollment period to get health insurance coverage and did not sign up for health insurance but have had certain life changes, such as getting married or divorced, having a baby or moving to another state, may qualify for a special enrollment period to start their coverage sooner.

With enrollment periods for the Affordable Care Act and Medicare coming up at the end of this year, now is a good time to see how Phelps Health EnrollU may be able to help you or your family.



? **LEARN MORE**
For free, local assistance or for more information about finding affordable health insurance, please call Phelps Health EnrollU at (573) 458-3676 or email EnrollU@phelpshealth.org.



SEE WHAT'S HAPPENING *Around* Phelps Health

Learn about activities, programs and other exciting events happening at Phelps Health



PATIENT EXPERIENCE AWARD WINNER

Philanthropy

Tasha Wilson - Medical Imaging

Congratulations to Phelps Health employee Tasha Wilson, who works in Medical Imaging, for receiving a recent Patient Experience Award.

Wilson was recognized for displaying Philanthropy. At Phelps Health, Philanthropy is defined as “believing in being good stewards of the gift of time, deeds and resources of our employees and community.”



PATIENT EXPERIENCE AWARD WINNERS

Compassion

Sandra Church and Brandy Parks - Medical Telemetry

Congratulations to Phelps Health employees Sandra Church and Brandy Parks, who both work in Medical Telemetry, for receiving recent Patient Experience Awards.

Church and Parks were both recognized for displaying Compassion. At Phelps Health, Compassion is defined as “believing in acting on the empathy felt toward the needs of patients and families.”

Phelps Health patients and their families as well as Phelps Health employees can nominate a staff member who consistently displays one of Phelps Health’s organizational values -- Integrity, Compassion, Innovation and Philanthropy.



Looking for an exciting career opportunity?

Phelps Health is seeking qualified applicants for several open positions within the organization.

Visit phelpshealth.org/careers for Phelps Health's current job openings.

Email nurserecruiter@phelpshealth.org for questions about nursing jobs.

Email hrrecruiter@phelpshealth.org for questions about all other jobs.

EIGHT WAYS TO STAY HEALTHY AND PREVENT CANCER

Eight healthy behaviors can go a long way toward improving your health and lowering your risk of many cancers as well as heart disease, stroke, diabetes and osteoporosis, and they are not as complicated as you might think.

So, take control of your health, and encourage your family to do the

same. Choose one or two behaviors to start with. Once you have got those down, move on to the others.

1. Maintain a healthy weight.
2. Exercise regularly.
3. Do not smoke.
4. Eat a healthy diet.
5. Drink alcohol only in moderation, if at all.
6. Protect yourself from the sun and avoid tanning beds.
7. Protect against sexually transmitted infections.
8. Get screening tests.

PINTS FOR A PURPOSE

Phelps Health Foundation will host Pints for a Purpose at the Public House Brewing Company, 600 North Rolla Street, Rolla, MO. During the entire month of December, customers at Public House Brewing Company can add donations straight to their checks to support Phelps Health Foundation. On December 18, \$1 for every pint sold from 5:00-9:00 PM will go directly to benefit Phelps Health Foundation.

Around Phelps Health



AUXILIARY AND VOLUNTEER SERVICES SCHOLARSHIPS AVAILABLE

The Phelps Health Auxiliary and Volunteer Services is offering 10, \$2,000 scholarships for RN/BSN, LPN and Allied Health career students. Scholarship applications must be received by the Phelps Health Auxiliary and Volunteer Services (or postmarked) on or before October 11, 2019.

Applications are available at the following locations:

- Phelps Health Auxiliary and Volunteer Services Department or Phelps Health Human Resources Department, 1000 West 10th Street, Rolla, MO 65401
- Financial aid offices at East Central College, Lincoln University, Rolla Technical Center, Southwest Baptist University-Salem and Texas County Technical Institute
- Online at phelpshealth.org

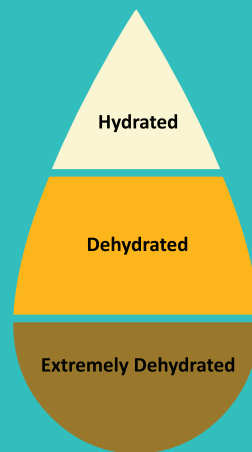
For more information, or to request an application by mail or email, contact the Phelps Health Auxiliary and Volunteer Services manager at clorah@phelpshealth.org or (573) 458-7947.



D.I.C.E. AWARD WINNERS

Three patient care assistants at Phelps Health were recently named D.I.C.E. Award winners. D.I.C.E. stands for Doing Incredible Care Everyday and is for non-nursing staff such as aides, techs and secretaries. Ashlyn Saladino (top), who works in Surgical Orthopedics, was the June winner. Brenda Melton (middle), who works in the Transitional Care Unit, was the July winner, and Kaitlyn Marcee (bottom), who works in Acute Medical Services was the August winner.

ARE YOU DRINKING ENOUGH WATER?



Hydrated
Drink water as normal.



Dehydrated
Drink about 8 oz. of water within the hour, more if sweating or outside.



Extremely Dehydrated
Drink about 16 oz. of water right now, more if sweating or outside.

Consult a physician if darker or red. If dehydration continues, it can cause kidney stones, urinary tract infections and more.

To learn more about urology services at Phelps Health, call (573) 364-9000.

TOO SICK FOR SCHOOL?

Here is how to tell.



Stay home if...



Go back to school after...

	SYMPTOM	
Your child feels too sick for regular activities	Cough/Other Cold Symptoms	Fever decreases and your child feels better
Yellow or green pus appears	Eye Discharge	When discharge is minimal, or using antibiotic eye drop for 24 hours
The temperature on a thermometer reads 100.4° F or higher and behavior changes	Fever	Body temperature reaches normal
You suspect flu—it spreads rapidly	Flu	Fever has been gone for 24 hours
Your child feels too sick for regular activities	Headache	Symptoms improve
Redness and itchiness affect all or most of your child's body	Rash	The rash is gone—or the doctor gives the OK
Too sick for regular activity or if your doctor suspects—or diagnoses—strep throat or if you have a fever included	Sore Throat	Symptoms improve or after starting antibiotics for strep throat
Your child is vomiting or has uncontrollable diarrhea	Stomachache	Vomiting stops and your child has control of bathroom breaks

To schedule an appointment with a Phelps Health pediatrician, please call (573) 364-9000.



HIGH-QUALITY SPECIALTY CARE IS CLOSER THAN YOU THINK.

Let our providers take care of you so you can get back to the things you enjoy.

CALL (573) 364-9000 FOR AN APPOINTMENT.



SWEET GINGER CAULIFLOWER BITES

Vegan Friendly

These bites are perfect for a cozy evening on the sofa, curled up watching Netflix. Ginger and roasted pumpkin seeds (also known as pepitas) lend to an autumn flavor profile. To switch things up, omit the sweet soy sauce, ginger and chili flakes for BBQ or buffalo sauce.

INGREDIENTS

- 1 medium head of cauliflower
- 1 cup flour
- 1/2 cup unsweetened almond milk
- 1 cup bread crumbs
- 1/4 cup black or regular sesame seeds
- 2/3 cup dark, sweet soy sauce
- 1-inch cube grated ginger or 1 tsp dried ginger
- 1/2 Tbsp red pepper flakes
- 2 Tbsp pepitas
- Salt and pepper to taste

PREPARATION

Preheat oven to **450 degrees F**. Line a large baking sheet with parchment paper and set aside. Cut cauliflower into 2-inch florets, leaving some stem. In a large mixing bowl, combine flour, salt, pepper and almond milk. Mix well. Add the panko bread crumbs to a large Ziploc bag. Using tongs, dip a cauliflower floret into the batter, making sure to thoroughly coat. Tap the tongs on the edge of the bowl a few times to remove any excess batter. Remove as much as you can. Place 8-10 florets into the Ziploc bag of bread crumbs and sesame seeds, seal off and give it a good shake to coat. Make sure to thoroughly coat each floret. Remove with tongs, shake off any excess and place each floret onto the prepared baking sheet. Once you have coated all the florets, **bake for 30-35 minutes**. Time will be dependent on how large your bites are. They should be crispy and have a golden brown color when finished.

In a small mixing bowl add dark, sweet soy sauce, ginger and chili flakes. Whisk well. Transfer crispy florets to a large bowl and drizzle sauce over. Gently toss until evenly coated. Sprinkle pumpkin seeds over and enjoy.

The above recipe and photo was provided by Lexus Anderson, a Springfield, Missouri-based yoga instructor and self-taught chef. She specializes in healthy, dairy-free and organic recipes.

FOR YOUR HEALTH: DON'T SUGARCOAT THE HEALTH RISKS OF SUGARY DRINKS

By Dr. Graham A. Colditz
Siteman Cancer Center

We have a love affair with sugary drinks in the U.S., and it may, quite literally, be killing us. About 25,000 deaths each year are linked to drinking beverages like full-sugar sodas, sports drinks and energy drinks.

It's a startling number, especially for something so common that we often don't give it a second thought. Half of adults have at least one sugary drink each day, and about 20 percent have two or more.

As if losing years of life weren't concerning enough, "regularly drinking sugar-sweetened beverages has also been linked to weight gain and a higher risk of chronic diseases, such as type 2 diabetes, coronary heart disease and even liver disease," said Dr. Rachel Tabak, a registered dietitian and research associate professor at the Brown School at Washington University in St. Louis.

What is it about these drinks that can lead to so many problems? There are a number of possibilities, but one likely culprit is pretty simple: extra calories.

"Our bodies don't necessarily recognize the calories we take in from beverages the same way they do from food," Tabak said, so we might not adjust for the calories we get from, say, a soda by eating less. Over time, these extra calories can lead to weight gain and obesity, and the many diseases related to them.

On average, U.S. adults consume about 150 calories per day from sugary drinks, and many consume much more. A large fountain drink can have as many as 600 calories, which is a quarter to a third of the amount many adults should have in an entire day.

If you drink sugary drinks, the healthiest thing to do is to cut back, "ideally to zero," Tabak said.

These simple tips can help:

- Keep sugary drinks out of the house. If you don't buy them, you're much less likely to drink them.
- Keep a pitcher of cold water or unsweetened tea in the fridge. This way, you'll always have a healthy option on hand.
- Choose unsweetened coffee instead of an energy drink. If you want a boost, go with classic black coffee. You can even get it in cans.
- Choose whole fruit rather than fruit juice. Whole fruit has more nutrients and is higher in fiber. If you really want 100% juice, try a low-sodium, 100% vegetable juice, which "has a number of health benefits and tends to contain more fiber and less sugar than fruit juice," Tabak said.
- Don't go overboard on diet drinks. While they're low-calorie and low-sugar, "there's a lot we still don't know about how they might affect the body," she said.
- Buy a reusable water bottle. Keep it filled and with you, so you'll be less tempted to choose a sugary drink when thirsty.
- Be an advocate. Even small changes, like working to get healthier drink options in meetings or at school activities, can have an important impact in your community.

For fans of sugary drinks, cutting back can be hard, at first. So, it's good to start small, and let little successes build on each other. It can be a process that takes some time, but it's really worth the effort.

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Phelps Health and the Delbert Day Cancer Institute are part of the Siteman Cancer Network.



Dr. Graham A. Colditz, associate director of prevention and control at Siteman Cancer Center at Barnes-Jewish Hospital and Washington University School of Medicine in St. Louis, is an internationally recognized leader in cancer prevention.



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