



Physical Health & Nutrition Wellness

A Letter from the Authors

Dear Patients and Families,

Welcome to the first of many quarterly wellness themed newsletters inspired by you! The goal is to provide each of you with some recipes, wellness tips, stretches or exercises. Diet and physical activity are important components of everyone's daily life. They are especially important as you progress through treatment and beyond.

We would love to generate conversation and community centered on prioritizing your well-being! We are here to support the health and wellbeing of you and your families and are happy to hear from you.

Have a specific question or topic request? Email us! Want help modifying a certain recipe or yoga pose suggested in this quarter's posting, call us or book an appointment for more in-depth discussion! We want to inspire good health and be a resource for you, our clients and your families.

With love,

Alexis and Juliana

Make the Most Out of the Autumn Weather

1. Visit a local farm or farmers market to enjoy the local produce including fresh picked apples and pears, late summer peaches and corn, and all of the root vegetables.
2. Keep the grill open and make less dishes (and odors!) in the house by cooking your proteins and even your fruits and veggies outdoors.
3. Use all of your Jack-O-Lanterns: don't throw away the seeds! For a fiber rich snack, follow instructions for roasting the seeds here: <http://dish.allrecipes.com/how-to-roast-pumpkin-seeds/>.
4. Apple and pumpkin picking: wear the right shoes, choose the hayride if you have trouble walking far distances
5. Take a walk and enjoy watching the leaves change! Pick a park with benches along the way and safe pathways.



Contact Us!

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Prevent Falls this Fall!



1 out of 4 people aged 65 and older experiences one fall each year in the United States. In Massachusetts, falls are the leading cause of injury related hospitalizations and emergency room visits in individuals over 65 years old. Falls can cause serious injuries such as hip fractures or brain injury.

Sometimes, people who are undergoing treatments for cancer are at an increased risk for falls. This could be from muscle weakness, lightheadedness, neuropathy or impaired balance. Some treatments also result in osteoporosis which means it is easier for bones to fracture after a fall.

Falls are not inevitable, they are preventable! Here are some tips on reducing your fall risk:

1. Stay as active as you can - exercise improves strength and balance and reduce risk of falls
2. Tell your healthcare providers you are worried about falling - we can perform an assessment to evaluate and lower your risk
3. Review your medications with your provider or pharmacist
4. Get your vision, hearing and feet checked once a year
5. Wear properly fitting shoes that provide good support
6. Keep the floors of your home clutter free
7. Remove or secure any area rugs in your home
8. Make sure you're in a well-lit environment in your home
9. Secure or install handrails or grab bars on your stairs or in your bathroom

ASK YOURSELF:

1. Have I fallen in the last year?
2. Do you feel unsteady when standing or walking?
3. Do you worry about falling?

If you answered yes to any of the above our physical therapist can perform a formal fall risk assessment and help you learn how to prevent falls





Fall Harvest Salad

Adapted from: Marisa Mozer, MS, RD, LDN, CNSC on behalf of ON DPG



Fall Harvest Salad Serves: 6 Serving Size: 2 ½-3 cups salad with 2 Tbsp salad dressing

Ingredients

- 3 cups of roasted butternut squash (1.5 lbs uncooked)
- ¾ cup of Maple Ginger Vinaigrette
- 1 tsp olive oil
- ¼ tsp salt
- ¼ tsp black pepper
- 18 ounces (6 ¾ cups) of spring mix lettuce
- 3 cups of wild rice, cooked
- 2 Tbsp. of green onions, sliced thin
- 2 Tbsp. of dried cranberries
- 2 Tbsp. of walnuts, toasted & chopped

Directions

1. In Preheat oven to 400 ° F.
2. Toss 2 pounds of butternut squash, peeled and diced into ¾ inches cubes, with 2 teaspoons of real maple syrup and 1 teaspoon of olive oil; season with 1/4 teaspoon of salt and 1/4 teaspoon of black pepper.
3. Roast butternut squash for 20-25 minutes until just cooked through; once removed, reduce heat to 350° F.
4. Prepare Maple Ginger Vinaigrette Dressing:
 - a. Place the whole pear on a sheet pan and roast for 25-30 minutes at 350° F until softened and slightly caramelized.
 - b. Place the pear in the blender with the remaining ingredients and puree until smooth.
5. Combine the lettuce, rice, squash, onions, and dried cranberries with the dressing and toss together.
6. Place mixture in bottom of a bowl.
7. Garnish with chopped walnuts.

Variations:

- Omit any ingredient you dislike or are intolerant to, i.e. black pepper, onion if dealing with oral ulcers or heartburn
- Buy the butternut squash pre-peeled and diced to simplify preparation.
- Add 4-6 oz. of protein to make this a protein rich meal: salmon, shrimp, chicken, or chickpeas would pair nicely

MAPLE GINGER VINAIGRETTE INGREDIENTS

- 1 medium fresh pear (without core or stem), roasted
- ¼ cup shallot, minced
- 1 tsp of fresh garlic, minced
- 1 tsp of fresh ginger, minced
- ½ cup of apple cider vinegar
- ¼ cup of pure maple syrup
- 1 tsp of Dijon mustard
- ½ cup of apple juice