“Whole-person care”
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Foundation hosts formal gala

THE SOUTHEASTERN HEALTH (SeHealth) Foundation Board of Trustees, along with the gala chairpersons and committee, would like to invite the community to join them by supporting the 26th Annual SeHealth Foundation’s Shine a Light on Behavioral Health—A Gala of Grateful Giving presented by Robins & Morton on Friday, Feb. 23, 2018, at the Southeastern Agricultural Center located in Lumberton, North Carolina. Entertainment for the evening will be Liquid Pleasure with Kenny Mann, provided by Campbell Kenny.

Proceeds from the 2018 Gala will benefit patients with psychiatric illnesses and substance use disorders whose needs are great. Our goal is to “shine a light” on these individuals and their family members with compassion, dignity and excellent care by supporting SeHealth’s efforts to expand our behavioral health capacity and to create indoor and outdoor patient therapeutic activity spaces. The addition of these designated rooms and therapeutic spaces will allow patients with psychiatric and substance abuse emergencies to receive the specialized treatment they need in a safe, secure environment.

Gala volunteers from throughout Robeson County are working to ensure this elegant black-tie event is memorable with great emphasis on expanding and enhancing the care of behavioral health patients at Southeastern Health’s Southeastern Regional Medical Center. Chairpersons Mr. and Mrs. Kenny Biggs and Chelsea Biggs are thrilled to have an opportunity to make a real difference in the care, education and facilities SeHealth offers. “Chelsea and I are honored to be a part of this amazing journey, supporting the efforts to expand and advance Southeastern Health’s Behavioral Health Services department,” says Bonnie Biggs. “Because of a personal connection, my family has been advocates for change, education and reform for behavioral health within our community for over 20 years.”

Since 1993, the SeHealth Foundation Gala has contributed more than $1,700,000 to advance and promote SeHealth and the services it provides. The SeHealth Foundation’s annual gala brings a diverse group of over 500 guests together for an elegant evening affair.

As a nonprofit hospital and foundation, we depend on a supportive community. The SeHealth Foundation strives continually to meet the health care needs of individuals in the communities we serve through the generosity of others. Through their contributions, our donors become a vital part of the health care team by providing resources that would not otherwise be available.

“We have a long journey of reform, education, providing safe, secure environment and treatments for many facets of behavioral health,” says Bonnie Biggs.

“We must ‘shine a light on it’ to provide care, education and support to first responders, families and the staff that encounter many of these patients and citizens,” adds Chelsea Biggs.

Please consider joining with us Friday, Feb. 23, as we “shine a light” on behavioral health.

For more information on sponsorship opportunities or to purchase tickets, call 910-671-5583 or email foundation@southeasternhealth.org

SAVE THE DATE: The Southeastern Health Foundation’s 8th Annual BOOTS & BBQ will be held Friday, Sept. 28, at the Southeastern Agricultural Center.
THE HUMAN FOOT AND ANKLE HAVE 26 BONES & 33 JOINTS.

SHOULD YOU FOOT IT TO THE DOCTOR?
If you have foot or ankle problems, talk with your doctor. Or call 844-735-8864 to schedule an appointment with a primary care provider.

In 2014, a young Venezuelan man claimed the title of largest feet (male). His feet measured nearly 16 INCHES LONG. That’s a U.S. size 26 or roughly the diameter of an extra-large pizza.

AS WE AGE, our feet become longer and wider.

NEW SHOES should NOT need to be broken in. You want them to be comfortable from the first step.

Shop for shoes at the end of the day. That’s when your feet are largest.

DOMINATE YOUR DIABETES
Small lifestyle changes can add up fast.

MAMMOGRAMS: NOW IN 3-D!
Exciting new breast health technology is now available in Lumberton.

FAST FACTS ABOUT FEET
THE HUMAN FOOT AND ANKLE HAVE 26 BONES & 33 JOINTS.

NEW SHOES should NOT need to be broken in. You want them to be comfortable from the first step.

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ON A KNEE-ED TO KNOW BASIS
Get top intel on knee pain, injuries and knee replacement surgery.

PROVIDING WHOLE-PERSON CARE
Find out about the behavioral health care options offered by SeHealth.

5 LITTLE THINGS TO DO FOR YOUR HEART
What can you do to improve your cardiovascular health today?

EVERYTHING IN MODERATION
Fat isn’t always the bad guy. Find out which fats are a "yay" and which fats are a "nay."

Three SeHealth clinics now offer extended hours:

Southeastern Medical Clinic
Gray’s Creek is open from 8 a.m. to 8 p.m. on Mondays, Tuesdays and Thursdays. The clinic is located at 1249 Chicken Foot Road. Appointments may be made by calling 910-423-1278.

Southeastern Health Mall Clinic, a walk-in clinic located on the campus of Biggs Park Mall in Lumberton, is open every Saturday from 8 a.m. to 8 p.m.

Southeastern Urgent Care Pembroke, also a walk-in clinic, is now open seven days each week. The clinic’s new hours are Monday through Friday from 8 a.m. to 8 p.m., and Saturdays and Sundays from 8 a.m. to 5 p.m. The clinic is located within the Southeastern Health Pembroke complex at 923 W. 3rd St.

SHOULD YOU FOOT IT TO THE DOCTOR?
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Sources: American Orthopaedic Foot & Ankle Society; American Podiatric Medical Association; Guinness World Records

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Sources: American Orthopaedic Foot & Ankle Society; American Podiatric Medical Association; Guinness World Records
Southeastern Orthopedics in Lumberton offers a team of highly-skilled orthopedic surgeons. Drs. Eric Breitbart, David Dalsimer, Riyaz Jinnah and Michael Maggitti, who specialize in sports medicine, hands and upper extremities, knee resurfacing and total joints. These surgeons are supported by Physician Assistants Rachel Chapman and Matt Davis, and Nurse Practitioner Jamie Young. We offer appointments one day each week in satellite locations in Pembroke and Gray’s Creek. Visit seorthopedics.org to learn more.
OUR KNEES are involved in almost everything we do—walking, bending, turning and climbing. With all that wear and tear, chances are most of us will have at least a minor knee problem at some point that will make us wince and wonder what to do. With that in mind, here are answers to some common questions about knee problems.

What causes knee problems?
A. A direct blow or sudden movement—like changing direction rapidly when running—can hurt your knee. But knees can also be injured gradually. For instance, a problem with your feet or hips can make you move awkwardly. And that can throw off your knees’ alignment, eventually damaging them.

Can diseases cause knee problems too?
A. Yes, especially arthritis. The most common kind in the knee is osteoarthritis. In this disease, shock-absorbing cartilage in the knee slowly wears away. Typically, it begins in people 50 and older. But a knee injury might cause osteoarthritis in a younger person.

Rheumatoid arthritis—a disease in which the immune system mistakenly attacks joints—is another type of arthritis that harms knees.

Beyond pain, how can I tell if my knee is injured?
A. Swelling is a big tipoff. Your knee might also catch or lock up. Many knee injuries also cause instability—the feeling you get when your knee is giving way.

What are some of the most common knee injuries?
A. Heading the list: fractures around your knee; dislocations (what happens when the bones of your knee are out of place); and sprains and tears of soft tissue, like ligaments or tendons.

What should I do if I hurt my knee?
A. When you’re first injured, you can speed your recovery by remembering the acronym RICE:
Rest your knee to avoid more damage.
Ice it with a bag of ice or frozen vegetables.
Compress it with an elastic bandage.
Elevate your knee above your heart.

When does an injured knee need treatment?
A. Get treatment right away if you:
• Have severe pain or swelling.
• Can’t move your knee.
• Start limping.
• Hear a popping noise and feel your knee give out at the time of your injury.

How are knee problems diagnosed?
A. In three ways: with a medical history; a physical exam; and diagnostic tests, such as an x-ray, MRI, CT scan or biopsy.

What are my treatment options?
A. Often, knee problems can be treated with fairly simple measures, such as:
Immobilation. For example, your doctor might advise a brace to keep your knee from moving.
Physical therapy. Exercises that strengthen the muscles that support your knee can help you move comfortably again.
Medicine. Nonsteroidal anti-inflammatory medicines like aspirin and ibuprofen can ease pain and swelling.

But to fully restore leg function, surgery may be necessary for many fractures and injuries around the knee. Sometimes doctors can do this surgery arthroscopically, making tiny incisions and using miniature instruments to repair the knee.

Is knee replacement surgery the right choice for a severely damaged knee?
A. Very often, yes. If arthritis or an injury is making it especially hard for you to do everyday activities—like walking or climbing stairs—this surgery can help you get your life back. In fact, it’s one of the most successful medical procedures. Still, it’s only appropriate when nonsurgical treatments, like medication, and walking supports, such as a cane, are no longer helpful.

Sources: American Academy of Orthopaedic Surgeons; American Council on Exercise; National Institutes of Health

Our orthopedic surgeons are experts on knees.
Get to know them better—check out seorthopedics.org.
AT SOUTHEASTERN HEALTH’S Southeastern Regional Medical Center (SRMC), nearly 1 out of every 9 hospital stays is related to a behavioral health disorder, says SeHealth Behavioral Health Services Director Anthony Grimaldi.

The term behavioral health disorder may not sound familiar. It refers to mental illness, substance use and addiction. Often, these conditions cut deep into individuals and families. The physical, emotional and economic effects are felt throughout the community. In his role, Grimaldi has seen the impact in Robeson County.

But people here are also “unbelievably resilient,” Grimaldi notes. So he wants you to know this too. There is hope. Help is here at SRMC for you or a loved one.

“Our door is always open, no matter how many times you believe you have failed,” Grimaldi says. “Everybody deserves an opportunity to get well again.”

Hope and healing
SeHealth offers a wide range of behavioral health services to help people heal.

“Probably the most common behavioral health disorders we see are depression; trauma-related disorders, like PTSD; chronic schizophrenia; and chronic bipolar disease,” Grimaldi says. “The most chronic substance abuse disorder we see is alcoholism, second right now probably to cocaine use. A close third is opioid disorders.”

Stigma should not keep people from getting help for mental health and substance abuse disorders. A basic tenet at SeHealth is this: “You’re not a bad person trying to get good. You’re an ill person trying to get well,” Grimaldi says. “And there’s no shame in suffering from alcoholism or addiction and mental health disorders. The only shame is doing nothing about it.”

Here’s a quick look at what’s available at SeHealth:

**An inpatient unit.** SRMC has a 33-bed psychiatric unit that serves nearly 2,200 people a year. The unit offers acute detox services as well as acute mental health treatment. Evaluations and therapies are provided by psychiatrists, nurse practitioners, physician assistants, psychiatric nurses, social workers and therapeutic counselors.

“We provide an atmosphere where people can learn healthy coping mechanisms and new life skill sets,” Grimaldi says. “One of the things we focus on is preventing relapse from either a substance use disorder or a mental health disorder.”

Everyone has triggers that prompt them to stop treating their illness or to stop believing that it’s serious enough to need treatment, he says. Triggers can be certain places, people or situations, for instance.

**Outpatient clinic.** Southeastern Psychiatry Clinic serves children and adults. A variety of psychiatric and substance abuse services are offered, such as counseling and medicines.

“We help with everything from childhood psychosis to bipolar disorder, schizophrenia and trauma in adults,” Grimaldi says.

**Emergency treatment.** SRMC stands ready to assess and treat people with behavioral health problems in the emergency department. The care is provided on-site and through telemedicine.

“We can begin treating our patients with behavioral health needs from the moment they walk in the door,” Grimaldi says.

**Community partnerships.** SeHealth partners with local churches and other organizations to help expand awareness of behavioral health disorders in the area.

Expanding care
Plans are afoot to build a 10-bed unit within SRMC where both medical and psychiatric services will be available. It will allow a care team to manage patients with serious medical problems, such as heart disease, and behavioral health disorders on the same floor. The unit will include an outdoor space for meditation, exercise, a garden and recreation. Construction should begin in 2018. "We’re really excited about it," Grimaldi says.

‘We never give up’
SeHealth treats behavioral health disorders like any other disease or disorder, Grimaldi says. “There is no stigma attached as far as we’re concerned,” he says, adding that mental health and substance use disorders are “absolutely treatable.”

“We don’t have cures yet, but we can put them in remission for a lifetime,” he says. “But we have to practice behavioral skill sets that offset the triggers and relapse obstacles people face.”

Reaching out for help at SRMC can be the first step in your healing journey.

“We never give up,” Grimaldi says.
Our door is always open’

Treating the whole person

SeHealth is on the cutting edge when it comes to integrating behavioral health treatment with other forms of primary and specialty care, says Behavioral Health Services Director Anthony Grimaldi.

“You have to treat both the body and the mind to be successful in helping people heal,” he says. “Beliefs, thoughts and feelings ultimately determine behavior. And behavior is what drives wellness in all disease states—not just addiction or psychiatric disease.”

One example? A special paramedic-mental partnership program, known as Paramedic Partners, helps people who have both diabetes and a mental health condition. Here’s the premise: Having diabetes alone can be challenging. It doesn’t get easier when you add a mental health disorder to the mix. That’s where the program comes in.

It’s offered to people with diabetes who are at high risk for a hospital readmission, Grimaldi says. A paramedic and mental health counselor visit them at home on a regular basis, starting soon after they go home. They can help them get back on track with diet, blood sugar control and medications. The aim is to prevent a repeat hospital stay.
4 steps to having a better mammogram

The hardest part of preparing for a mammogram may be picking up the phone and making the appointment. But once you accomplish that task, there are four things you need to do to help ensure that the process goes smoothly and that you get the most accurate results:

1. If you still menstruate, schedule the mammogram for about a week after your period, when your breasts are less tender.

2. If you've had mammograms at another facility, have the records transferred so that they can be compared to the new mammogram.

3. Don't wear talcum powder, deodorant or lotion on your underarms or breasts the day of your mammogram. They can show up as white spots on the image.

4. Be sure to tell the technologist about any breast changes or symptoms you have.

Source: American Cancer Society

3-D MAMMOGRAMS

An updated view for breast cancer

MAMMOGRAMS give women a crucial head start on finding breast cancer early when treatment is often most effective. They can detect tumors that are still too tiny to feel and identify cancers before symptoms start.

Still, although they've saved countless lives, these breast x-rays aren't perfect.

Mammograms may miss about 20 percent of all breast cancers, the National Cancer Institute reports. They can also cause false alarms by indicating abnormalities that turn out not to be cancer.

As a result, women may undergo unnecessary—and often anxiety-producing—additional testing, including biopsies.

A different dimension in breast x-rays

A newer type of mammogram, however, may help overcome these flaws and improve the accuracy of breast cancer screening. It’s called three-dimensional, or 3-D, mammography. (Breast tomosynthesis is another name for it.) Here’s how it works:

During a 3-D mammogram, a woman’s breast is compressed, just as it is for a standard mammogram. An x-ray machine moves over the breast, taking multiple, slicelike pictures. Special computer software then creates a detailed 3-D image of the breast.

Research suggests that 3-D mammograms have the potential to:

• Improve the ability of doctors to accurately diagnose breast cancer.
• Find small tumors that may have remained hidden on a conventional mammogram.
• Provide clearer images of abnormalities in dense breasts. Women who have dense breasts—defined as breasts that have a lot of fibrous or glandular tissue and not much fat—are at a slightly higher risk of developing breast cancer.
• Greatly reduce the number of women called back for further testing because of false alarms.

Additional source: Radiological Society of North America

Get tested.

Schedule your 3-D mammogram at Southeastern Radiology Associates by calling 910-671-4000.
3-D Mammography
NOW AVAILABLE IN LUMBERTON

The Genius™ 3-D Mammography technology allows doctors to examine breast tissue layer by layer, like the pages of a book.

Southeastern Radiology Associates now offers 3-D mammography using the latest technology with the fastest available scan time. Instead of viewing all of the complexities of breast tissue in a flat image, fine details are more visible and no longer hidden by the tissue above or below, resulting in fewer callbacks.

The area's only Breast Imaging Center of Excellence.

Southeastern Health.
Better Health Starting With You.

SOUTHEASTERN RADIOLGY ASSOCIATES
SOUTHEASTERN HEALTH

Convenient new side entrance at our main building.
209 W. 27th St.
Lumberton, NC 28358

910-671-4000
southeasternhealth.org/sera
FNP BEASLEY JOINS SOUTHEASTERN HEALTH WOMEN’S CLINIC

Board-certified Family Nurse Practitioner (FNP) Debra Beasley has joined Southeastern Health Women’s Clinic, and will be providing support to Dr. John Rozier. A native of Robeson County, Beasley earned a bachelor of science in nursing degree from East Carolina University in 1981. She also earned a master’s degree in nursing and completed the family nurse practitioner program at Duke University School of Nursing in 1996. She has worked as an FNP in women’s health and pediatrics and has a special interest in adolescent health. She resides in the Prospect community with her husband, Glenn.

Southeastern Health Women’s Clinic is located at 295 W 27th St. in Lumberton and is an affiliate of Southeastern Health.

To schedule an appointment with Debra Beasley, FNP, call 910-739-5550.

CARDIOLOGIST ARCHIE “ZAN” TYSON, MD, JOINS SEHEALTH CLINIC

Interventional Cardiologist and Electrophysiologist Dr. Archie “Zan” Tyson has joined the Duke physician team at Southeastern Cardiology and Cardiovascular Clinic. Dr. Tyson earned his medical degree from the Bowman Gray School of Medicine at Wake Forest University in 1984. He completed residency training at North Carolina Baptist Hospital in 1987 as well as a fellowship in cardiovascular disease there in 1990. He is board-certified in internal medicine, cardiology, interventional cardiology, echo and electrophysiology. He has over 27 years of clinical experience in cardiac electrophysiology. He is a fellow of both the American College of Cardiology and the Heart Rhythm Society. He is relocating to our area from High Point, NC.

Southeastern Cardiology and Cardiovascular Clinic is located at 2934 North Elm St., Suite 103, in Lumberton and is an affiliate of Southeastern Health.

For more information or to schedule an appointment with Dr. Tyson, call 910-671-6619.
Southeastern Cardiology and Cardiovascular Clinic treats patients with heart issues. For more information, call 910-671-6619.

IMPROVING YOUR HEART’S health may seem like a big project. But even small changes in your daily habits can make a difference. Here are five simple steps you can get started on right away.

1. **Bring a piece of fruit to work.** Eating more fruits (and veggies) is a heart-healthy choice. Plus many fruits are portable (think apples, oranges and bananas), which makes them an easy snack option. When hunger hits, having a piece of fruit at your work area will help you avoid less-healthy options from the vending machine.

2. **Take a 10-minute walking break.** If you sit behind a computer most of the time, get up for a quick stroll several times a day. Sitting less and moving more is good for your ticker and your body overall. Keep in mind it’s easier to fit in the recommended 30 minutes of movement every day if you divide the time into shorter bouts.

3. **Give your screens an earlier bedtime.** Too little sleep can hurt your heart and increase your risk for other diseases, such as obesity and type 2 diabetes, which can also affect heart health. Watching TV or using your smartphone or computer close to bedtime can keep you awake. Try giving yourself a deadline for turning off your screens an hour before bedtime every night. Relaxing to music or a book may help you doze off.

4. **Have a hearty laugh.** Laughter eases stress, which is a good thing because too much stress may boost your risk for heart disease. For a regular dose of mirth, set aside time to watch some laugh-out-loud videos.

5. **Compare food labels for sodium content.** Too much sodium can boost blood pressure, which is hard on your heart. Different brands of foods can have different sodium amounts. It only takes a moment to read food labels and to choose the brand with the least amount of sodium. You might be surprised to learn that some foods that don’t have really high levels of sodium, like bread, are among the top sources of the mineral in the American diet—simply because we may eat several servings of them a day.

Sources: American Heart Association; Centers for Disease Control and Prevention; National Heart, Lung, and Blood Institute.
WOMEN AND DIABETES

4 steps for your heart

If you’re a woman with diabetes—whether type 1 or type 2—you know it’s a serious and complicated disease. What you might not know is that it raises your risk for heart problems.

But there is a lot you can do to bring that risk down. Start with these four steps:

1. **Control your ABCs.** Those three letters stand for the following:
   - **A is for the A1C test.** It measures your average blood glucose level for the past three months. High blood glucose levels can damage your heart and blood vessels. Most people with diabetes should aim for an A1C below 7 percent.
   - **B is for blood pressure.** High blood pressure makes your heart work too hard, which can lead to a heart attack or stroke. A good blood pressure goal is below 140/90 mm Hg.
   - **C is for cholesterol.** You have two types of cholesterol in your blood—LDL (the bad kind) and HDL (the good kind). Too much LDL can clog your blood vessels, causing a heart attack or stroke. A high amount of HDL, on the other hand, helps protect your heart. Ask your doctor what your cholesterol levels should be.

2. **Be active.** Regular exercise helps your heart in so many ways. It helps lower your blood pressure. It can help you lose weight, and that reduces your risk for heart disease. Exercise may also help you control your cholesterol.

3. **Maintain, or get to, a healthy weight.** Being overweight makes it harder to regulate your glucose levels, and it adds to your risk for heart disease.

4. **Don’t smoke.** Smoking harms the lining of your arteries and narrows your blood vessels. Both increase your risk for heart disease.

Sources: American Academy of Family Physicians; American Diabetes Association; National Institutes of Health

Ask your doctor what other steps you can take to help avoid heart disease. Need a doctor? Call 844-735-8864.

[Diabetes]

Be ready for snack attacks

If you’re living with diabetes, you want to choose snacks wisely. Here are five go-to healthy snacks with less than 5 grams of carbohydrates each.
TAKE CHARGE WHEN THE DIAGNOSIS IS DIABETES

WHEN YOU FIRST LEARN that you have diabetes, it may be a hard fact to face. Without question, diabetes is a serious disease that can have life-altering consequences. And even though it’s normal to feel uneasy about the diagnosis, now is not the time for denial.

What you need now is information and a plan, so you can manage your condition and get on with enjoying your life.

A team effort
The main goal of diabetes treatment is to control your blood sugar (glucose) levels. When blood sugar isn’t controlled, it can lead to eye, kidney and nerve damage. It can also put you at higher risk of infection and raise your risk of heart disease.

But you don’t have to go it alone. Your doctor will develop a care plan that sets target levels for your blood sugar, and he or she will monitor your progress.

For additional help, your doctor may refer you to other team members, such as a nurse educator, a dietitian, a dentist, specialists to monitor problems with your eyes and feet, therapists, and pharmacists.

Still, you are the most important person on your health care team. You are the one who needs to care for your condition every day.

Your plan of action
To properly manage your diabetes, your care plan will include (among other things):

• Instructions on how to measure and record your blood sugar levels.
• A plan for taking your medication.
• Advice on eating and exercise.
• A schedule for your follow-up health care, including seeing specialists, such as an eye doctor, dentist and foot doctor.

Your plan should be unique to you. It should take into account your work and home life and any additional medical problems you have, such as high blood pressure or high cholesterol.

Be open with your doctor about your current habits, and discuss how you can change them if necessary. For example, if you smoke, your doctor can help you with a plan to quit.

Follow up, follow through
If you have a concern or don’t understand something about your care, be sure to bring it up with your doctor.

Source: American Diabetes Association
How to choose healthy fats

_FAT HAS QUITE THE REPUTATION_ as a dietary supervillain, but there’s more to fat than that.

A little dietary fat is essential for good health. In addition, some types of fat (in modest amounts) may even help protect your health. Other fats, however, may harm your health if you eat them too much.

Here’s a closer look at these bad and good fats.

The bad guys: Saturated and trans fats

These two fats raise LDL blood cholesterol—and with it your risk of heart disease and stroke:

**Saturated fat.** This is found mostly in animal products including red meat, lamb, chicken with the skin left on, butter, cheese, and full-fat or 2 percent milk. It’s also in some plant foods, such as coconut oil, palm oil and cocoa butter.

**Trans fat.** This is found in foods with hydrogenated or partially hydrogenated vegetable oil, including baked goods such as cookies, pies, doughnuts and snacks. It helps them have a long shelf life. Trans fat is also in some fried restaurant foods.

The good guys: Unsaturated fats

Eating healthy, unsaturated fat instead of saturated fat may help improve cholesterol levels. The two main unsaturated fats are:

**Monounsaturated.** Examples of foods that contain monounsaturated fats include olive and canola oil, nuts, peanut butter and avocados.

**Polyunsaturated.** Examples of foods that contain polyunsaturated fats include salmon; tofu; and safflower, sunflower and corn oils.

Serve up some good health

To help keep your diet focused on the good fats:

• Plate up more fruits, veggies and whole grains, and less red meat.
• Switch to low-fat or non-fat milk.
• When sautéing or stir-frying, use olive, canola or other oils.
• Eat fish at least twice a week.
• Choose soft margarine instead of butter.
  Look for “0 grams trans fat” listed on the label.
• Save sweets like doughnuts, cookies, pies and cakes for the occasional treat.

_Sources: Academy of Nutrition and Dietetics; American Heart Association_

All fats are rich in calories, even the healthier ones. **So stick with moderate amounts.**
Asian-style chicken wraps

Makes 4 servings.

Ingredients
For sauce:
1 small jalapeño chili pepper, rinsed and split lengthwise—remove seeds and white membrane, and mince (about 1 tablespoon); for less spice, use green bell pepper
1 tablespoon garlic, minced (about 2 to 3 cloves)
3 tablespoons brown sugar or honey
½ cup water
½ tablespoon fish sauce
2 tablespoons lime juice (about 2 limes)

For chicken:
1 tablespoon peanut oil or vegetable oil
1 tablespoon ginger, minced
1 tablespoon garlic, minced (about 2 to 3 cloves)
12 ounces boneless, skinless chicken breast, cut into thin strips
1 tablespoon light soy sauce
1 tablespoon sesame oil (optional)
1 tablespoon sesame seeds (optional)

For wrap:
1 small head red leaf lettuce, rinsed, dried and separated into single leaves large enough to create wrap
8 fresh basil leaves, whole, rinsed and dried
2 cups bok choy or Asian cabbage, rinsed and shredded

Directions
• To prepare the sauce, add all ingredients to a saucepan and bring to a boil over high heat. Remove from heat, and let sit in hot saucepan for 3 to 5 minutes. Chill in refrigerator for about 15 minutes or until cold.
• Prepare the chicken by heating oil in a large wok or sauté pan. Add ginger and garlic, and stir-fry briefly until cooked but not brown, about 30 seconds to 1 minute.
• Add chicken, and continue to stir-fry for 5 to 8 minutes.
• Add soy sauce, sesame oil (optional) and sesame seeds (optional), and return to a boil. Remove from heat, and cover with lid to hold warm in hot sauté pan.
• Assemble each wrap: Place one large red lettuce leaf on a plate. Add ½ cup chicken stir-fry, 1 basil leaf and ¼ cup shredded cabbage, and fold together.
• Serve 2 wraps with ¼ cup sauce.

Nutrition Information
Serving size: 2 wraps, ¼ cup sauce. Amount per serving: 242 calories, 10g total fat (2g saturated fat), 47mg cholesterol, 393mg sodium, 3g dietary fiber, 21g protein, 17g carbohydrates, 636mg potassium.
Sources: National Heart, Lung, and Blood Institute; National Institutes of Health; U.S. Department of Health and Human Services
“Shine a Light on Behavioral Health”

Presented by ROBINS & MORTON

Southeastern Agricultural Center
Friday, Feb. 23
7 to 11 p.m.

Entertainment by the band Liquid Pleasure, sponsored by Campbell University

Chairpersons: Mr. & Mrs. Kenny Biggs, Ms. Chelsea Biggs

For more information or to purchase tickets, call 910-671-5583 or email foundation@southeasternhealth.org.