

Try these dishes to strengthen your bones

Physical activity and nutrition are important for bone health. Try strength training activities twice a week and be sure to eat foods high in calcium like fat-free and low-fat milk, cheese, yogurt, and fortified soy milk to help strengthen bones.

Here are a few bone-nurturing recipes:

Chicken breasts baked with cheese

INGREDIENTS

- 1 small onion
- 500 grams of tomatoes
- 400 grams of fresh mushrooms
- 4 chicken breasts
- pepper
- olive oil
- 3 tbsp salt
- 150 ml chicken broth
- 2 tbsp skimmed milk powder
- 250 grams mozzarella
- 2 basil leaves

DIRECTIONS

1. Chop onions. Scald tomatoes and remove peel, chop into small pieces. Cut mushrooms into thin slices.
2. Sprinkle pepper on chicken. Preheat oven to 225°. Coat bottom of oven-proof pan with ca. 1 tbsp oil. Heat 2 tbsp. olive oil in frying pan and cook chicken breasts for two minutes on each side.
3. Remove from pan and sprinkle with salt and paprika powder to taste. In same pan, add onions and mushrooms and cook for ca. 2 minutes. Add broth and milk powder. Cook gently for 5 minutes. Remove from heat. Add tomatoes and basil and mix.
4. Place mixture in pan. On top of the mixture, place the chicken. Cut mozzarella into slices and place slices on top of the chicken. Drip some olive oil on top. Bake in lower part of oven at ca. 200° for ca. 20 minutes.



Turkey Tostadas

INGREDIENTS

- 2 cups cooked turkey (cut into bite-size pieces, or 2 cups ground turkey, browned in a skillet and drained)
- 2 tablespoons taco seasoning (chili)
- 1 1/2 cups water
- 4 corn tortillas
- 1/4 cup refried beans (low-fat or fat-free)
- 1/4 cup Cheddar or Monterey Jack cheese (shredded, low-fat)
- 1/2 cup tomatoes (chopped)
- 1/2 cup lettuce (shredded)
- 2 tablespoons onion (chopped)
- 8 tablespoons taco sauce (1/2 cup)
- plain yogurt (low-fat or fat-free optional)
- guacamole (or mashed avocado optional)

DIRECTIONS

1. Wash and prepare vegetables.
2. In a large skillet over medium heat, combine turkey, taco seasoning, and water.
3. Bring mixture to boil, reduce heat and simmer 5 minutes, stirring occasionally.
4. Place tortillas on a cooking sheet. Bake at 375° for 4-7 minutes or until tortillas are crispy.
5. Spread tortillas with a tablespoon of beans. Top with 1/4 meat mixture and cheese.
6. Return tortillas to oven to cook for 2-3 minutes or until cheese is melted.
7. Top with tomatoes, lettuce, onions and taco sauce. Garnish with yogurt and guacamole, if desired.



Getty Images

Strawberry Banana Parfait

Enjoy the flavors of layered strawberries, crispy cereal flakes and creamy yogurt in this delicious parfait. Serve as a fruit-filled breakfast option or a better-for-you dessert!

INGREDIENTS

- 1/2 medium ripe banana, mashed
- 1/8 teaspoon vanilla
- 1/3 cup plain non-fat yogurt
- 1/2 cup sliced fresh strawberries
- 1/2 cup bran and wheat flakes ready-to-eat cereal

DIRECTIONS

1. Stir banana and vanilla into yogurt and combine well.
2. In a 10-12 ounce glass, alternately layer the yogurt-banana mixture, strawberries and cereal.
3. Serve immediately and enjoy.

Musculoskeletal

► continued from the cover

hip replacement for a chronic overuse injury in 2014, Baumgart won a national championship, four silver medals, and the overall "Best All Around Rider" award at the 2015 USA Masters Track National Championship.

"I was afraid the surgery would reduce my athletic ability," Baumgart said. "Instead, it improved it."

Baumgart has gained back strength and full range of motion in his hip.

"I can now train harder because I don't have pain or limitations anymore," he said. "It's been a gift."

Developments in joint preservation

At The CORE Institute, orthopedic surgeons are performing osteochondral allograft transplantation, a new technique to repair and restore severely damaged cartilage.

"This procedure allows us to intervene sooner to delay or even eliminate the need for a joint replacement," said Simon Görtz, M.D., a fellowship-trained orthopedic sports medicine surgeon at The CORE Institute.

During an osteochondral allograft transplantation, surgeons transfer healthy human cadaver donor tissue that's been stored, procured and tested and then implant it in the damaged joint.

Osteochondral allograft transplantation, a new technique to repair and restore severely damaged cartilage, "allows us to intervene sooner to delay or even eliminate the need for a joint replacement."

— Simon Görtz, M.D., orthopedic sports medicine surgeon, The CORE Institute.

"We essentially take tissue that already belongs in the joint and because it's viable, we don't have to wait for it to mature," Görtz said. "The recipient's body usually readily accepts the tissue."

Osteochondral allograft transplantation is most often used to treat knee injuries, but can also be used to preserve ankles, hips, shoulders and elbows. The outpatient procedure takes approximately one hour and patients can typically go home the same day. Recovery usually lasts six weeks and physical therapy is often recommended.

"The graft is incorporated and can sustain itself like the patient's own tissue," Görtz said. "This procedure is allowing us to help patients stay active and maintain a good quality of life."



Skin care

► continued from the cover

external skin aging and sensitize the skin to the damaging effects of UV.

Smoking is well known to accelerate photoaging.

The bottom line: if you want to prolong your skin's health and youth, avoid intense UV exposure.

Sun care tips

Here are some tips from the Sun Safety Alliance to help your family stay smart in the sun:

- Keep in mind the sun is strongest between 10 am and 4 pm.
- Wear clothing that's dark and tightly woven.
- Wear a wide-brimmed hat and sunglasses.
- Remember that UV rays bounce off sand, snow, concrete, and water.
- Do not use sun tanning beds.
- Keep very young children (6 months or less) out of the sun.
- Sunscreens need to be applied liberally

and evenly over all exposed areas.

- Apply a sunscreen with a SPF of 15 or higher whenever you're outdoors. To achieve adequate UV protection you should use products that provide broad spectrum protection, which means protection against both UVB and UVA rays. For broad spectrum protection, look for products that provide an SPF of at least 15 and contain ingredients like Avobenzone (Parsol 1789) or zinc oxide.
- For children, the SSA recommends sunscreen with an SPF 30 or higher.
- Apply sunscreen before going outdoors and reapply often.
- Reapply sunscreen after swimming, perspiring, and toweling off.
- Provide complete sunscreen coverage for your skin (including neck, ears and lips!).
- For people with thin or thinning hair, apply sunscreen to the scalp as well.
- And remember: Stay in the shade whenever possible!

HEALTH EXPERTS

+

Cataract & Glaucoma Surgeon



Neil J. Atodaria, MD

Dr. Atodaria specializes in the diagnosis and treatment of glaucoma and advanced technology cataract surgery. He serves patients in our Phoenix, Mesa, Sun City and Surprise locations. In addition to providing care at Barnett Dulaney Perkins Eye Center, Dr. Atodaria enjoys volunteering his time and expertise for the benefit of those who are less fortunate.

BARNET DULANEY PERKINS EYE CENTER
Locations throughout Arizona
(602) 955-1000 + www.GoodEyes.com

