

HEALTH

WORKS



Fall 2022

**Men's Health:
Your Questions
Answered**

**Expert, Personalized
Care Puts Young
Patients at Ease**

**Tips for a Successful
School Year**

**Injured
Athletes Train
Their Way Back
to Competition**



A Letter from Our President & CEO



For more than a century, Emerson has proudly served our community. With hundreds of doctors caring for more than 300,000 people, we have grown to be more than a hospital you go to when you are sick. We are here to

keep you well.

It is easy to feel lost in the world of healthcare. When you need help, you want professionals who understand you and can provide guidance. The expertise you are looking for is available right here, close to home. At Emerson Health, we understand that healthcare is personal. We take time to listen and see our patients as people, not their condition.

Emerson is a very special place. I am pleased to share our new name and brand. We are now Emerson Health. We are proud to continue to serve you with *excellence, personalized.*



Our new logo reflects the care journey, starting at the center and taking us through every life stage. Our green colors represent our commitment to personalized care, and our blues reflect the excellence that we deliver.

Thank you for trusting Emerson with your health and wellness. We are excited for the future!

Christine

Christine C. Schuster, RN, MBA
President and CEO

» Thank you for supporting Emerson.
Please visit emersonhealth.org/donate.



In This Issue
Alice's Mended Heart
Plant-Based Diets

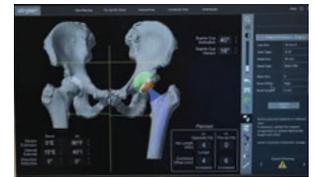
Emerson Recognized for Outstanding Stroke Care



In collaboration with the American Heart Association, The Joint Commission – a healthcare accrediting organization – awarded Emerson advanced certification for caring for people with stroke. To achieve this honor, the commission did a thorough review of the advanced care Emerson gives to stroke patients. For more information about Emerson's excellence in treating stroke and warning signs of stroke, visit emersonhealth.org/stroke.

Robotic Joint Replacement Surgery

Emerson now offers the latest robotic-arm-assisted technology for hip and knee replacement surgeries. The innovative tool helps joint surgeons create a personalized surgical plan for qualifying patients using 3D models of the joint. Benefits for patients include faster recovery with less pain than traditional joint replacements. Learn more at emersonhealth.org/mako.



Wellness Classes for Your Health

Emerson's Steinberg Wellness Center for Mind and Body offers more than 100 classes taught by experienced instructors to keep you healthy. There is something for everyone – children through seniors – including ways to get fit, reduce stress, improve balance, increase pelvic floor strength, practice yoga, self-defense, and more. Classes are held at 310 Baker Avenue, Concord. For information, visit emersonwellness.org or call 978-287-3777. Use this QR code to see all of the classes at our Wellness Center, read descriptions, learn about the instructors, and sign up.



Where to find us ...

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Tips for a Successful School Year

The past few years brought many changes and challenges, all of which impacted students' mental health. A new school year brings opportunities and hope. As children return to classrooms this fall, set them up for success with these strategies.

Connect with School Officials

Consider teachers and school counselors as partners. Talk with them about your child's academic and emotional needs. Check in periodically with your child's teachers to see how they are doing at school academically and socially.

Let them know about major life changes, such as a death or divorce in your family. They can provide appropriate support or accommodations, such as reduced workloads or counseling resources.

Identify Trusted Adults

Students with at least one trusted adult at school are more resilient and have a stronger sense of well-being, according to several studies. Ask your child who their trusted adults are at school. Perhaps it is

a favorite teacher, librarian, lunch aide, or school nurse. If your student has trouble identifying a trusted adult, talk with their guidance counselor.

Lean on Routines

Knowing what to expect can ease children's minds. Keeping bedtime, mealtimes, and other daily routines creates consistency. Including time for fresh air, exercise, play, and quiet time is essential for all ages.

As often as you can, sit down to a family meal. Eating and talking together boosts mental health and well-being. Plus, shared meals usually include more nutritious foods.

Respect Rest

When your child does not get enough sleep, it can contribute to behavior and health issues, including difficulty concentrating and depression.

To promote healthy sleep, consider turning off screens at least one hour before bedtime and keep devices out of the bedroom. Some families have a charging station in the kitchen for use overnight.

Watch for Warning Signs

Signs your child or teen is struggling include prolonged sadness, intense fears or worries, significant personality shifts, and substance use. Reach out to their

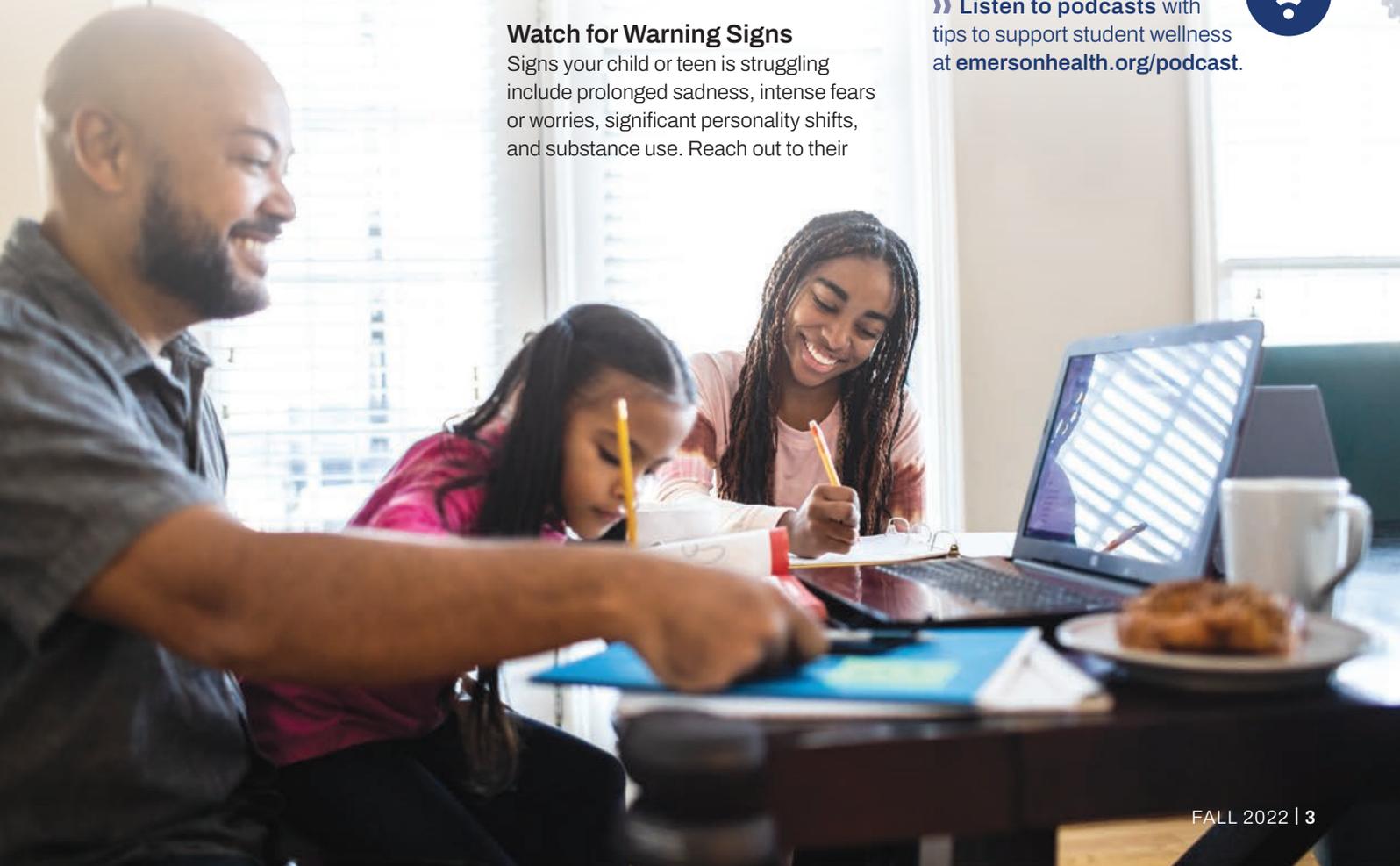
pediatrician or a mental health provider if you notice these changes or any behaviors that concern you.

Social media posts about self-harm or violence are red flags, too. If you think your child is in danger of hurting themselves or others, dial **911**. You can also call or text **988** to connect with trained counselors at the National Suicide Prevention Lifeline.

2022 Youth Risk Behavior Survey Results

Caring for our community is core to our mission. Recently, Emerson completed its 14th Youth Risk Behavior Survey (YRBS). Nearly 8,000 middle and high school students from 10 area school districts completed the YRBS in spring 2022. For survey results and ways some local schools support students' mental health, visit emersonhealth.org/yrbs.

» Listen to podcasts with tips to support student wellness at emersonhealth.org/podcast.



QA

Men's Health: Your Questions Answered

We asked five Emerson physicians to share their best health tips for men. Read on for their useful advice.



Q. What are your best tips to stay healthy as we age?

A. The most common health challenge most of us face with aging is becoming overweight or obese. I see many men whose lives are dramatically affected by their weight gain. Men struggle in different ways with diet and exercise. Eating fast and in large portions is common, which makes slowing down and focusing on portion control and emotional cues difficult. Many men focus mainly on aerobic exercise, when studies show that strength training burns more fat. With the natural decrease in muscle mass as we age, strength training becomes more important for weight control. The best approach is to do both aerobic and strength training exercises regularly.

– David Lautz, MD, FACS, FASMBS, Bariatric Surgeon,
Emerson Health Center for Weight Loss

Q. How can I get a better night's sleep?

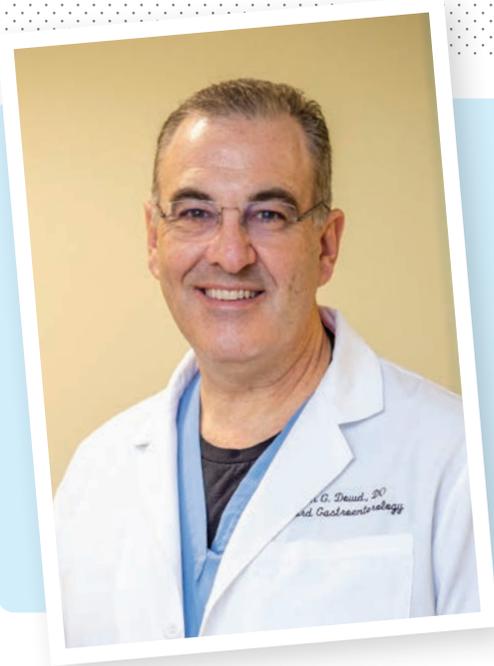
A. Adults need six to eight hours of sleep each night. If insomnia keeps you awake, it can affect your health, work performance, and quality of life. Not getting enough sleep is linked with serious risks like diabetes, obesity, and heart disease. Simple adjustments in lifestyle and routine can go a long way toward better sleep. Limit yourself to one caffeinated drink a day and avoid alcohol for three to four hours before bed. Regular exercise helps, as does eating light at night. Reduce stress with relaxation therapies. Stick to a consistent sleep schedule and limit naps. Turn off your phone an hour before bedtime, and make your sleeping environment comfortable. If you still have trouble falling or staying asleep, talk with your doctor. It may be a sign of anxiety that a mental health expert can help with.

– Sid Pani, MD, Internal Medicine, Emerson Health Primary Care Sudbury



» Listen to podcasts with these physicians and many more at emersonhealth.org/podcast.





Q. What can I do to manage frequent heartburn?

A. Heartburn is the most common symptom of gastroesophageal reflux disease (GERD). GERD happens when stomach acid backs up into your esophagus. When left untreated, this digestive disorder can lead to Barrett's esophagus and esophageal cancer, so early diagnosis and treatment are essential. Barrett's is much more likely to progress to cancer in men than women. Many men will get some relief with diet and lifestyle changes, such as avoiding spicy, acidic, and fatty foods, eating smaller meals, elevating the head of their beds, or quitting tobacco products. If you have symptoms more than once a week, or difficulty swallowing, talk with your doctor or make an appointment to see a gastroenterologist. They can determine what is going on and help you feel better.

– John Dowd, DO, Gastroenterologist, Emerson Health Gastroenterology

Q. When should I be screened for prostate cancer?

A. Prostate cancer is the most common cancer in men, affecting about one out of eight men in the U.S. Screening can help find cancer early when it is often easier to treat. Despite new advancements in prostate cancer diagnosis, the prostate-specific antigen (PSA) test detects most prostate cancer. Talk with your doctor about when and how often you should be tested. Your screening schedule may depend on several factors, including your age, family medical history, race, and general health. When prostate cancer is detected early, men have more treatment options than ever, including minimally invasive procedures with limited side effects.

– Louis Liou, MD, PhD, Urologist, Emerson Health Urology



Q. How should I deal with my hip and knee pain?

A. Sooner or later, we all have joint pain. Hip and knee pain often results from the wear and tear of arthritis. Physical activity can help. Try low-impact, joint-friendly exercises like walking, biking, and swimming. If pain and stiffness increase, exercise less frequently or for shorter periods until your pain improves. Remember to warm up before and cool down after physical activity. Over-the-counter medications, such as acetaminophen and other nonsteroidal anti-inflammatory drugs (NSAIDs), can offer relief, too. Your doctor might suggest wraps and flexible braces, exercises to strengthen surrounding muscles and tendons, or pain relief injections. For severe arthritis, hip and knee replacement surgery can be an excellent solution. I welcome you to come in for an evaluation.

– Rishi Dave, MD, Orthopedic Surgeon, Emerson Health Orthopedics





Following an ACL tear, Emma trained with Chris Poirier, physical therapist, to regain her strength and speed.

Injured Athletes Train Their Way Back to Competition

When athletes get injured, it can stop them from doing what they love. The sports therapists at Emerson's Clough Family Center for Rehabilitative and Sports Therapies provide sport-specific physical therapy, customized to help athletes get back in the game and reach their goals.

Back to Cross Country

Ethan Jina, a Concord Carlisle High School senior, suffered multiple leg injuries that led to a full stress fracture in his right leg. "I was not sure if I could run again," he says. At the advice of his physician, Ethan turned to Emerson's Sports Medicine team.

He made significant progress by working closely with Haley Harrison, a physical therapist at the Center. "Using advanced equipment to measure his strength, we identified some muscle group imbalances due to his leg injuries," explains Haley.

Ethan worked with Haley twice weekly for five months doing high-intensity progressive strength training. As a result, his form improved and his strength increased.

Today, Ethan is back on track running with the Emerging Elites, a USA Track & Field club. He also qualified for the USA Triathlon Junior Nationals. "I am very proud of Ethan's progress," Haley says. "He brought his athletic drive to his recovery program, and the results speak for themselves. I aim to empower my patients physically and mentally so they understand their injury is not the end of their athletic journey."

Return to Rugby

Like Ethan, Emma Griffith, of Lincoln, loves to compete. "I started playing rugby as a freshman at Lincoln Sudbury High School," she says.

Emma tore her ACL during her junior year. "My left leg twisted, and I felt and heard my knee give out." After an MRI at Emerson, she received the tough news – she needed surgery.

Emma teamed up with Chris Poirier, physical therapist at the Center. Her goals: to get as strong as she could before surgery, and to get back to playing rugby

as soon as possible after surgery. Strength training pre- and post-ACL surgery is the best approach.

“Chris established an exercise program I did during practices so I could be with my teammates. This helped increase my athleticism and mental strength,” explains Emma. “Cheering on my teammates while doing my exercises kept me in the game, even when I could not physically play.”

Emma had surgery in July 2021. Two weeks later, she returned to the Center to work with Chris. “Emma came out of surgery very strong, which was the objective to help her overall recovery. We worked to get her range of motion back and increase her strength and speed over time,” Chris says.

Last spring, Emma returned to the rugby field for her senior season. “My first game back, I ran off the field, looked at my coach, and cried tears of joy. My teammates did a high-five arch for me. The whole experience exemplified why I love this sport.” Emma just began her first year at the University of Vermont and plans to play club rugby for the Catamounts.

Pain-Free Baseball

Josh Becker has played baseball since age four. Now in his first year of graduate school at UMass Lowell, he is the starting

pitcher for the Division 1 River Hawks. Years of intense hip and back pain nearly took him off the mound. “The team trainer sent other players to Chris and told me, ‘He will get you right.’ Gratefully, that proved to be true,” says Josh.

In October 2021, Josh started working with Chris with a goal to play ball in the spring. “This was very different from regular physical therapy that I had done for years. Chris was very sports-specific – he understands the mindset of athletes and how the body needs to move to play baseball,” Josh reflects. “I stopped having pain a few weeks after I started training at the Center.” Josh competed throughout the spring, helping the River Hawks earn second place in the conference tournament. He recorded his 200th career strikeout. Josh is aiming to break the school record in 2023.

“I am grateful to Emerson’s team for getting me back on the mound.”

» To listen to podcasts with therapists from the Sports Medicine and Performance Center, visit emersonheath.org/podcast.



Training at the Center helped eliminate Josh’s pain.

Haley Harrison, physical therapist, worked with Ethan for months to help him recover fully.



Benefits of a Sports Physical Therapy Program

Whether you are an elite athlete or weekend warrior, our highly specialized sports therapists provide one-on-one physical therapy to help you perform your best. Our therapists work closely with orthopedic specialists, athletic trainers, and coaches to focus on recovery from injuries such as:

- Fractures
- Dislocations
- Sprains and strains
- Shin splints
- Repetitive use/overuse injuries

» For information and to schedule an evaluation, visit emersonhealth.org/sports. To see patient stories, visit the Center’s Instagram @ [emersoncsmp](https://www.instagram.com/emersoncsmp).



Thank You for Supporting Emerson's 2022 5k Run~Walk for Cancer Care

We raised more than \$180,000 to support those receiving cancer care at Mass General Cancer Center at Emerson Hospital – Bethke.

Save the Date for Our 2023 Hybrid 5k Run~Walk for Cancer Care, May 1-15

On-site race: Saturday, May 6, at Nara Park, Acton

For event updates, follow the Run~Walk on Facebook and Instagram @EmersonHealth5K.

Thank you to this year's sponsors:

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*Photography courtesy of Nick
DePasquale Photography*

5 Surprising and Healthy Uses for Mint

Mint has much more to offer than its distinctive scent and flavor. Found at many of our local farm stores, peppermint, one of hundreds of varieties of mint, may be especially healthy.

1. Feel Alert

Are you looking for a caffeine-free boost? Studies show that peppermint tea and aromatherapy can reduce daytime sleepiness and improve memory and concentration.

2. Add Heart-Healthy Zest

Fresh mint can awaken your taste buds with its sweet, cool flavor – without the heart risks of added salt or sugar. Toss it into smoothies, low-fat yogurt, salads, fruit cups, and dishes featuring beans or lamb, or add it to iced tea or lemonade for a refreshing drink.

3. Ease Gut-Related Symptoms

According to some research, capsules containing peppermint oil can offer short-term relief from gas, bloating, and abdominal pain caused by irritable bowel syndrome. When purchasing, make sure the label says they are “enteric-coated.” You can swallow these capsules whole.*

4. Soothe Pain

Gently rub peppermint oil on your forehead or temples to help relieve tension and migraine headaches. Taking capsules can also reduce menstrual cramps.*

5. Support Breastfeeding

Applying cream, gel, or water with peppermint oil after breastfeeding may help relieve nipple pain and skin cracking.* It is important, however, to wipe it off well before you start breastfeeding again.

**Talk with your healthcare provider before starting any supplements or skin treatments, especially if you take medications or are pregnant or breastfeeding.*



in my own voice: Alice Shafer



Following care for heart failure and an irregular heartbeat, Alice Shafer is back to doing what she loves.

Alice's Heart Mended

“The experts at Emerson saved my life.”

Like many people, Alice Shafer of Acton did not realize how caring for a loved one could make her sick. For years, she focused on taking care of her husband who had Alzheimer's disease. Then, in winter 2021 when she experienced several bouts of difficulty breathing and dizziness, the experts at Emerson's Emergency Department were there for her. She was diagnosed with congestive heart failure with rapid atrial fibrillation – an irregular heartbeat.

“I knew there was something wrong, but I did not know what it was. I was 77 years old and cared for my husband 24/7. He was my life, and he needed me. I took on too much. The physical and emotional stress of caring for him took a toll on my heart.”

Collaborative Care Close to Home

“The Emerson team gave me a thorough heart exam. I trusted their experience. I was in the best hands, and everyone was so nice. They diagnosed me and put me on medication to improve my heart rhythm. I stayed overnight for observation and went home the next day.

“Today, my cardiologist Benjamin Tillinger, MD, and the team of nurse practitioners at Emerson Health Cardiology

continue to watch me closely. I also see an electrophysiologist from Mass General Hospital (MGH), right at the Emerson office. He monitors the electrical rhythms of my heart to ensure it is beating well. I am grateful that Emerson partners with MGH for specialized care, conveniently located in my cardiology practice.

“I cannot say enough about the experts at Emerson. They truly saved my life.”

Time to Focus on Her Health

“My husband passed away in June 2021. Now I have time to focus on my health.

“I live a very active life. I am an artist and love to paint and restore old photographs. Several times a week, I exercise and walk on the treadmill. I lost 60 pounds with mindful and healthy eating. I enjoy traveling to Cape Cod – hearing the ocean waves is wonderful. I learned I can do things alone that I really want to do.

“It means the world that my medical team is right here for me. I live my life in the most joyful ways possible. I am very grateful to the Emerson team for helping me.”

» To hear a podcast with an Emerson cardiologist, visit emersonhealth.org/podcast.



Does Your Heart Need Help?

Here are some common symptoms of heart disease:

- Chest pain
- Coughing
- Dizziness
- Fatigue
- Sensations of a racing or fluttering heartbeat
- Shortness of breath that may continue when lying down
- Swelling in feet, ankles, and legs
- Weight gain

If you experience these symptoms, discuss them with your physician. If left untreated, heart disease can result in a heart attack.

Symptoms of a heart attack may include:

- Pain or a feeling of squeezing or fullness in the center or left side of the chest that lasts more than a few minutes, or goes away and comes back
- Pain or discomfort in one or both arms, the back, neck, or upper part of the stomach
- Shortness of breath
- Cold sweat
- Unusual tiredness (especially for women)
- Nausea or vomiting
- Light-headedness
- Sudden dizziness

If you think you might be having a heart attack, call 911.

» For good heart health, see your doctor regularly for cholesterol, blood pressure, and body mass index (BMI) checks. Visit emersondocs.org to find a physician.

» At Emerson Health Cardiology, experienced specialists partner with their patients to support their heart health. For information or to make an appointment, visit emersoncardiovascular.org or call 978-287-8767.

Emerson's Child Life Team

When a child needs hospital care, it can often be a stressful experience.

Emerson's team of professionally trained specialists reduces children's worry and stress by:

- Finding opportunities for play
- Explaining medical procedures in ways that children understand
- Offering emotional and coping support to young patients and their families

Our child life team works with children of all ages in the Emergency Department, Surgical Center, Pediatric Inpatient Floor, and all areas that young patients are seen at Emerson.

For more information about Emerson's child life team, visit emersonhealth.org/childlife.

» To listen to a podcast about child life at Emerson, visit emersonhealth.org/podcast.



Expert, Personalized Care Puts Gavin and His Mom at Ease

"I had complete confidence in our medical team and we felt their love. We knew these were the people to get Gavin back to good health," reflects Amy Menard of Pepperell.

Last autumn, Amy received a call from the school nurse because Gavin had stomach pain on his right side. "As soon as I picked him up, I knew something was way off."

Their pediatrician sent Gavin to Emerson for an ultrasound. The technician returned quickly with the results – Gavin's appendix needed to come out to prevent it from bursting and causing infection.

People Make the Difference

Gavin went immediately to Emerson's Emergency Department (ED). There, he experienced the extraordinary care that Emerson is known for. Mark Brady, physician assistant, quickly bonded with Gavin when they realized they had the same shoes and shared a birthday. The

team's ability to make personal connections with Gavin eased his experience.

Mallory, a member of Emerson's child life team, visited Gavin. "She talked with us like we had known her our entire lives," says Amy. "We never expected to have someone who would gently and kindly guide us through this anxious time." Mallory helped Gavin with breathing exercises to calm his mind and distract him from the pain. She shared jokes and presented Gavin with a Coping Kit of distraction toys. "This blew me away. I was so grateful," remembers Amy.

'Where We Are Supposed to Be'

Amy needed to make a quick decision: stay at Emerson where Gavin could have his appendix removed



» For information about Christopher Schlieve, MD, and all Emerson surgeons, visit emersonhealth.org.



Welcome New Physicians



Emergency Medicine
Ryan Kring, MD
Emerson Hospital
Emergency Department
Concord



Ophthalmology
Jared Duncan, MD
Lexington Eye Associates
Arlington, Concord,
Lexington, Sudbury, Westford
781-876-2020



**Hematology/
Oncology**
Julie Fu, MD
Mass General Cancer
Center at Emerson
Hospital – Bethke
Concord
978-287-3436



Chelsea Gottschalk, MD
Lexington Eye Associates
Arlington, Concord,
Lexington, Sudbury, Westford
781-876-2020



Internal Medicine
Connie Chen, MD
Emerson Health Primary
Care Concord (Baker Ave.)
Concord
978-287-7495



Nedda Sanayei, MD
Lexington Eye Associates
Arlington, Concord,
Lexington, Sudbury, Westford
781-876-2020



Benista Owuso-Amo, MD
Mass General Brigham
Community Physicians
Concord
781-259-9292



Orthopedics
Rishi Dave, MD
Emerson Health Orthopedics
Littleton
978-371-5390



**Internal Medicine/
Pediatrics**
Laura Ting, MD
Mass General Brigham
Community Physicians
Concord
781-259-9292



Urgent Care
Thomas Gould, DO
Emerson Health Urgent Care
Hudson, Littleton
978-287-8990

that day by Christopher Schlieve, MD, Emerson general surgeon who is fellowship-trained in pediatric colorectal surgery, or go elsewhere. “I thought – I love everyone we met at Emerson. There is no way we are leaving. This is where we are supposed to be. The genuine sense of ‘we care for you’ made the decision to stay an easy one.”

Dr. Schlieve rearranged his schedule so he could perform Gavin’s surgery immediately. “He told us he never wants a child to be in pain and have to wait for surgery. I was so grateful I almost burst into tears. This was another confirmation that we were in the right place,” Amy explains. As nurses brought Gavin to the operating area to prepare for surgery, Mallory held his hand. “She distracted him in positive ways. She was an angel for both of us.”

After surgery, Pediatric Hospitalist Timothy Baba, MD, cared for Gavin in the recovery room. “They quickly realized they both play guitar and enjoy theater,” says Amy. “They were kindred spirits.”

A week later, Gavin returned for a checkup with Dr. Schlieve. “Everything looked great. Gavin quickly returned to his happy, healthy self,” Amy says.

According to Gavin, “Everyone took really good care of me and they were all very nice.” Amy sums up the experience, saying, “The team at Emerson was top-notch. We could not have been in a better place.”

» Learn more about these and other Emerson physicians at emersondocs.org.



Plant-Based Diets: Good for You, Good for the Planet

Move over, meat – it is time for plants to shine! The nutrients from fruits and vegetables provide many health benefits.

Unlike a vegetarian diet, a plant-based diet does not mean eliminating meat or dairy. Instead, it emphasizes eating more food from plant sources. Fruits, vegetables, nuts, seeds, whole grains, oils, legumes, and beans are all plant-based options.

A plant-based diet can help you:

- Maintain a healthy weight
- Lower cholesterol
- Protect against cancer
- Prevent heart disease
- Manage diabetes risk
- Lower risk for cognitive decline

Broader Benefits

The positives of eating more plant-based foods extend far beyond your health. Plant-based foods can be less expensive at the grocery store, and the planet reaps rewards, too. Animal agriculture uses a lot of land and water and contributes to global warming via greenhouse gas emissions. Meat production, in particular, is harder on Earth's resources than any other food group.

Beginner's Guide

Start by slowly adding more plants to your diet, taking time to discover plant-based foods you enjoy.

1 Experiment with different strategies.

Start with "Meatless Mondays," or try eating a plant-based diet for breakfast and lunch. Whatever you choose, stick with it until it becomes routine, then add on until you achieve your plant-based eating goal.

2 Change the way you approach meal planning.

You might be used to having meat at the center of your plate with sides to accompany it. Instead, put vegetables, fruits, whole grains, and beans at the center. These plant-based foods are great building blocks to give you the protein, fiber, and other nutrients you need.

3 Start with some simple swaps.

If you miss milk in your cereal, try adding almond or oat milk, instead. Take a pass on beef and build your burger with a grilled portabella mushroom and dairy-free sauce. Craving cool-weather comfort food? Dig into some split-pea soup or bean-based chili with dairy-free sour cream.

4 Keep health at the forefront. Not all plant-based foods are created equal. Sweet treats, chips, and overly processed meat substitutes should not make up the majority of what you eat. To reap the health benefits of eating plant-based foods, look for those that are low in sodium, added sugars, and saturated fat.

5 Remember your nutritional needs.

Be sure to eat enough calcium, iron, vitamin B-12, and vitamin D. Fortunately, there are good plant-based sources.

6 Try the recipes on the right. These plant-based, protein-packed dishes are perfect for your autumn table.

Myth buster!

Plant-based diets sometimes get a bad rap for not offering enough protein. In truth, there is a lot of protein in beans, nuts, seeds, and some whole grains and vegetables. Other protein sources include tofu, tempeh, seitan, and meat substitutes.

Always consult your healthcare provider before starting any new diet. They may have some great suggestions for plant-based foods you might enjoy!



RECIPES

Asian Quinoa Chop Salad

Quinoa comes in many colors – white, red, and black are the most common. Red quinoa holds its shape best after cooking, so it is especially good for salads. It also adds vibrant color and plenty of protein to your plate. *Serves 6.*

Ingredients

½ cup dry quinoa
1 cup water
½ cup red bell pepper, diced
½ cup carrots, diced
½ cup pea pods, chopped
¼ cup green onions, chopped
2 tbsp. rice vinegar
1 tbsp. sesame oil
1 tbsp. tamari soy sauce
1 tbsp. honey
½ tsp. grated fresh ginger
1 garlic clove, minced
2 tbsp. minced cilantro
6 large leaves romaine lettuce or 6 cups mixed greens

Directions

In a medium saucepan over high heat, bring water to a boil. Add quinoa, stir, cover, and reduce heat to medium-low. Simmer for about 30 minutes or until quinoa is soft and water is absorbed. (If you have a rice cooker, you can cook quinoa in the cooker, as you would cook rice.)

Meanwhile, in a large bowl, combine peppers, carrots, pea pods, and green onions.

Make the dressing in a medium bowl. Whisk together rice vinegar, sesame oil, soy sauce, honey, ginger, garlic, and cilantro. Set aside.

Pour cooked quinoa into a large bowl and let cool for at least 10 to 15 minutes (it chills faster in the refrigerator). When the quinoa is no longer steaming, mix in chopped vegetables, and then stir in dressing. To serve, place one large romaine lettuce leaf or 1 cup of mixed greens on a plate, then top with ½ cup of salad. Enjoy!



Chickpeas and Spinach Sauté

Sautéed veggies simmered with a can of tomatoes, chickpeas, and wilted spinach make this flavorful, colorful, and nutritious dish. This recipe calls for chickpeas and spinach, but any combination of beans and greens will work. Pair your veggies with cooked quinoa or brown rice. *Serves 4.*

Ingredients

1 tbsp. vegetable oil
1 yellow onion, peeled and chopped
1 clove garlic, peeled and minced
1 celery stalk, chopped
1 carrot, chopped
1 14.5-oz. can low-sodium diced tomatoes (including liquid)
1 16-oz. can low-sodium chickpeas (drained and rinsed with cold water)
¼ cup water
1 10-oz. package frozen spinach (kale can be used instead of spinach)
1 tsp. fresh lemon juice (or red vinegar)
¼ tsp. crushed red pepper flakes

Directions

Put a skillet on the stove on medium-high heat. When the skillet is hot, add oil. Add onion, garlic, celery, and carrot and cook about 15 minutes until the mixture is soft and the onions are lightly browned.

Raise the heat to high and add the tomatoes, chickpeas, and water – cook for five minutes.

Reduce heat to low and top the mixture with the spinach (do not worry about stirring). Cover and cook until the spinach has thawed and is heated throughout, about 10 minutes. Stir well. Add the lemon juice and red pepper flakes and stir thoroughly. Your chickpeas and spinach sauté is ready to eat!



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