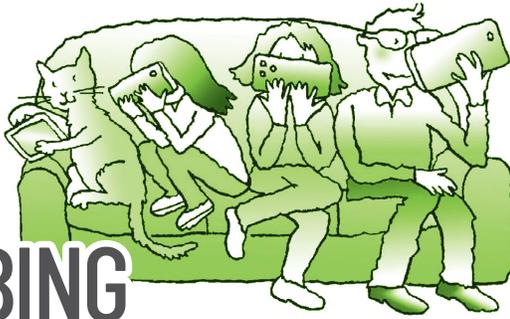




HANG UP ON PHUBBING



An epidemic has spread across America – phubbing. It's not a disease but an annoying and potentially relationship damaging habit marked by people staring at their phones while ignoring (phubbing) others during social gatherings.

Almost 90% of Americans own smartphones, according to the Pew Research Center. We use phones to text work colleagues, friends and family, and to read news, weather and more. So, it's no wonder we look at our phones frequently. But studies show phubbing or being phubbed can increase feelings of isolation. If you're doing the phubbing, you aren't connecting with people in your physical space. If you're being phubbed, you can feel like a mere distraction to your companion who's glued to their phone.

How can you hang up on phubbing? If you're guilty of phubbing, commit to putting your phone away in social situations. Taking an important call is one thing, but being glued to your phone at dinner or while supposedly watching a movie is phubbing. Instead, engage in face-to-face conversations with people, no smart devices allowed.

If you feel miserable not checking your phone repeatedly and have a difficult time stopping the phubbing cycle, consider talking to a psychologist or therapist to learn how to control the impulse and redirect your energy.

If you are being phubbed, especially by a partner, it's time for a serious talk to consider basic rules to hang up on phubbing:

- No phone use at meals.
- Look at each other while talking.
- Don't go to bed scrolling through your phone.

Essential Guide to Cooking Oils

By Cara Rosenbloom, RD

Cooking oils are an important part of every kitchen. With so many varieties available, it may be confusing to select the best options for your culinary needs. Each oil has unique properties designed to work best in different cooking applications. It's also important to understand the smoke point of oil (the temperature when oil breaks down, begins to smoke and gives food a burnt or bitter flavor).

Here's how to make informed choices:

Olive oil is a cornerstone of the Mediterranean diet. It's rich in healthy monounsaturated fats, which can help lower LDL (harmful) cholesterol levels. Good-quality extra-virgin olive oil is also high in polyphenol antioxidants, which may help reduce the risk of heart disease, stroke and metabolic syndrome. Extra-virgin olive oil is flavorful and has a relatively low smoke point of 375°F. It is best suited for making dressings, marinades and low-heat cooking, such as sautéing vegetables. Light olive oil has less flavor, a higher smoke point (468°F), and can be used for higher-heat cooking and baking (but it lacks polyphenol antioxidants).

Avocado oil is made by pressing the flesh of ripe avocados. It is also high in monounsaturated fats and helps protect against heart disease and inflammation. Bonus: Avocado oil contains the antioxidant lutein, which is good for eye health. Refined avocado oil has a high smoke point of 520°F, making it ideal for high-heat cooking methods, such as frying, grilling and roasting. Unrefined avocado oil has a smoke point of 400°F and more antioxidants, so read labels carefully to determine which type of avocado oil you are buying.

Coconut oil is solid at room temperature and contains mostly saturated fat. Most commercial coconut oil has a type of saturated fat called lauric acid, which may be harmful in high amounts. Specialty (and more expensive) coconut oil contains a healthier type of medium-chain triglyceride (MCT) saturated fat, which may help manage obesity and boost memory and brain function. If you are looking for the benefits of MCTs, you'll need to buy a specialty coconut oil that says MCT on the label. Coconut oil has a smoke point of approximately 350°F, making it suitable for baking, sautéing and low-heat cooking. MCT has a lower smoke point at 320°F and is best used in smoothies and low-heat cooking.

Continued on next page →



Flu vaccine safety?

A: The flu shots recommended each fall for everyone aged six months and older have an excellent safety profile, according to the CDC. You cannot catch the flu from a flu shot since they're prepared from inactivated viruses. The nasal vaccine will not cause influenza either since it contains live, weakened viruses.

Despite the good safety record, adverse effects can occur. Most common are injection site redness or soreness, fever, muscle aches, headache or fatigue. The side effects are usually mild and resolve on their own in a few days. Patients can report adverse reactions to the Vaccine Adverse Event Reporting System at <https://vaers.hhs.gov/reportevent.html>.

Certain people should not get a flu shot. Talk to your health care provider if you have an allergy to eggs or other vaccine ingredients, or if you have ever had Guillain-Barre Syndrome. The CDC also advises those who are moderately or severely ill should wait until they recover before receiving a flu vaccine.

— Elizabeth Smoots, MD



Protect your mental health and well-being



Mental health is as important as physical health to your overall well-being. Mental health impacts how you think, feel, and act – and it affects your physical health, too. The information and resources here can help you understand common mental health topics and learn ways to protect your whole health.

Stress When demands on our time, energy, and resources challenge us, we feel stress. Long-term stress can harm your health. Learn the warning signs, how to manage your response to stressful situations, and ways to form positive thoughts and feelings.

Emotions Expressing feelings effectively is vital to health and well-being. Pent-up emotions can be harmful to your mind, body, and relationships with others. Discover ways to talk about your feelings so you can work through them and focus on your positive emotions.

Sleep When you sleep, your mind and body are hard at work on your overall health. Sleep builds up your immune system and strengthens your mind. Learn healthy habits to help you sleep better and set aside enough time for quality rest. It can make a huge difference in your mental and physical health.

Anxiety Having anxiety once in a while is normal, and everyone has different ways of handling it. Severe and constant anxiety can affect your work and relationships. It could also cause medical problems or make them worse. Explore effective ways to control anxiety and protect your mental health.

Suicide Intervention and support are key to suicide prevention. Our resources will shed light on what you can do to help prevent suicide. If you or someone you know is in crisis or has suicidal thoughts, seek help right away. Call 988 to reach the 24/7 National Suicide Prevention Lifeline or chat with them at [988lifeline.org](https://www.988lifeline.org). If it's an emergency, call 911 or go to your nearest emergency room.

Resources and information to support mental health

- SydneySM Health app
- [anthem.com/mental-health](https://www.anthem.com/mental-health)
- Emotional Well-being Resources



Start a conversation about mental health – anytime, anywhere

Mental health conditions are common—and people do get better. We make it easy for you to get help wherever you want to begin. From personalized care to self-care tools, we'll help connect you to the support you need.

Primary care

- Talk to your primary care doctor
- Get 24/7 medical advice by phone

Specialty care

- Meet with a mental health professional
- Get treated for substance use disorder

Emergency care

- Get urgent mental health advice
- Get emergency care

Wellness resources

- Take part in healthy lifestyle programs
- Talk to a wellness coach
- Download and try self-care apps
- Text with an emotional support coach
- Join an in-person or virtual support group or class
- Connect to community resources



- ✓ Lab results
- ✓ Email your doctor
- ✓ Prescriptions
- ✓ Appointments
- ✓ Payments

All online,
easier
than ever

Stay connected anytime, anywhere Managing your health online has never been more convenient. Whether you're at home or on the go, [kp.org](https://www.kp.org) and the Kaiser Permanente app give you a simple, secure way to keep up with your care.

- View most lab results
- Email your Kaiser Permanente care team with nonurgent questions
- Refill most prescriptions
- Schedule most appointments
- Pay bills and estimate costs

Create your online account Get started with our new and improved features at [kp.org/register](https://www.kp.org/register) or download the Kaiser Permanente mobile app. Be sure to have your medical record number handy.



Essential Guide to Cooking Oils (continued)

Canola oil is made from rapeseed plants that are bred to be low in toxic erucic acid (canola is short for CANadian Oil Low Acid). It's a flavorless oil that contains a combination of healthy fats, including monounsaturated and omega-3 fats, and is considered a heart-healthy choice. It has a high smoke point (400°F) and is ideal for high-heat frying and baking.

Flaxseed oil is a high omega-3 oil. It has the lowest smoke point (225°F) and is best used for drizzling onto

vegetables, grains or salads, rather than for cooking. Studies show flaxseed oil may help lower blood pressure levels, cholesterol levels and inflammation, which all help lower heart disease risk.

Other vegetable oils such as corn, sunflower, safflower, soy and peanut oils (or any combination of these sold as vegetable oil), contain a balance of heart-healthy mono- and polyunsaturated fats. Some of these oils are highly refined and processed, leaving them with fewer health benefits than unrefined olive, flaxseed or avocado

oil. They are fine for cooking occasionally, but olive or avocado oil should be your first choice due to their beneficial monounsaturated fats and antioxidants. Or, choose unrefined versions of vegetable oils when possible.

Here are the smoke points of these vegetable oils:

- Safflower: 450°F to 510°F.
- Refined corn, soy, peanut or sunflower: 450°F.
- Refined vegetable oil blend: 430°F.
- Unrefined peanut oil: 320°F.
- Unrefined corn oil: 350°F.