

# VETERANS UPDATE

VOLUME 2, ISSUE 4

MAY, 2016

## BLENDING & JUICING: GOOD FOR YOU?



**J**uicing and blending in the home have gained in popularity recently, but are they good for you?

Juicing is combining fruits and/or vegetables in a juicer or juicing machine, which breaks them down into a liquid form. Typically, blending foods into smoothies produces a healthier, more balanced beverage

than juicing alone.

The Dietary Guidelines for Americans, 2010, reports that most people are not eating enough fruits and vegetables. Juicing and blending can be ways to add fruits and vegetables into your diet that you may not normally eat, such as kale or spinach, but you should not rely on juice as your sole source of fruit or vegetables.

Juices can be high in carbohydrates and could cause a rise in blood sugar, which may be problematic, especially for diabetics. People with diabetes or kidney disease may also need to limit or monitor intake of certain nutrients that are found in some fruits or vegetables. Finally, juicing may be a source of a considerable amount of calories, depending on the size

## UPCOMING EVENTS

**June 25, 9 a.m. - 1 p.m.**

### **PVAMC Open House**

*1st Floor Elevator Lobby, Providence VAMC. Learn about available services and enroll.*

**Aug. 17, 5:30 - 7 p.m.**

### **VBA & VAMC Joint Veteran Town Hall Meeting**

*5th Floor Auditorium, Providence VAMC. Join leadership from the Providence VAMC and VBA Regional Office for an update, ask questions and tell us how we are doing.*

and content of the juice.

To help decide if blending or juicing are healthy options for you, talk to your doctor and ask about consulting a Patient-Aligned Care Team dietitian.

## HEPATITIS C TESTING AND TREATMENT FOR VETERANS

**D**id you know that three out of four people with hepatitis C do not know they have it?

Symptoms can go unnoticed for years — even decades — and Veterans are at increased risk. VA recommends testing if you were born between 1945 and 1965, or have other risk factors.

New, effective hepatitis C treatments are now available. Talk to your doctor about testing and treatment today.

Don't let hepatitis C surprise you! Get the facts. Get tested. Get treatment.

**DON'T LET  
HEPATITIS C  
SURPRISE YOU**

Get the facts. Get tested.  
Get treatment.

**VA**  U.S. Department of Veterans Affairs  
Veterans Health Administration  
Patient Care Services

[www.hepatitis.va.gov](http://www.hepatitis.va.gov)

## CELEBRATING VA RESEARCH AT PVAMC



Dr. Susan MacKenzie, director of the Providence VA Medical Center, far left, presents, from left to right, Drs. Wen-Chih "Hank" Wu, Tracey Taveira and Lisa Cohen with certificates of appreciation for keynote presentations on research to improve care for Veterans with heart failure during Research Day Friday, May 20, 2016. (Providence VAMC photo by Winfield Danielson)

**T**he Providence VA Medical Center highlighted VA research during Research Day Friday, May 20.

"VA research benefits both Veterans and the progress of medical science nationwide," said Dr. Gaurav Choudhary, chief of research at the Providence VAMC. "The Providence VA Medical Center is host to 240 different research projects in many cutting-edge areas of research, including neurotech-

nology, prosthetics, posttraumatic stress, health services, heart and lung diseases, genomics, and alternative pain management."

Scheduled during VA's National Research Week celebration, Research Day at the PVAMC featured guest speakers Sen. Jack Reed, Rep. James Langevin, Rep. David Cicilline, and Dr. Patricia Dorn, director of the Veterans Health Administration's Rehabilitation Research Service.



### Providence VA Medical Center

830 Chalkstone Ave  
Providence, RI 02908  
401-273-7100

Patient Call Center (PCC):  
401-457-3336

Veteran's Crisis Line:  
800-273-8255 press 1

Pharmacy Call Center:  
866-400-1241

#### Website:

[www.providence.va.gov](http://www.providence.va.gov)

#### Facebook:

[facebook.com/  
VAProvidence](https://facebook.com/VAProvidence)



From left to right: Dr. Robert Swift, chief of the Providence VA Medical Center's Mental Health Service and president of Ocean State Research Institute Inc., and Mary Ford, executive director of OSRI, present awards to: Abigail Healy, a research assistant at the Providence VAMC, for her poster presentation on "Statins Modulate Rac-Dependent IL-1 $\beta$  Expression to Influence Calcium Composition"; Jennifer Barredo, a health scientist at the Providence VAMC, for her poster presentation on "Clinical Considerations for Prescription of Advanced Upper Limb Prostheses: A Preliminary Model"; and Megan Luther, a pharmacy fellow at the Providence VAMC, for her poster presentation on "Prevalence of Risk Factors for Vancomycin-Associated Nephrotoxicity in a National Cohort," during Research Day Friday, May 20, 2016. (Providence VA Medical Center photos by Winfield Danielson)