

Young Family Network Guide ~ Pediatric ~ OB/GYN



MAY 2012 HIGHLIGHTS:

- Gout
- Teething
- Teen Depression
- Infertility

MAY 2012

Program Lineup



Thank you for hosting AccentHealth, **America's #1 healthy lifestyle television network** specifically designed to serve physicians and their patients in medical waiting rooms. Here is a quick snapshot of the features in this month's program. Enjoy the show!

Healthline

Gout can affect both men and women but is most common in men over age 30

Healthy Variety

A look at a fisherman who went from being illiterate to publishing a book

MindBender Health Trivia #1

Which human organ can regenerate itself?

- a.) Pancreas
- b.) Kidney
- c.) Liver**

Healthy Eating

Ellie Krieger shows us how to make a Horseradish, Cheddar, and Caramelized Onion Stuffed Burger

Parenting Today

When it comes to addiction, people under the age of 25 are most vulnerable

Diabetes Living

Nick Jonas talks about living with diabetes

MindBender Health Trivia #2

When were trans fats required to be listed on nutrition labels?

- a.) 1995
- b.) 2001
- c.) 2006**

Baby and You

Some tips to help parents and kids get through the pain of teething

Ask Your Pharmacist

A look at statins, what they are, how they work, as well as their side effects

Crossword Puzzle

Vertigo... is a sensation of motion or spinning that is often described as dizziness.

Food For Thought

A doctor who not only tells her patients to eat healthy, she teaches them how

Producer's Blog

What exactly is Botox?

MindBender Health Trivia #3

When may a breastfed infant start eating solids?

- a.) 4 months
- b.) 6 months**
- c.) 8 months

Little Lessons (Pediatric)

Hand, foot, and mouth disease is a common virus that usually affects babies and children under 5

Women Wise (OB/GYN)

The longer you wait to start a family, the harder it may be to conceive

Your Health

With the right treatment, overactive bladder doesn't have to control you

Fast Track

First Lady Michelle Obama answers some viewer questions about fitness

True or False

Dietary supplements are far safer than prescription drugs because they are 'natural'.

- T.) True
- F.) False**

Your Health

Knowing the signs and symptoms of depression can help parents recognize and treat the disease



CUT ACROSS DOTTED LINE, FOLD IN HALF AND STAPLE TOGETHER TO CREATE RECIPE CARD

INGREDIENTS

HORSERADISH, CHEDDAR, AND CAMELIZED ONION STUFFED BURGER

YIELD: 4 SERVINGS



->Horseradish, Cheddar and Caramelized Onion Stuffed Burger

DIRECTIONS

Heat the oil in a medium-size nonstick skillet over medium heat. Add the onion, reduce the heat to medium-low and cook, stirring, until the onion is softened, about 5 minutes. Cover and cook, stirring occasionally, until the onion is a deep golden brown, about 20 minutes more. In the meantime, shape the beef into 8 small patties, each about 4 inches in diameter. To make a stuffed burger, spread 1 teaspoon horseradish on one of the patties. Top that with 2 tablespoons cheddar cheese and 1 tablespoon caramelized onions. Top with another meat patty and pinch around the edges of the patties to seal the burger closed. Repeat with the remaining patties. Season the stuffed burgers on both sides with salt and black pepper. Spray a nonstick grill pan with cooking spray and heat over medium-high

heat, or prepare a grill. Cook the burgers until the cheese is melted inside and the meat is at the desired doneness, about 4 minutes per side for medium doneness. Serve on the buns with lettuce, tomato, and ketchup, if desired.

Recipe by Ellie Krieger

For nutrition information and other recipes, please check out the Recipes page on our website, www.accenthealth.com

These burgers are big in every way – big in size, big in flavor, and big in the wow factor! It is incredible how small changes can add up to such a healthy difference while keeping all of the flavors you yearn for. By using a sensible amount of lean beef and stuffing it with a bit of aged cheese and lots of other high-impact flavors, you get the juicy, melted cheddar bun filler you crave without the downsides.

- 2 teaspoons olive oil
- 1 medium onion, sliced into half-moons
- 1 pound lean ground beef (90% lean or higher)
- 4 teaspoons prepared white horseradish, drained of excess liquid
- 1/2 cup lightly packed shredded extra-sharp cheddar cheese (2 ounces)

- 1/4 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- Nonstick cooking spray
- 4 whole-wheat hamburger buns
- 4 medium leaves romaine lettuce, ribs removed
- 1 large tomato, sliced
- Ketchup, optional