



# HEALTHY LIVING CHRONICLES

## Fight Inflammation with Food



Inflammation is a natural immune system response that protects us from viruses and bacteria. It is a necessary reaction for healing an injury or fighting an infection. If inflammation becomes chronic, it can damage the body's cells. Inflammation is linked to cardiovascular disease, cancer, Crohn's disease, Alzheimer's disease and arthritis.

Fortunately, there is a connection between certain properties in foods and the body's immune system. Nutrient-rich foods and antioxidants such as omega-3s, carotenoids, vitamin C, probiotics and flavonoids have been shown to have anti-inflammatory effects.

The following five foods can help your body fight inflammation:

### ✦ Berries

Blackberries, strawberries, blueberries and other berries are loaded with fiber and antioxidants. They contain a very powerful flavonoid called anthocyanins, which may help lower blood pressure and heart attack risk.

### ✦ Fatty Fish

Salmon, tuna, mackerel, sardines, herring, arctic char and anchovies are all sources of omega-3 fatty acids, which have protective heart benefits. Eat fatty fish up to three times per week.

### ✦ Orange-colored Vegetables and Fruits

Tomatoes, carrots, mangoes, sweet potatoes, oranges and squash all contain carotenoids that give them their orange pigment. These potent antioxidants help protect the body from free radicals, which are harmful molecules that damage the cells and in time can lead to cancer and other diseases.

### ✦ Nuts

Almonds, walnuts, pecans, hazelnuts and cashews contain unsaturated fats that may help lower LDL or bad cholesterol. Remember, a serving size is only ¼ cup.

### ✦ Dark Green Leafy Vegetables

Spinach, kale, collards, Swiss chard and broccoli are loaded with healthy nutrients especially vitamin E. They may help protect the body from pro-inflammatory molecules.

### Other Anti-Inflammatory Food Fighters

Tart cherries

Beans

Garlic

Dark chocolate

Onions

Beets

Ginger

Soy

Tumeric

Yogurt

Whole grains

Olive oil





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Your body is a complex system. Each part has an important role in supporting your well-being. The same is true at Doctors Community Health System. Our network of care can help you maintain and improve your overall health. So, let our system care for yours.

At the heart of this system is our flagship – **Doctors Community Hospital** in Lanham, Maryland. For your convenience, we complement the hospital's medical and surgical programs with more than a dozen centers of care located throughout the area:

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**Main Campus**

8118 Good Luck Road  
Lanham, Maryland 20706