

What's on your 'put off' list?

When you are young you only think about going to a doctor for the annual school checkup or for your physical needed to partake in sports. Then women find themselves making regular doctor's appointments when they are going through the baby making years.

Now, I, along with the rest of my generation am filling my appointment book with a mammography, bone density tests, cholesterol level checks and colonoscopies.

Whenever you mention the latter to anyone, you automatically get groans, rolling eyeballs and grimaces (and sometimes these reactions are from people who have never even had one!)

Yesterday was my day of reckoning, which really began the night before. Apprehensive about the procedure I arrived at the hospital ready to face the music. As the doctor started the meds dripping into my IV, I remember saying, "I feel like Katie Couric!"

The next thing I knew I was in the recovery room being told everything was fine.

That's it?

All done?

Something I had put off for months was completed and I couldn't even swear that it had happened.

How many things in life do we put off because it might be unpleasant or we're just plain afraid?

Sure the list of medical items could go on and on, but how lucky are we that we have tests that can pick up on problems when they are small and take care of them?

But still we put them off.

We treat our cars better – in for the tune up or oil change because we take pride in our car or we value it's importance in our life.

And yet, tests for our health – we can't find the time.

Some of the interactions we tend to put off aren't all medical. We put off calling a friend or family member who is sick because we don't know what to say. Or we don't pick up the phone to call a colleague because we're afraid they're still ticked off about an interaction that happened that caused them grief. We might've replayed the incident over and over in our heads, which causes us grief but we still can't get up the courage to make amends.

Friends - most of the scenarios we are afraid to experience are nothing in comparison to what was imagined.

Taking

action with some could possibly increase our life span and with others could affect the quality of life be it with friends, family or co-workers.

Take a few moments to examine your own "put off" list. If there are medical tests you've been avoiding – pick up

the phone and make the appointment – more than likely you will feel relief that you've done something to take care of you.

If there are other items that you've been putting off, bite the bullet and make the call or stop in to see that person or send that e-mail. While you're worrying what to say, the other person will probably be so appreciative what you say will be a non-issue.

Trust me, you'll be glad you did.

Be well,
Sharon

Sausage and Pepper Skewers

4 PointsPlus Value

Ingredients	<i>PointsPlus Value</i>
3 oz cooked chicken sausage(s) cut into chunks*	3
1/2 item(s) (medium) uncooked bell pepper(s) cut into chunks	0
1/2 small uncooked onion(s) cut into chunks	0
4 medium grape tomatoes	0
1 Tbsp low fat red wine vinaigrette salad dressing or similar dressing*	1

Instructions
Thread sausage, pepper and onion onto 4 skewers (if wooden, make sure to soak for 30 minutes first); broil in toaster oven (or regular oven) until sausage and vegetables just start to brown. Add tomatoes to skewers and broil until vegetables are fully browned; drizzle with dressing.

*To make this meal gluten free, check the sausage and dressing are gluten free. (These swaps may affect **PointsPlus**® values.)