

# HEALTH *Connections*

— YOUR HEALTH, YOUR LIFE —

**HEALTH NEWS**  
YOU CAN USE

**GEAR UP**  
FOR FITNESS

*Breakfast:*  
— OFF ON THE —  
**RIGHT FOOT**

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# Use Your *Hands*



Cardiopulmonary resuscitation (CPR) has traditionally consisted of a combination of chest compressions and mouth-to-mouth breathing. The American Heart Association (AHA) now recommends a simpler lifesaving method for many emergency situations: Hands-Only CPR.

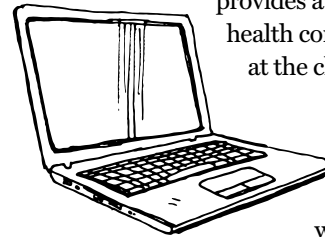
There are three basic steps in Hands-Only CPR:

- 1. Call 911** or have someone else call.
- 2. Press hard on the center of the chest** at a fast pace. The AHA says the beat of the disco hit “Stayin’ Alive” is a good guide for the recommended pace — approximately 100 compressions per minute.
- 3. Continue pushing on the chest** until help arrives or the patient begins breathing normally or speaking.

# For Better Health, GO ONLINE

A new study, which appeared in the October 2013 issue of *Cancer Epidemiology, Biomarkers & Prevention*, found that older men and women who frequently use the Internet are healthier than their less Web-savvy peers. Online enthusiasts were more likely to be regularly screened for cancer and to live an active lifestyle.

Researchers also learned that the more time people spent online, the more likely they were to practice good health habits in real life. The Internet provides a wealth of information about health conditions, nutrition and exercise at the click of a mouse. The key is to search for credible resources.



To find reputable, proven information, visit your hospital’s website or other websites ending in .gov and .org.

# Should You Go *Gluten-free?*

Gluten-free products seem to be everywhere these days — from grocery store shelves to restaurant menus. That’s great for those suffering from celiac disease, a negative immune response to gluten (a protein in wheat, barley and rye) that can damage the small intestine and cause intense pain. But for those who aren’t among the 1 percent of Americans with celiac disease, a gluten-free diet shouldn’t be a weight-loss tool.

Without gluten to bind food together, food manufacturers often add saturated fats and sugar to products, which can have a negative effect on your weight — and health. Your best weight-loss strategy? Eat a diet filled with fruits and vegetables, low-fat dairy, whole grains, and lean protein, and exercise at least 30 minutes on most days of the week.

# RULES TO BREAK FOR *Better Health*

SOME HEALTH RULES ARE MEANT TO BE BROKEN.

## RULE:

**EXERCISE EVERY DAY, EVEN IF IT MEANS GETTING LESS THAN EIGHT HOURS OF SLEEP.**

Research has found that getting less than a full night's sleep makes you more likely to overeat and sabotage your weight-loss efforts.



### *Instead:*

Skip the morning workout in favor of a full night's sleep.

## RULE:

**YOUR BMI SHOULD BE WITHIN NORMAL LIMITS.**

Body mass index (BMI) is an estimate of body fat found by using your height and weight. However, BMI does not take into consideration the difference between fatty and lean tissue — meaning that muscle weight has the same effect on BMI as equal weight in fat.

### *Instead:*

Talk with your doctor about using precise measures of obesity, such as caliper measurements, for a more accurate picture of health. Or measure your waist circumference — aim for a waist smaller than 35 inches for women and 40 inches for men.



## RULE:

**EGGS SHOULD BE THE FIRST FOOD OUT THE DOOR WHEN YOU'RE TRYING TO EAT HEALTHY.**

While eating eggs every day may not be the best option for cholesterol levels, eggs are a great source of protein, vitamins A and B, and iron.



### *Instead:*

Take advantage of the health benefits by incorporating eggs into a balanced diet.

## RULE:

**CUT OUT RED MEAT COMPLETELY.**

Red meat has a reputation for increasing your risk for heart disease. However, research shows eating red meat in moderation is not bad for your heart and provides essential vitamins and nutrients.



### *Instead:*

Stick with one to two servings of red meat per week.

### FAST FACTS: HEALTHY HABITS

Start your journey to better health with these easy ways to build a better diet, recommended by the United States Department of Agriculture.

- **Half and half.** At every meal, half of your plate should be fruits and vegetables. Work to make at least half of all the grains you eat whole grains.
- **Healthy helpings.** Pay attention to portion sizes, and stay within the recommended amounts for every food group.
- **Moderation.** Make foods high in sugar, fat and salt an occasional treat rather than an everyday choice.
- **Slow and steady.** Scarfing down food can lead to overeating. Take the time to enjoy your food.
- **Water, water everywhere.** Limit sugary sodas and sports drinks and stick to water.

Preexisting health conditions can make some health rules more essential than others. Talk with your doctor about your personal diet and exercise needs.



# Your Shape-up STARTS NOW



Maybe it happened at the beginning of the new year when you resolved to get in shape and start taking better care of yourself. Or maybe it was when you walked up the stairs at work and found yourself out of breath with quivering legs.

Regardless of your motivation, spring and summer provide an optimal opportunity for you to get active. Follow these five simple strategies for starting a fitness plan, and you'll soon be on the way to living healthier ever after.

## RISE AND SHINE!

WITH BLUE SKIES AND WARMER TEMPERATURES ON THE WAY, IT'S TIME TO DUST OFF YOUR SNEAKERS, BREAK A SWEAT AND FORGE A BRIGHT NEW PATH TO A HEALTHIER, MORE ACTIVE BODY AND MIND.

1

### CHECK IT OUT

If you've not had an annual check-up in the past year, schedule it before you start any type of physical activity. Knowing the status of your health can help guide the intensity and frequency of your workouts.

The first step to getting fitter is having a meaningful discussion with your doctor about your family's medical history and your risk of developing Type 2 diabetes, heart disease, high cholesterol, high blood pressure and osteoporosis later in life.

2

### BABY STEPS

When it comes to exercising, one of the most important body parts you can use is your brain. Giving thought to which activities motivate you can help you formulate a realistic fitness plan you can maintain. Can't decide on a plan? A brisk, half-hour walk around the neighborhood or park in the evenings is a low-impact aerobic exercise that can deliver big results.

When deciding on a physical activity, consider these questions first: Do you love the outdoors? Do you like talking to people while you work out? Do you need a partner to push you or an instructor to guide you?

## TIPS:

Ask your doctor to explain your wellness measurements, including blood pressure, waist size, body mass index, weight, cholesterol and blood glucose. Discuss your fitness plans and nutritional goals with your doctor and ask for his or her advice.

To help find your motivation for exercising, start by identifying what it literally means to your health and longevity. A recent study found that every minute of exercise could add as much as seven minutes to your life.



**WHAT'S EXERCISE GOT TO DO WITH IT?**

You probably know that adults should exercise at least 30 minutes most days of the week. But you may not know exactly how physical activity can benefit you. People who exercise regularly experience:

- better control over their weight
- enhanced cognitive function
- higher levels of energy (It may seem that exercise would make you more tired, but in actuality, regular physical activity puts pep in your step!)
- higher-quality, more satisfying sleep
- improved focus and concentration
- improved mood and decreased stress
- improved self-esteem and body image
- lowered risk of many health conditions, including heart disease, stroke, Type 2 diabetes, cancer and depression

3

**FOR A GOOD TIME**

The U.S. Department of Health and Human Services recommends at least 30 minutes of physical activity daily, which should include moderate aerobic activity and strength training. Muscle mass weakens with age, so scheduling two 30-minute, weight-bearing exercise sessions each week can strengthen your workout and your frame by stimulating new bone growth and building muscle.

Simple moves, such as planks, sit-ups and lunges, utilize your body's own weight, offering the resistance you need to slow down muscle loss and speed up metabolism.

Not sure which exercises are best or where to start? Enlist the help of a personal trainer, who can create a personalized workout plan tailored specifically for your body type, as well as show you the correct movements to prevent injury.

4

**GRAB A BETTER BITE**

One in three people in America are overweight, according to the Centers for Disease Control and Prevention. Eating metabolism-boosting foods, such as peppers, avocados, asparagus and legumes, is as important as keeping a close eye on your caloric intake. Pack your diet with fiber, colorful vegetables, lean protein and heart-healthy foods rich in antioxidants, calcium, and vitamins D, B6 and B12 to keep your energy up and arteries clear.

Your doctor's office can pair you with a nutritionist who can devise a healthy eating plan and determine the appropriate amount of calories you need each day to stay active while still realizing your weight-loss goals.

5

**FUN FOR ALL**

In the battle to start exercising and get in shape, you may feel alone, but you don't have to be. Join a group exercise class at a local gym, which can range from water aerobics to boot camp, or buddy up with a friend or spouse to make hard work seem more like play. Even when you exercise alone, friends and family can help keep you accountable. Share your goals and milestones with your loved ones, whether in person or via social media.

Your quest to be at your physical best may inspire friends and family to do the same. Get your family involved by taking after-dinner walks a few times a week.

# PREVENT PAIN

WANT TO EASE CHRONIC ACHES WITHOUT TURNING TO PAIN MEDICATIONS? CERTAIN FOODS HELP THE BODY BY FIGHTING INFLAMMATION, PREVENTING DAMAGE AND FORTIFYING JOINTS.

# Naturally

**TRY FITTING THESE FOUR FOODS INTO YOUR DIET REGULARLY FOR THE BEST RESULTS.**

## GRAPES

Red grapes pack a mighty punch of resveratrol, a substance that combats pain by keeping tissue healthy.

Resveratrol has been shown to block the progress of enzymes that break up tissue and prevent damage that may lead to back pain. Add a handful of red grapes to your lunch or salad or drink one glass of red wine a day to help keep you pain-free longer.



## FISH

Localized soreness, redness and sensitivity, common symptoms of inflammation, are behind many chronically painful conditions. The omega-3 fatty acids found in fish act as a natural anti-inflammatory.

Adding fish or fish oil supplements to your diet may help neutralize pain from rheumatoid arthritis, chronic back discomfort and even migraines. Try eating salmon, sardines, tuna and other fatty fish three times a week or talk with your doctor to find out if an omega-3 fatty acid supplement is right for you.

## GINGER

Add a dash of ginger to your favorite soup or stir-fry. This natural painkiller works by blocking enzymes that cause inflammation and has been shown to reduce the amount of medication patients need to feel relief.

Ginger may also help ease post-workout aches. Try working two or three teaspoons into your daily diet for a flavorful boost that helps you feel better.

## COFFEE

Not only does drinking a moderate amount of coffee (a cup or two a day max) make it easier to work out longer and recover faster afterward, but the caffeine in your latte can boost the effects of painkillers such as acetaminophen.



**For more information or to request an appointment, call Ridge Runner Primary Care at (505) 454-0322.**

## *Before You Pop That Pill, Remember...*

Overuse of nonsteroidal anti-inflammatory drugs (NSAIDs), found under such brand names as Advil® and Aleve®, may cause gastrointestinal bleeding and kidney damage. These drugs may not be appropriate for people with some health conditions, such as kidney disease, or those on certain types of medication.

*Michael Green, D.O. is a member of the medical staff of Alta Vista Regional Hospital. He is board-certified in family practice and is a member of the American Osteopathic Association and American College of Osteopathic Family Physicians.*

Acetaminophen, the active ingredient in Tylenol®, is the leading cause of acute liver failure and should only be taken as directed. Many OTC and prescription cough, cold and pain medications contain acetaminophen, so check with your pharmacist or doctor before taking multiple OTC medications.



MICHAEL GREEN, D.O.

# Breakfast: THE MOST IMPORTANT MEAL OF THE DAY

A nutritious breakfast improves concentration, physical stamina and mood throughout the day. Eating breakfast can also help you control your weight by reducing the urge to overeat later. Skipping breakfast, on the other hand, can leave you sluggish, surly and, long-term, more vulnerable to heart disease.

While any breakfast is better than none, simple carbohydrates such as sugary pastries aren't the best choice. They do provide a quick burst of fuel but leave your tank empty by midmorning. For energy that lasts until lunchtime, choose whole grains, fruits, low-fat dairy and lean protein for breakfast. Some examples:

**Oatmeal:** See that heart-shaped symbol on the oatmeal box? Oatmeal earned that from the American Heart Association for having zero artery-clogging saturated fat and being high in cholesterol-clearing dietary fiber. Oatmeal also contains beta-glucans, which boost immune system function.

**Bananas:** Inside that easy-to-tote yellow skin, bananas are filled with fiber and potassium, essential nutrients that promote heart health. Bananas also contain substances that ease digestion, build strong bones and protect eyesight.

**Greek yogurt:** Thick, creamy and yummy, Greek yogurt is low in fat and packed with twice the protein of regular yogurt, which helps you feel full longer. Choose one with fruit or add your own for an extra nutritional kick.



## BREAKFAST MADE SIMPLE

In less than five minutes, you can whip up a nutritious, take-it-with-you breakfast treat. To save time, blend your smoothie the night before and refrigerate in a covered container. In the morning, give the mix a quick stir, then grab it and go!

### Banana-Raspberry Smoothie

**INGREDIENTS**

- 1 large banana, sliced
- 1 ¼ cups frozen raspberries
- ½ cup low-fat milk

**DIRECTIONS**

Place sliced banana on a plate and freeze for 10 minutes, then blend all ingredients until smooth. Serve cold.

**NUTRITIONAL INFORMATION**

**PER SERVING**

Servings: 2	Cholesterol: 5mg
Calories: 120	Protein: 3g
Fat: 1g	Fiber: 5g
Carbohydrates: 27g	Sodium: 30mg

### Applicious Smoothie

**INGREDIENTS**

- 2 cups unsweetened applesauce
- 1 cup apple juice
- 1 cup orange juice
- 2 Tablespoons honey
- ½ teaspoon nutmeg
- ½ teaspoon cinnamon

**DIRECTIONS**

Blend ingredients until smooth. Serve cold.

**NUTRITIONAL INFORMATION**

**PER SERVING**

Servings: 4	Cholesterol: 0mg
Calories: 139	Protein: 0.7g
Fat: 0.25g	Fiber: 1.5g
Carbohydrates: 36g	Sodium: 6mg

### Berry-Cran Smoothie

**INGREDIENTS**

- 2 cups frozen strawberries, unsweetened
- 1 cup 100% juice, cranberry blend
- 6 ounces low-fat vanilla yogurt

**DIRECTIONS**

Blend ingredients until smooth. Serve cold.

**NUTRITIONAL INFORMATION**

**PER SERVING**

Servings: 2	Cholesterol: 4mg
Calories: 206	Protein: 5g
Fat: 1.2g	Fiber: 3g
Carbohydrates: 46g	Sodium: 78mg

All recipes adapted from [fruitsandveggiesmorematters.org](http://fruitsandveggiesmorematters.org).





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This publication in no way seeks to serve as a substitute for professional medical care. Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.



# Announcing our new arrival.



Eileen Reardon, M.D.  
Member of the Medical Staff  
at Alta Vista Regional Hospital

Alta Vista Regional Hospital welcomes Eileen Reardon, M.D., a board-certified OB/GYN who provides care for women at every age and stage of life. A skilled and experienced physician, Dr. Reardon provides comprehensive care that includes support for all types of births, family planning services, menopausal medicine, gynecological surgical services and more. She works closely with patients to give them individualized attention and education to help them make informed health decisions that are best for them. **Same- and next-day appointments often available. Call 505-454-4000.**



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