

inspire

YOUR HEALTH, YOUR LIFE

HEALTH NEWS
YOU CAN USE

BREAKFAST:
OFF ON THE
RIGHT FOOT

For **Gear Up**
FITNESS

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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.



Charge Up With Electrolytes

YOU ENJOY WORKING UP A GOOD SWEAT. BUT IF YOU REACH FOR A SPORTS DRINK TO REPLENISH ELECTROLYTES, YOU MAY BE GETTING MORE THAN YOU BARGAINED FOR.

Did you know some sports beverages pack up to 20 grams of sugar and 80 calories for every 8 fluid ounces? For example, one 20-ounce bottle of Gatorade® G Series “Glacier Freeze” contains 34 grams of added sugar. That means one bottle matches or exceeds the American Heart Association’s recommended daily limit for added sugar — 36 grams for men and 20 grams for women.

Everyone needs to replace electrolytes after sweating. These electrically charged minerals are essential for regulating the body’s water levels and muscle function. Electrolyte-replenishing sports drinks were originally developed for professional athletes during sustained, high-intensity activity — such as professional football games and long-distance runs. These sugary, high-calorie drinks may not be the best source for the average exerciser and can lead to unwanted weight gain.

GO BANANAS

Fortunately, you can replenish lost electrolytes through a healthy diet. Common electrolytes include calcium, sodium, magnesium and potassium and can be found in everyday foods such as bananas. A 2012 study

conducted by researchers at Appalachian State University found that cyclists who replenished electrolytes with bananas during a 75-kilometer race performed as well as cyclists who drank sports drinks. However, bananas offer additional nutritional benefits that sports drinks do not, including fiber and vitamin B6. Next time you exercise, grab a banana and a bottle of water instead of a sports drink.

You can also keep balanced throughout the day with these other electrolyte-rich foods:

- almonds
- beans
- broccoli
- cashews
- oranges
- plain Greek yogurt
- spinach
- Swiss chard
- yams

To find a doctor to meet your nutrition needs, visit MyMaryBlackPhysician.com or call (864) 253-8064.

Baked Plantains With Creamy Cilantro-Lime Dip

This electrolyte-packed snack is a delicious way to refuel after exercise.

INGREDIENTS

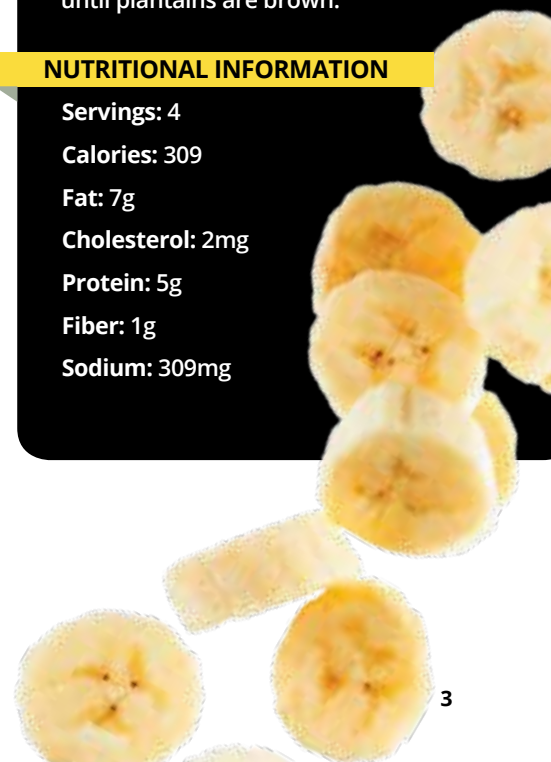
- 4 yellow plantains
- ½ cup fresh cilantro, de-stemmed
- 1 Tablespoon lime juice
- 2 cloves fresh garlic, minced
- ½ teaspoon salt
- 1 container plain Greek yogurt (6 oz.)
- 2 Tablespoons olive oil
- Cooking spray

PREPARATION

- **Yogurt dip:** In blender or food processor, blend cilantro, garlic, olive oil, lime juice and salt. Mix puree into Greek yogurt.
- **Plantains:** Preheat oven to 450 degrees. Coat a cookie sheet with cooking spray. Cut off ends of plantains and peel. Cut plantains diagonally into 1/2-inch slices. Place in a single layer on cookie sheet and coat topsides with cooking spray. Bake for 10–15 minutes, turning occasionally, until plantains are brown.

NUTRITIONAL INFORMATION

- Servings: 4
- Calories: 309
- Fat: 7g
- Cholesterol: 2mg
- Protein: 5g
- Fiber: 1g
- Sodium: 309mg



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.

<div>RISE AND SHINE!</div> <div>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.</div>	1	2
	CHECK IT OUT	BABY STEPS
	<p>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.</p> <p>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.</p>	<p>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.</p> <p>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?</p>
TIPS:	<p>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.</p>	<p>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.</p>



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

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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.

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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.



Fierce Fashion: When Clothing Hurts

YOUR CLOSET MAY HARBOR SOME SERIAL HEALTH OFFENDERS.

Heels or flats? Skinny jeans or loose slacks? Good health or looking good? The last question doesn't represent a choice between mutually exclusive concepts. Every day, however, women wear clothing, shoes and accessories that can cause pain and health problems, all in the name of looking fabulous.

If your wardrobe includes potentially harmful items, don't renounce them. Simply limit how often you wear them and include less hazardous — read: smaller, looser or more supportive, depending on the item in question — alternatives in your fashion rotation. Remember these thoughts as you plan your outfits:

- **Bigger isn't better.** Large, heavy earrings catch the eye, but they can also catch on things or be tempting tugging targets for children, with painful consequences. Big baubles can also stretch the piercing hole and earlobe over time.
- **Oversized, filled-to-the-brim shoulder bags,** especially those with long straps, interfere with the natural balance and movement of the shoulders. Your bag should weigh less than 10 percent of your body weight, according to the American Chiropractic Association. Wear the bag with the strap looped across your chest, and switch sides often.
- **Shoes should support.** High heels invite ankle sprains and Achilles tendon problems. Flats with poor insoles can promote plantar fasciitis, and flip-flops make the toes work overtime. Rule of thumb: Choose comfortable, relatively flat, supportive shoes when possible.
- **Tight is terrible.** Cinched-up belts and skinny jeans do more than make breathing and moving uncomfortable — they can squeeze nerves in the legs, leading to pain and numbness. Tight jeans have also been associated with yeast infections and reduced blood flow.

Be confident. Be empowered. Be a Healthy Woman! It's free. To learn more, visit MaryBlackHealthSystem.com/HealthyWoman.

SHOULD YOU REVISE YOUR SHAPEWEAR STRATEGY?

Shapewear has come out of the shadows in recent years, with everyone from celebrities to your friends wearing them. Figure-molding undergarments can be a blessing when you want to achieve a desired shape in a pinch, but you could find yourself cursing them if you wear them too often.

Made from tight spandex, constrictive shapewear has been linked to a variety of health pitfalls. It can cause a nerve condition called

meralgia paresthetica, symptoms of which include pain and numbness in the outer thigh. The undergarments may also cause bruises and digestive problems and contribute to urinary tract infections.

To avoid shapewear-related issues, wear it infrequently and wash after each use. Loving your profile in the mirror isn't worth sacrificing your health.

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.

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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.

Cuts and Scratches AND SCRAPES...

Oh, My!

CUTS AND SCRATCHES ARE OFTEN PART OF EVERYDAY LIFE. LEARNING BASIC FIRST-AID TACTICS CAN PREPARE YOU FOR THESE MINOR INJURIES.

Whether you suffer a cut, scratch or other small wound, there are three basic steps for at-home treatment.

- 1. Stop the bleeding.** Use firm pressure to apply a cloth or bandage on the minor wound for 20 to 30 minutes.
- 2. Clean the injury with cool, running water.** Use soap to clean the skin around the wound (not the wound itself). If you see splinters, gravel or other small objects in the laceration, rinse them gently away or use tweezers to remove.
- 3. Spread an over-the-counter antibiotic ointment** onto the wound.

TO BANDAGE OR NOT TO BANDAGE?

Air can help wounds dry out and promote healing. However, some cuts or scrapes are in places that can get dirty or get a lot of use — such as a knee or fingertip. To protect these areas, or for large wounds, cover with an adhesive bandage or sterile gauze and tape. Change bandages each day.

Minor Care with Major Convenience: Mary Black Minor Care is located at 2995 Reidville Road in Spartanburg. For more information, call (864) 587-3000 or visit MyMaryBlackPhysician.com.

Build Your “Doctor” Bag

To build your own first-aid kit for minor lacerations, the American Red Cross recommends you include:

- | | |
|--|---|
| <input type="checkbox"/> absorbent dressings and adhesive cloth tape | <input type="checkbox"/> bandage rolls |
| <input type="checkbox"/> adhesive bandages | <input type="checkbox"/> scissors |
| <input type="checkbox"/> antibiotic ointment | <input type="checkbox"/> sterile gauze pads |
| <input type="checkbox"/> antiseptic wipes | <input type="checkbox"/> tweezers |

Is That All?

Some lacerations require attention from a nurse or doctor. See your doctor or visit the ER right away if:

- the laceration does not stop bleeding after 20 to 30 minutes
- you cannot remove all dirt or debris from the cut or scrape
- you cannot close the edges of the cut
- you develop signs of an infection, such as a fever or red streaking, inflammation, or discharge around the wound
- you have a puncture or very deep wound