

inspire HEALTH

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Better Health in **15 MINUTES**

GOT SLEEP?

**COFFEE AND
YOUR HEALTH**

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Spring Cleaning and

ASTHMA



If you or a loved one suffer from asthma, clearing dust from your home may seem like a good idea. But what you clean your home with can make all the difference.

Many cleaning supplies contain chemicals, including volatile organic compounds (VOCs), that can aggravate asthma and other respiratory illnesses. VOCs can be found in chlorine bleach, detergent, rug and upholstery cleaners, and furniture and floor polish.

How can you clean your home and keep your lungs safe? The American Lung Association recommends using baking soda for scrubbing and a mix of vinegar and water to clean glass and other surfaces. Looking for organic cleaning products? The Environmental Working Group offers a "Guide to Healthy Cleaning" at ewg.org/guides/cleaners.

BREWING *Health Benefits*



Good news for coffee lovers — regular consumption of coffee may provide significant health benefits, including:

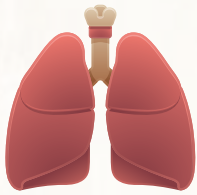
- **Decreased risk of depression.** A study by the National Institutes of Health found those who drink four or more cups of coffee daily are 10 percent less likely to be depressed.
- **Delayed Alzheimer's disease onset.** Researchers from the University of South Florida and the University of Miami found that people older than 65 who consumed higher levels of caffeine develop Alzheimer's disease two to four years later than those with lower caffeine intake.
- **Reduced risk of cancer.** According to the Harvard School of Public Health, coffee drinkers are less likely to develop liver, breast, colon and rectal cancers.

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TOP REASONS

People Visit the ER

WHEN YOU FEEL SOMETHING IS WRONG WITH YOUR BODY, IT'S TIME TO GO TO THE EMERGENCY ROOM (ER). LEARN WHAT DRIVES MORE THAN 131 MILLION AMERICANS TO VISIT THE ER EVERY YEAR.



More than
1.6 MILLION

infants and adults older than age 45 are admitted to the ER due to **respiratory conditions**, including bronchitis, pneumonia and asthma.

More than
2.2 MILLION
adults older than age 45 visit the ER for **nonspecific chest pain**.



Ear infections and fever are two of the most common reasons patients younger than age 18 go to the ER, accounting for almost

10 PERCENT

of all visits.



4.5 MILLION

adults younger than age 85 seek care from the ER for **abdominal and stomach pain**.

READY TO GO

During a medical emergency, remembering to take everything you need to the emergency room (ER) can be difficult. Keep the following essential information on hand:

- **List of medications.** For every person in your family, have a written record of daily medications, including prescriptions, over-the-counter drugs, and any vitamins or supplements. Make sure the dosage and directions are included.
- **Preexisting illnesses and allergies.** The medical staff needs to know if you or a loved one has diabetes, high blood pressure or any other chronic illnesses that could complicate treatment, as well as any food or drug allergies that could cause life-threatening reactions.
- **Your doctor's phone number and address.** If you need follow-up care, having this information handy will make communication between the ER and your doctor's office easier.

If you're experiencing a medical emergency, call 911. For more information on Mary Black's emergency room, visit MaryBlackER.com.

15 Minutes of HEALTH

BUSY, BUSY, BUSY. THAT SEEMS TO BE AMERICA'S MANTRA. WITH OUR CONSTANT RACE AGAINST THE CLOCK, HOW CAN ANYONE FIND TIME FOR HEALTH? TRY THESE IDEAS TO BOOST YOUR PHYSICAL AND MENTAL WELL-BEING IN 15 MINUTES OR LESS.



AT HOME

EAT

HAVE BREAKFAST OUTDOORS.

We all know eating a well-balanced breakfast is crucial to your health, but why outside? A 2014 study by researchers at Northwestern University found that people who are exposed to bright morning sunlight have lower body mass indexes (BMIs) than those who aren't. Researchers believe morning light exposure keeps your metabolism in sync, helping you burn more fat throughout the day.

PLAY

TOUCH YOUR TOES.

Stretching increases blood flow to your whole body, helping you feel more awake and alert. Staying loose also helps counteract your physical response to stressors so you can remain relaxed and pain-free as the day wears on. To get the most benefit, follow the American College of Sports Medicine's guidelines for static stretching: Hold each stretch for between 15 and 30 seconds, repeating three to five times on both sides of the body.

RELAX

MIND YOUR Xs AND Os.

Giving your spouse a hug and a kiss when you get home from work isn't just good for your marriage. It's also great for your physical and mental health. Affectionate physical contact lowers blood pressure and heart rate and releases feel-good hormones that kill stress and negative feelings. Showing affection to any loved one can have the same effect, so give a bear hug to your kids, your friends — even your neighbors.

FACE FIRST

YOU MAY HAVE YOUR DAD'S EYES, YOUR MOM'S SMILE AND YOUR GREAT UNCLE BERNIE'S NOSE, BUT HOW YOU TAKE CARE OF YOUR FEATURES IS ALL YOU. TRY THESE TIPS TO KEEP YOUR FACE HAPPY AND HEALTHY:



The American Optometric Association recommends turning your eyes away from your screen every 20 minutes and focusing on objects farther away for 20 seconds. This reduces your risk for eyestrain and computer vision syndrome.



Nosebleeds become more common after age 50. To prevent them, the American Academy of Otolaryngology – Head and Neck Surgery recommends swabbing the lining of your nose three times a day with petroleum jelly.



Regular flossing helps prevent gum disease, which — according to the American Dental Association (ADA) — is associated with a lower risk of cardiovascular disease. Yet only half of Americans floss every day, according to the ADA. To help you remember, keep your floss on your nightstand rather than in your medicine cabinet.

AT WORK

STOCK YOUR SNACK STASH.

It's hard to resist that box of doughnuts in the conference room, especially when it's 3 p.m. and your stomach is growling. Keep healthy snacks in your desk drawer to satisfy your urge to indulge. Your snack stash can include unsalted mixed nuts, granola bars, or peanut butter and whole-wheat crackers. To avoid weight gain, keep your snacking to 150 calories or less in the morning and afternoon.

TAKE A STAND.

Researchers at the Lawrence Berkeley National Laboratory found that moderate-intensity walking reduced people's risk for hypertension, high cholesterol and diabetes nearly as much as vigorous running did. Getting up from your desk, stretching and walking around for 10 minutes is one of the easiest things you can do to prevent long-term health problems.

JUST BREATHE.

One of our first physiological responses to stress is shallow breathing. You may not even notice yourself doing it, which is why it's important to perform breathing checks throughout your workday. Remind yourself to take deep, slow breaths, inhaling through your nose and exhaling through your mouth.

AT PLAY

TAKE A SALAD DETOUR.

When dining out, order a healthy salad as your side and pause midway through your main meal to eat it — taking care to eat as slowly as possible. According to the Academy of Nutrition and Dietetics, it takes about 20 minutes for your stomach to tell your brain it's full. Stopping halfway through dinner to crunch on your greens will give your brain more time to catch up. After your salad, you may just decide to save the second half of that burger for a takeout box.

DON'T PARK IT AT THE PARK.

When you take your kids or grandkids to the playground, don't let them have all the fun. If allowed, swing, climb and slide along with them, or go for a brisk stroll around the perimeter of the park while they play. For people who weigh around 150 pounds, every 15 minutes of vigorous walking burns approximately 115 calories. The more you weigh, the more you'll burn.

LAUGH OUT LOUD.

Listen to a podcast of your favorite comedian when you're walking or driving. Aside from reducing stress, research shows that laughing can temporarily increase antibodies in the mucous lining the nose and respiratory passages. More antibodies mean a stronger immune system, which can help protect you from seasonal illness.

IS DIABETES



Getting on Your Nerves?

BIG AND BAD

While performing your daily feet inspection, you notice that the right foot is swollen. Don't shrug off the swelling — it could be a sign of something serious.

Individuals with long-term or severe diabetic neuropathy in the feet are at risk for a condition called Charcot foot. Over time, the bones in the feet may become so weak that they break or shift, and the foot can become deformed.

Swelling is an early sign of Charcot foot, and other symptoms include pain and warm, irritated skin. Swift diagnosis and treatment are important to avoid significant damage. Consult your doctor or endocrinologist, who may refer you to a podiatrist or foot and ankle surgeon. Casting and rest — and in some cases, surgery — can take care of the problem.

KEEPING A CLOSE EYE ON THE FEET IS A CRUCIAL PART OF DIABETES SELF-CARE.

Ever wondered why it's important to keep your blood glucose levels in check? Here's one reason: If your levels get too high, the excess glucose in your blood can damage the nerves in your feet — a condition known as neuropathy — and hinder blood flow to your lower extremities.

Without properly functioning nerves, you might experience numbness, and something as harmless as a blister on your heel could become infected before you realize it's there. But it doesn't have to come to that.

TREAD CAREFULLY

Rule No. 1 of diabetes foot care: Get to know your feet. Inspect your feet daily from toenails to heel, and treat any abnormalities you find, such as dryness, cuts, sores and calluses. If a wound is oozing, inflamed or painful, seek medical attention — it could be infected.

Don't think of caring for your feet as a chore. Think of it as pampering a part of your body you take for granted. Here's how:

- **Battle brittleness.** Infections can develop in cracked skin, so it is important to moisturize your feet. Wash your feet daily in lukewarm water. Towel thoroughly but gently after bathing and apply lotion regularly; avoid moisturizing between the toes.
- **Clip carefully.** Trim your toenails in a straight line and file jagged edges.
- **Scrutinize shoes.** Check for pebbles or other debris in your shoes before putting them on.
- **Keep 'em covered.** Forget going barefoot — comfortable, properly fitted shoes and socks should protect your feet at all times.

If you have diabetes, a doctor should examine your feet once a year. Don't have a doctor? Visit MyMaryBlackPhysician.com or call (864) 253-8064 to find one.



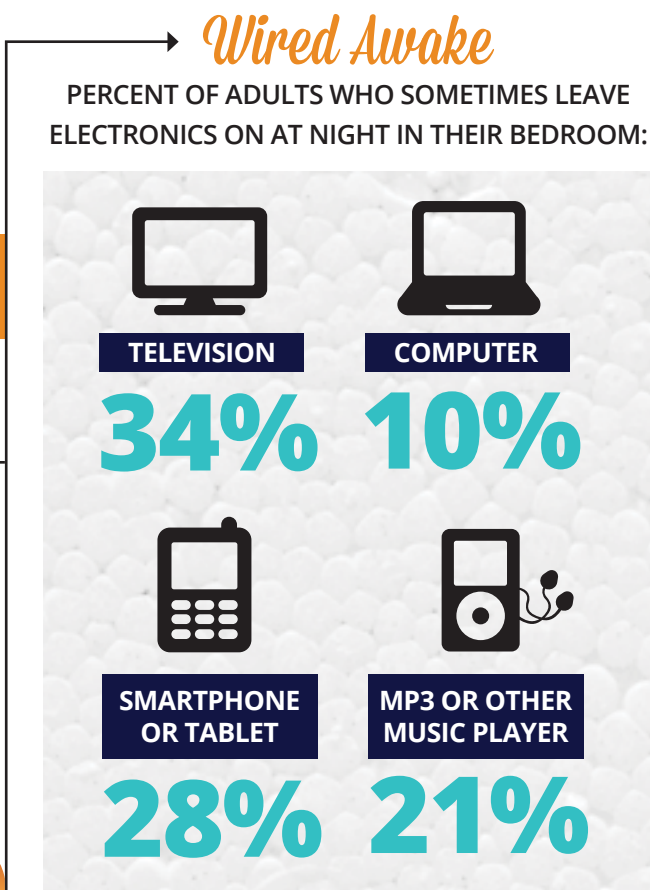
THE SECRET TO A *Good Night's Sleep*

DEEP, RESTORATIVE SLEEP DOESN'T HAVE TO BE ELUSIVE.

We're a nation of toss-and-turners. According to the National Sleep Foundation (NSF), more than half of American adults say they have trouble falling asleep or frequently wake during the night several nights a week. Even those whose sleep is peaceful aren't getting enough of it. A 2013 Gallup poll found that 40 percent of Americans slept an average of six hours or fewer each night, less than the seven to eight hours recommended by the NSF.

If you're restless and easily awoken at night, or frequently wake up in the morning feeling groggy, you may have poor sleep habits. Think back on your previous seven nights of sleep — or start a sleep diary for the coming week — and use this checklist to identify any sleep improvements you can make:

- I slept at least seven hours most nights.
- I consistently went to bed and woke up at the same times.
- I went to bed when I started feeling sleepy but before I was overly sleepy.
- I stopped looking at screens (TV, phone, computer, tablet) at least an hour before bed.
- I performed my usual sleep "cues" (brushing teeth, putting on pajamas, light reading, etc.) each night.
- I stopped drinking caffeine after lunch and alcohol after dinner.
- I exercised for at least 30 minutes each day.
- I didn't have any stressful or negative emotional interactions before bed.
- I didn't snack before bed.



* Source: 2014 Sleep in America Poll, Gallup

Did You Know? SEVENTY

According to the Centers for Disease Control and Prevention, there are more than 70 known sleep disorders.



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Cooking to Keep Your Food HEALTHIEST



CONDIMENT CONUNDRUM

Don't let your healthy cooking techniques be for naught — watch out for these calorie-boosting condiments.

- **Dips and dressings** can pack a punch, especially if they are cream-based. Always serve these items on the side, or substitute healthier oils or yogurt for mayonnaise.
- **Pickles**, while crisp and delicious, can add extra salt to your plate. The same goes for any other briny vegetables. Try making low-sodium pickles at home or look for reduced-sodium versions at the grocery store.
- **Sauces**, from gravies to compotes, can add extra fat, sodium and sugar to your meal. Use sparingly.
- **Ketchup** isn't high in calories but adds a lot of sugar and sodium you probably aren't expecting. Each tablespoon of this common condiment packs nearly 3½ grams of sugar and 167 milligrams of sodium — with little nutritional value.

HOW YOU COOK YOUR FOOD CAN BE JUST AS IMPORTANT AS WHAT YOU COOK.

Healthy cooking doesn't have to be complicated or boring. Go beyond steaming and add these simple cooking techniques to your culinary repertoire.

- **Blanching** is a fast way to cook cruciferous and starchy vegetables such as broccoli, cauliflower or potatoes while retaining their nutrients.
- **Grilling** can take the place of pan-frying, which can add extra calories to your meal. Grill lean cuts of steak or place fish with lemon slices and fresh herbs in tinfoil packets for a flavorful and calorie-conscious entrée. When grilling produce, the less time fruits and vegetables stay on the grill, the more nutrients are retained.
- **Roasting** is a great alternative to frying savory vegetables and proteins. Roasting typically brings out the natural sweetness in most veggies without losing nutrients. Cut up chunks of potatoes, onions and fennel in a roasting pan alongside Italian sausages or skinless chicken breast and then cook for 30 minutes at 425 degrees Fahrenheit.

Join us in August at Healthy Woman for a quick and healthy dinner demonstration. Visit MaryBlackHealthSystem.com/healthywoman to join today!