

SMART Health

JUNE 2019



Get in the Swim

Water exercise offers special rewards. First, no matter what the activity involves, doing it in chest-deep water takes added effort. And low-impact aqua workouts can leave you feeling calm and invigorated, not tired or achy.

Fitness benefits? Even the simplest pool exercise — walking forward and backward in waist-high water — can improve balance and flexibility and train your core muscles, all with help from the water's resistance. Aqua aerobic routines will help you reduce body fat, lose weight and strengthen your cardiovascular health.

Pool classes offer a variety of exercise options. In addition to lap swimming, you can switch to shallow or deep-water activities that provide vigorous muscle workouts, especially by keeping your full range of motion under water.

Just starting or have limited mobility? Choose an introductory class and work with the instructor to identify your fitness goals and to learn proper form. If you don't swim well, find a class that offers routines in the shallow end of the pool, such as water walking. As your strength grows, you can increase your pace for enhanced fitness.

Check with your health care provider first if you have chronic health problems (e.g., heart issues, arthritis, backache, injury and obesity), or you're pregnant.

BEST bits

|| **Five healthy lifestyle tips from the Mayo Clinic:** ❶ Set realistic goals (e.g., walking at least 3 times a week or eating 4 daily servings of vegetables). ❷ Replace processed food with whole foods (e.g., fruits, vegetables, whole grains). ❸ Avoid screen time while eating because it may increase your consumption. ❹ Eat out less. ❺ Get active every day: Clean house, ride a bike or stretch your muscles.

|| **June 27 is HIV Testing Day,** a reminder to get tested for HIV (human immunodeficiency virus), which causes AIDS. In the U.S., 1 in 7 people living with HIV don't have symptoms and don't know they have it. HIV is spread through bodily fluids, unprotected sex, sharing needles; getting infected blood through transfusion (rare in the U.S.); or breastfeeding, pregnancy or childbirth if the mother has HIV.



|| **Power up your golf swing** by strengthening back, shoulder and neck muscles for a balanced, effective swing. Year-round cardio conditioning helps build all-day stamina come golf season. Always stretch before teeing off to loosen tight upper body muscles. Golf can be a strenuous sport. To stay injury-free and on course, consider strength-training advice from a golf pro.

“Your body hears everything your mind says.”
— Naomi Judd

TIP of the MONTH

Don't Let CRAVINGS Sabotage Your Health

Are your cravings messing with your health goals?

One solution for cravings is to distract yourself and focus on something else. Try going for a walk, making herbal tea, talking to a friend or taking a shower. Many people find that drinking water is a good solution.



“You don't need a silver fork to eat good food.”
— Paul Prudhomme

eating smart

All About Food Cravings

By Cara Rosenbloom, RD

Do you often long for salty potato chips or sweet chocolate? People tend to crave non-nutritious foods that are high in salt, sugar or fat (or a combination).

Can cravings be explained? Some researchers have hypothesized that we want foods that contain nutrients our bodies lack, but science has not fully supported this. Instead, cravings are likely the result of a blend of factors, including:

- ✓ **High stress.**
- ✓ **Lack of sleep**, which can affect hormone levels.
- ✓ **Forbidding** oneself from eating certain foods.
- ✓ **Associations**, such as craving popcorn during a movie.
- ✓ **Hormonal** changes.
- ✓ **Emotions** such as sadness, which may lead to emotional eating.
- ✓ **Thirst** or dehydration.



To combat cravings, start by eating meals that contain enough protein to make you feel full. Studies show that adequate protein (about 20 to 30 grams per meal) can decrease cravings by up to 60%. Also make sure to stay well hydrated by drinking water all day long.

If cravings pop up when you're sleep deprived or stressed, try incorporating better lifestyle habits, such as turning off devices an hour before bedtime.

Deprivation doesn't work for many people, who prefer to enjoy a small portion of what they crave. Does this sound like you? If so, enjoy your favorite food mindfully. That means you eat a reasonable portion to satisfy the craving, and savor every delicious bite with all of your senses.



Grilled Chicken and Herbed Corn Salad

EASY recipe

- 16 oz. boneless skinless chicken breasts
- 2 tbsp olive oil, *divided*
- ½ tsp salt
- ¼ tsp pepper
- 1 tsp dried basil
- 3 corn cobs, shucked
- 1 cup fresh basil, chopped
- ½ cup fresh mint, chopped
- ¼ cup grated Parmesan cheese
- 1 clove garlic, minced
- ¼ cup lemon juice



Preheat BBQ or grill to 450°F. **Put** chicken on a plate. **In** a small bowl, combine 1 tbsp olive oil with salt, pepper and dried basil. **Pour** over chicken. **Place** chicken on grill for 9-10 minutes, flipping halfway. **Cook** until internal temperature is 165°F. **Discard** leftover oil that was used on chicken. **Grill** corn cobs for

5-8 minutes, turning occasionally. **In** a blender or food processor, blend remaining olive oil, fresh basil, mint, cheese, garlic and lemon juice until combined. **When** cool to the touch, cut kernels off corn. **Stir** kernels into herb mixture and serve it over chicken.

Makes 4 servings. Per serving:

258 calories | 25g protein | 12g total fat | 3g saturated fat | 7g mono fat
2g poly fat | 15g carbohydrate | 4g sugar | 3g fiber | 463mg sodium

How to Survive Family Road Trips

Whether you're driving to a vacation destination or traveling cross-country to several locations, a summer road trip can be loaded with family fun and adventure. Planning ahead is key to ensuring a pleasant trip.

Think safety first. Pack a first-aid kit and any medications family members need. Have your car's road worthiness checked. Make sure all seatbelts work properly and little ones have appropriately sized car seats, too.

Tips for a family road trip with more fun, less stress:

❖ Pack plenty of refreshments.

Keep them in reach so you don't have to stop the car for a drink or snack. Pack wipes to clean hands.

❖ Keep youngsters occupied.

Bring small toys, but don't forget old-fashioned participation games such as

"I Spy" or family sing-alongs. Use books and brochures to share information about what you'll see on your trip.

❖ Bring along audio books and earplugs to avoid squabbles over movies; instead of screen time, encourage more scenery watching.

❖ Stop for breaks about every

2 hours. Stretch your legs and supervise kids while they burn energy tossing a ball, jumping rope or playing tag in a safe rest area.

❖ If an attraction is a dud, or you take a wrong turn, relax. Talk (and laugh) about it.

Keep learning to keep your wits about you. Listen well to others, whether in a meeting or just conversing. Try doing things differently — study your work system to learn how you might be more efficient and creative. Read up on your trade or to advance your training. New ideas build knowledge, the key to good work and personal fulfillment. And learning activities may be a factor in delaying dementia, although more research is needed.

My mission in life is not merely to survive, but to thrive, and to do so with some passion, some compassion, some humor and some style.

— Maya Angelou

Overwhelmed at Home?

If you come home from work and face what feels like a mountain of household, relationship and child responsibilities, you aren't alone. A Pew Research Center survey found working parents especially feel rushed, tired and stressed in all facets of home life.



Although finding a work-life balance is the subject of countless articles and books, there's no magic formula. However, the following stress-busting and attitude-changing tips can help you feel less overwhelmed and more able to enjoy your life after work.

Exercise regularly. Enlist a child, a partner or your dog for a 20- to 30-minute walk after work to unwind. You'll boost your mood, energy and fitness.

Set realistic housekeeping goals. Nobody's home is perfect. Decide what absolutely must be done and what can wait.

Discuss household chores with your family. Work together to clearly and fairly distribute home responsibilities with your partner. Teach your kids to pitch in where possible.

Don't overdo it. If you're overscheduled with extra community or social activities, learn to say no when you need to.

“Life is the art of drawing without an eraser.”

— John W. Gardner

Why is back pain so common?

About 80% of Americans experience back pain at some point in their lives. It's the leading cause of disability in people younger than 45. No wonder, when you consider the complexity of the back — a structure of muscles, ligaments, tendons, disks and bones, all working together to hold you upright and moving about. Damage is often due to strain from muscle tension, poor posture or heavy lifting, or from arthritis, spinal issues, fractures or falls. Risks for back pain include obesity, poor physical fitness, smoking and pregnancy.



“Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity.”

— World Health Organization

QUIKQuiz™ Adult ADHD

Attention-deficit/hyperactivity disorder (ADHD) occurs in about 8% of children and can continue into adulthood. Typical symptoms include frequent hyperactivity, impulsiveness and inability to focus. Test your knowledge:

- 1 **T or F:** The exact cause of ADHD is unclear.
- 2 **T or F:** ADHD is a fairly new disorder.
- 3 **T or F:** In adults with ADHD, symptoms often increase.
- 4 **T or F:** Diagnosis in adults is difficult.
- 5 **T or F:** Risk of ADHD may increase if you have blood relatives with ADHD.

Answers

- 1 True — Research suggests it may involve irregularities with the central nervous system during a child's development.
- 2 False — ADHD symptoms were first published in The Lancet in 1902.
- 3 False — Adults tend to have fewer symptoms as they age, but ADHD can still interfere with daily functioning. Signs include uncontrolled impulses, such as impatience and frequent mood swings.
- 4 True — Many adults have untreated ADHD because its symptoms are similar to those caused by other mental health conditions, such as anxiety.
- 5 True — Other risks include: premature birth, brain injury, and the child's mother smoking, using alcohol or having extreme stress during pregnancy.



Worried about your symptoms? Seek a health care provider who has training and experience in testing and caring for adult ADHD. Learn more at add.org/adhd-test/.

EXPERT advice


Q: New test for Alzheimer's?



A: The cause of Alzheimer's is unknown, although researchers have found an association with buildup of amyloid plaques in the brain. Early detection of this process was not available in the past without expensive and invasive testing; a dementia diagnosis usually had to wait until after symptoms appeared. But a practical new test holds promise for the earlier diagnosis of Alzheimer's, researchers say.

Brigham and Women's Hospital researchers have devised a blood test that can accurately detect Alzheimer's disease before full-blown symptoms arise. The test measures the blood level of tau proteins, which typically increase in Alzheimer's patients. Excess tau in the brain forms the amyloid plaques characteristic of Alzheimer's. The new test performed well in small groups of patients, but researchers must confirm the results in larger studies before the test becomes available.

— Elizabeth Smoots, MD, FAAFP

 **June 8 is Family Health and Fitness Day**, an annual event sponsored by the National Recreation and Park Association. It's a great reminder that family fun, such as biking, swimming and fitness programs at local parks and community centers, can build health. Check out nearby parks for activities your family can enjoy together. Learn more at nrpa.org/events/family-fitness-day/.



“Clouds come floating into my life, no longer to carry rain or usher storm, but to add color to my sunset sky.”

— Rabindranath Tagore

Get Savvy About Health Care

Understanding how your health care plan works is vital to protecting your well-being. Check your knowledge against these basic goals that help ensure quality coverage:

- I have read my **benefit plan description** and know what's required for copayments, deductibles and other fees.
- I know how to **access services**, such as provider referrals, routine screenings or hospital admission.
- I manage my basic health with a primary health care provider by **asking questions**, discussing treatment options and following self-care measures.
- I use a current medical **self-care guide**.
- I maintain a **strong, effective relationship** with my provider, who listens, invites my questions and explains thoroughly.
- I can exchange information with my provider using an **online portal**.
- I usually offer my provider **prepared, specific information** about my health.
- I know when and where to get **urgent care** (other than my provider's clinic or a hospital emergency room).

Once your provider has diagnosed your health condition or gives you a prescribed care plan, its success depends largely on you. Whether it's taking medicine correctly, changing habits or watching for symptoms, do your best to stay in charge.

EXPERT advice

Q: How can pet therapy help?

A: **More than a century ago**, Florence Nightingale, the founder of modern nursing, noticed that chronically ill people felt better when interacting with animals. Since then, numerous studies have shown that pet therapy, also called animal-assisted therapy, can:

- ◆ Reduce boredom, loneliness, anxiety and depression.
- ◆ Help children overcome speech and emotional disorders.
- ◆ Improve literacy skills.
- ◆ Decrease pain, medication use and recovery time.
- ◆ Improve cardiac health.
- ◆ Increase focus.



Even people who have a neutral attitude toward animals can appreciate and benefit from their nonjudgmental presence. Caring for pets can also give people a sense of purpose. Dogs and cats are typical therapy animals, but animals of all kinds, such as turtles, fish, bearded dragons and even crickets, can also have positive effects. In contrast, plush toy animals do not appear to confer health benefits, although realistic robot dogs have shown some promise with dementia patients.

— Eric Endlich, PhD



TOPDOLLAR tip

Store vs. Name Brand Goods

Does it matter if you buy name brand or generic goods? It depends. Across the board, consensus suggests that basic items such as baking goods (flour, baking soda, sugar) are the same regardless of the name on the label. Other items such as ice cream and coffees may depend on your preferences. You may save money by choosing generic 1-ingredient items and splurging only occasionally on your favorite specialty foods.

— Jamie Lynn Byram, MBA, AFC, MS



QUIKQuiz™

How Are Your **Safety Smarts?**



Test your safety knowledge.

Some questions may have more than 1 answer.

1 To protect yourself from data breaches:

- a. Use complicated passwords and change them often.
- b. Respond immediately to emails that state you have a data breach.
- c. Monitor credit and debit cards as well as bank accounts.
- d. None of the above.

2 To drive safely through a construction zone:

- a. Make sure headlights are turned off to avoid glare.
- b. Obey road crews, signs and work zone speed limits.
- c. Drive quickly through the area to get out of the way.
- d. None of the above.

3 In rural areas you may have to share the road with farm vehicles, so:

- a. Yield to wide farm vehicles when they are traveling opposite of you.
- b. Pay attention and look for unmarked access roads where drivers can enter the roadway.
- c. Get out of the way as quickly as possible even if it means passing in a no-pass zone.
- d. Do all of the above.

4 If you come across an aggressive dog, it's best to:

- a. Feed it a treat.
- b. Look the dog in the eye and pet it.
- c. Look away and stand still with your side facing the dog.
- d. Run and scream loudly for help.

ANSWERS: 1 a and c, 2 b, 3 a and b, 4 c

Camping

CAUTIONS

Camping is a fun way to enjoy the great outdoors. But, before you go, read this helpful advice to stay safe:

Do your homework. Check to make sure your designated campsite allows camping and that it's monitored by park rangers or security. If you choose a public campground, make sure the site has security features such as nightly patrols, security cameras and security gates and fences. Also, watch the weather forecast to avoid potential problems.

Introduce yourself to your camping neighbors. They may be able to help in emergencies or inform you if someone tampers with your belongings.

Use your own security devices. If your RV or camper doesn't have a built-in security system, consider setting up motion lights to deter crime and critters. Pull down shades in campers and RVs to keep valuables concealed. Store food out of reach of wildlife. Use a bear-proof container to store food. Learn more at bearsmart.com/play/securing-food-garbage/.

Follow campfire and campground rules. Prepare for emergencies by keeping buckets of water and blankets (to stop, drop and roll) nearby. Put out your fire and don't go to sleep or leave the campfire when coals or embers are still hot. Learn more at nps.gov/articles/campfires.htm.





Cancer Screening Guide for Guys



Busy men tend to put off checkups, especially if they feel fine. But that can be a serious mistake when it comes to health.

Men's Health Month in June is an opportunity to learn more about the prevention, detection and treatment of diseases affecting men. Learning more can be lifesaving — especially when it comes to protection from cancer.

Case in point: Prostate cancer is the most common type of malignancy in men (besides skin cancer) and it's the second leading cause of cancer deaths in American men after lung cancer. But there's good news from the American Cancer Society (ACS): The 5-year survival rate for non-spreading prostate cancer is nearly 100%.

Prostate exams: Do men need regular prostate cancer screening if they have no symptoms or elevated risk for prostate cancer? The ACS advises all men to talk with their health care providers about prostate screening based on age and personal risks, if they're in the following groups:

Men age 40 and at highest risk for the disease because they have more than 1 first-degree relative (a father or brother) who had prostate cancer at an early age;

Men age 45 and at elevated risk due to being African American and/or having a father, brother or son diagnosed with the disease when they were younger than 65;

Men age 50, at average risk for prostate cancer and who are expected to live at least another decade.



The ACS emphasizes health status and age because prostate cancer usually grows slowly and, if a man is seriously ill and not expected to live for another 10 years, cancer screening and treatment may not be indicated.

Prostate cancer screening involves a prostate-specific antigen (PSA) blood test and often a digital rectal exam. If no cancer is found, future screenings may be scheduled depending on the results of the PSA test. For example, a PSA of less than 2.5 ng/ML typically is repeated every 2 years, while a higher PSA level should be tested yearly, according to the ACS.

What other cancer screenings do men need?



Colorectal cancer is highly preventable with regular exams, such as a colonoscopy or fecal DNA test, to find and remove pre-cancerous polyps. The ACS recommends men begin colorectal screening at age 45 or earlier if they have risks, such as a family history of colorectal cancer.

Talk to your provider about other cancer screenings, including skin cancer checks. Lung cancer screening for smokers and others at high risk increases the chances of effective treatment. Inform your provider immediately if you have lung-related symptoms, including a persistent cough, rust-colored sputum and pain with deep breaths.

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Focus Forward

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DR. ZORBA'S corner

Good news:

Cancer deaths have decreased by 27% in the past 25 years. Lung cancer — the No. 1 cancer killer — has gone down dramatically as smoking rates plummeted. Breast cancer dropped because of early detection, better surgeries and improved medications. We've made progress, but there is more to do. If you smoke, take steps to quit. If you're a woman and you need a mammogram, get one. If you're age 45 and haven't been screened for colorectal cancer, talk to your health care provider about new noninvasive stool tests that work as well as a colonoscopy in low-risk folks. Stay vigilant and you, too, might just dodge the cancer bullet. — Zorba Paster, MD

27%

June

Fill-in-the Blank Puzzle

Find out how well you know the topics covered in this issue of the newsletter.

- 1 _____ will help strengthen your cardiovascular health. (3 words)
- 2 HIV Testing Day is June _____.
- 3 Studies show that adequate _____ (about 20 to 30 grams per meal) can reduce cravings by up to 60%.
- 4 Symptoms of _____ were first published in 1902. (acronym)
- 5 Researchers have developed a test for _____.
- 6 Back pain is the leading cause of _____ in people younger than 45.
- 7 Research has shown that chronically ill people feel better when interacting with _____.
- 8 _____ cancer usually grows slowly.

Stay in Touch. Keep those questions and suggestions coming!

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