

# Health CONNECTIONS

YOUR HEALTH, YOUR LIFE

Play Your  
AGE

ROLL AWAY  
ACHES

(10,000) STEPS  
TO BETTER HEALTH



Rolling Out

# Aches & Pains

Foam rollers or roller massagers are a common sight at gyms — for good reason. A review in *Current Sports Medicine Reports* recently analyzed nine studies that examined people who used foam rollers for self-massage and found that the use of some sort of roller massager

promoted faster recovery and better range of motion. Although foam rollers cannot replace the hands of a trained massage therapist, they mimic similar benefits and can serve as temporary relief for avid exercisers. For best results, try “rolling” before and after a workout.

## Fidget to Win It

Fidgeting is often discouraged in social situations, but it might actually be good for your health. Due to the health risks of our increasingly inactive lifestyles, fidgeting may keep us moving enough to lessen the risk of death, according to a study published in the *American Journal of Preventive Medicine*. In the study, individuals who sat for long periods of time and considered themselves “moderately or very fidgety” had no increased risk of death. Although this is the first study to specifically examine the benefits of fidgeting, any sort of movement to break up an inactive day can be beneficial to your health.

Move more  
for better  
health!

## SUPPLEMENT

Dietary supplements are the cause of approximately 23,000 emergency room visits each year, according to the *New England Journal of Medicine*. Three of the biggest contributors to these visits are older adults choking, children taking vitamin supplements meant for adults and people experiencing heart problems, which show up most frequently as a result of energy or weight-loss supplements. Because a large number of supplements contain multiple ingredients, doctors often have trouble pinpointing the exact cause of specific complications. While certain supplements can be helpful if used correctly, speak with your doctor before adding them to your diet.

# Scrutiny



## Fast Fact

Women who have migraines with aura and use oral contraceptives are at an even higher risk of heart attack and stroke.

# 5 Surprising HEART HAZARDS



You know cigarettes and fast food can be bad for your heart — but these surprising factors may be putting you at risk.

- 1. Depression.** More than just feeling sad from time to time, depression can cause feelings of hopelessness, despair and lack of motivation for two weeks or longer. People who have heart disease are more likely to have depression, and the two conditions share symptoms, including extreme fatigue and difficulty sleeping.
- 2. Early menopause.** Defined as going more than a year without a menstrual period, menopause happens for most women around age 51. Women who go through menopause before their 46th birthday may have double the risk of coronary heart disease and stroke.
- 3. Migraines with aura.** Some people who have migraines have a visual aura (or dramatic changes in vision) 30 minutes to an hour before their headache starts. Migraines with aura dramatically increase the risk of heart attack and stroke, as well as blood clot complications such as deep vein thrombosis.
- 4. Moderate to severe asthma.** Recent research from the American Heart Association found that people with asthma severe enough to require daily medications were 60 percent more likely to have a heart attack, stroke or other heart-related condition.
- 5. Extreme anger and anxiety.** The risk of heart attack is 8.5 times higher in the two hours after feelings of intense anger and 9.5 times higher in the two hours after extreme anxiety.

## SHOCK TO THE HEART

Just like a plumbing system can become clogged, coronary artery disease (the buildup of plaque in your arteries) can disrupt the flow of blood to the heart. Your heart's electrical system can also malfunction. This electrical system is what causes your heart to beat.

"Arrhythmia describes any problem related to the electrical impulses of the heart," says Ramin Ashtiani, M.D., cardiologist and independent member of Barstow Community Hospital's medical staff. "Your heart can beat too fast, too slow or out of rhythm. When the heart isn't beating correctly, blood does not flow as well out of the heart and to your other organs. One type of arrhythmia called atrial fibrillation, or Afib, dramatically increases your risk of heart attack or stroke."

To avoid problems from arrhythmia, talk with your doctor about risk factors. Many arrhythmias cause few symptoms, so regular checkups are important.

*Dr. Ashtiani can be reached at (760) 257-2041.*



How much do you know about heart disease? Test your knowledge with our heart disease quiz at [4healthier.me/BCH-heartquiz](http://4healthier.me/BCH-heartquiz).

# Exercise FOR EVERY AGE



Ever been told to act your age? It's good advice — if you're talking about physical activity. These workout ideas for cardio, strength and flexibility are tailor-made for your age to help you stay at the peak of health for decades to come.

## 40s

Starting in your 40s, your body shrinks by about half an inch every decade. You also start gaining more fat around the waist, which means you're getting shorter and wider at the same time. Put a curb on the pear shape with exercises that burn belly fat and elongate your physique.

### CARDIO: SWIMMING

Swimming is not only great for your heart, but has also been shown to elongate your muscles, helping you become longer and leaner.

**Duration:** 30 min.

**Frequency:**  
3 days/week

### STRENGTH: LEG RAISES, CRUNCHES

These exercises target the tummy in three different ways, working the upper, lower and side abdominal muscles.

**Duration:** 2 rounds of 8 reps per exercise (alternating)

**Frequency:**  
2 days/week

### FLEXIBILITY: SPINAL STRETCH

Sitting comfortably on the ground with your legs extended, lean forward until you achieve an even curve of the spine. Hold for 45 seconds. You can also shift your shoulders slightly to the left or right as you stretch.

**Duration:** 3 reps

**Frequency:** Daily

50s

You're likely starting to feel the effects of perimenopause (or "menopause" for men). Hormone changes can lead to fatigue and sleep disturbances, leaving you feeling zapped of energy. Don't push yourself. Instead, take your exercise in small doses. Studies show several 10-minute bursts of activity throughout the day are just as beneficial as one long workout.

**CARDIO:**  
DANCE  
AEROBICS

Aside from the heart-health benefits, breaking a sweat (even a short one) increases blood flow to your muscles and brain, helping you feel more alert and focused.

**Duration:**  
10 min., 3x/day  
**Frequency:**  
3 days/week

**STRENGTH:**  
SQUATS,  
HIGH-KNEES

Muscle burns more calories at rest than fat, and your glutes are one of the biggest muscle groups in the body. Squats help build these powerhouse muscles, while high-knees tone and lengthen them.

**Duration:** 3 rounds of 30 seconds per exercise (alternating)  
**Frequency:**  
2 days/week

**FLEXIBILITY:**  
LEG  
STRETCH

Sitting on the ground, extend one leg out and keep the other tucked. Lean forward and touch your toes, holding for 45 seconds. Repeat for both legs. This will help relieve joint pain in the legs.

**Duration:** 2 reps for each leg  
**Frequency:**  
Daily

60s

With retirement near and the kids all grown up, your 60s are a time for discovering new interests. Take this opportunity to find hobbies that are fun and active without being too strenuous.

**CARDIO:**  
GOLFING

In case you didn't think golf counts as exercise, playing 18 holes on foot translates to about five miles of walking — well above the daily activity level recommended by the American Heart Association. If golfing isn't your thing, try a brisk walk in the park.

**Duration:** 1 hour  
**Frequency:**  
3 days/week

**STRENGTH:**  
RESISTANCE  
BAND ARM CURLS

With the center of a resistance band under your foot, place your hands on the handles and pull up, keeping your elbows at your sides. Resistance bands provide the resistance needed for promoting new bone growth without impact to the joints.

**Duration:** 3 rounds of 8 reps  
**Frequency:**  
2 days/week

**FLEXIBILITY:**  
GROUP YOGA

Group fitness classes offer a built-in cheerleading team, provide customized, achievable goals and add an element of social connection that can wane later in life.

**Duration:** 1 hour  
**Frequency:**  
2–3 days/week

## FEED YOUR FIT

With different forms of exercise come different nutritional needs. Snack on the right fitness fuels post-workout to optimize each type of activity.

### CARDIO

Replace electrolytes lost through sweating.

**What to grab:** bananas, Greek yogurt, pickles

### STRENGTH

Replenish your muscle's glycogen stores.

**What to grab:** oatmeal, whole-grain pasta, fruit juice

### FLEXIBILITY

Hydrate and fill up on protein to reduce muscle soreness.

**What to grab:** water with a splash of lemon, chicken, unsalted nuts

50–85%

The range of your target heart rate in relation to your maximum heart rate (220 minus age). Pushing your heart rate to the high end of this range through short bursts of high-intensity activity during your workout burns more fat than steady-intensity workouts.

## Fast Fact

Though breast cancer is less common in men, it is more likely to be fatal. Men should perform breast self-exams regularly and report any changes to their doctors.



# Myth Busters: BREAST HEALTH EDITION

In a sea of information, recommendations and the occasional uninformed guess, knowing the facts about breast health can help keep you afloat.

Don't let misinformation make waves. Use the truth about breast health to design a breast wellness plan that stays true to your needs.

**Myth:** If you find a lump, it's cancer.

**Fact:** Not all lumps are cancerous. Many things can cause lumps or lumpiness in breast tissue, including cysts and fibrosis.

**Myth:** If no one in your family has had breast cancer, you won't either.

**Fact:** According to the nonprofit Breastcancer.org, 85 percent of women who get breast cancer have no family history of the disease.

**Myth:** If your first mammogram comes back clear, there is no need to go back for another.

**Fact:** The American Cancer Society recommends that women of average risk begin having mammograms at age 45 and continue annually until turning 54. Starting at age 55, women can begin having mammograms every other year. Mammograms create a point

of reference doctors use to help determine whether or not your breasts have changed. This makes it easier to identify cancer.

**Myth:** People with larger breasts are more likely to develop breast cancer.

**Fact:** Breast cancer doesn't discriminate based on size. Women with all sizes of breasts should have regular mammograms.

**Myth:** Breast implants increase your breast cancer risk.

**Fact:** While breast implants have no effect on whether or not you will get breast cancer, it's important to have your breasts imaged by a team with experience dealing with implants.



Call Barstow Community Hospital's One Call Scheduling to make an appointment for a screening mammogram today: (760) 957-9222.

## MAMMOGRAM BASICS

Mammograms are the go-to screening for breast cancer.

During these exams, machines capture images of breast tissue using low doses of X-ray radiation. Two or more images are collected, and doctors examine those pictures for abnormalities or changes that may be signs of breast cancer.

This technology is also used for diagnostic mammography. Diagnostic mammograms are used to help get more information about lumps or other breast problems, such as nipple discharge.

Radiologists review images during diagnostic mammograms so they can take more photographs as needed. Then this information is used to guide the next steps of care, whether that is coming back for more tests or returning to a normal screening schedule.





# STEP UP TO Better Health

Walking benefits your health, but how much should you be walking every day?



Walking **10,000** steps per day has been shown to improve glucose levels and reduce blood pressure.

Walking **8,000** steps per day means you will reach the Centers for Disease Control and Prevention (CDC) recommendation of exercising for 150 minutes per week.



Most of us walk up to **4,000** steps per day on average. Increasing the number of steps you take is always good for you and your body.

HOW MANY STEPS DOES IT TAKE?



One can of creamy tomato soup

=

**4,044 STEPS**



Medium blended espresso beverage

=

**9,220 STEPS**



3 ounces of boneless, skinless chicken breast

=

**2,921 STEPS**

**80%**

of Americans don't get the recommended amount of exercise, according to the CDC.

For every hour of brisk walking, life expectancy can increase by two hours.

**2 HOURS**

## DID YOU KNOW?

In the 1870s, competitive walking match participants walked as many as 600 miles during the course of six days.

## WALK IT OUT

Before joining a gym or starting that latest exercise trend, look to walking to build heart health and stay healthy. Research from the American Heart Association found that walking lowered the risk of:

- coronary heart disease by 9.3 percent
- diabetes by more than 12 percent
- high blood pressure by more than 7 percent
- high cholesterol by 7 percent

When the same energy was used for moderate intensity walking and vigorous intensity running, the health results

were actually better in those who walked than in those who ran. The more people moved each week, the more the health benefits increased.

Before changing your exercise routine, talk with your doctor. Depending on your individual needs, your doctor may suggest a specific plan for ramping up to 8,000 or more steps a day. Most people can start by adding five to 10 minutes of walking into their daily routine. Park farther away from the entrance to the grocery store, or spend an extra 10 minutes after work walking outside.

Sources: the American Society of Nephrology, the American Heart Association, NPR, the Centers for Disease Control and Prevention, and Pennington Biomedical Research Center

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30-Minutes-Or-Less  
**E.R. Service Pledge**

# Less waiting for emergency care (and a lot more care, if you need it).

In a medical emergency, every minute matters. So, at our hospital, you'll find faster care in the emergency room. We work diligently to have you initially seen by a medical professional\* in 30 minutes - or less. And, with a team of dedicated medical specialists, we can provide a lot more care, if you need it.



For average wait times in the emergency room, visit [4healthier.me/BHC-ERwait](http://4healthier.me/BHC-ERwait).



\*Medical professionals may include doctors, physician assistants and nurse practitioners.