

Health CONNECTIONS

YOUR HEALTH, YOUR LIFE

THE SECRET TO **MAKING** *Healthy Habits* **STICK**

WHAT HEALTH
SCREENINGS
DO YOU NEED?

NAP YOUR WAY
TO BETTER
HEART HEALTH





There's KNITTING To Worry About

Knitting and crocheting are more than just casual pastimes. In fact, multiple studies suggest that their repetitive movements lower blood pressure and reduce stress, similar to meditation.

According to a Craft Yarn Council survey of 3,000-plus knitters and crocheters, more than half of those surveyed reported improved moods, reduced stress and a stronger sense of confidence. Additionally, practicing these crafts may help maintain cognitive health as it hones your motor skills and keeps your brain engaged.



Zzz's the Day

With an Afternoon NAP

A short midday nap, sometimes called a siesta, is known to improve your mood, focus and alertness. According to research presented recently at the annual European Society of Cardiology Congress in London, midday naps can also reduce blood pressure and lead to fewer blood pressure medication prescriptions.

The study included nearly 400 middle-aged men and women

with arterial hypertension. Researchers found that those who took a midday nap had, on average, a 5 percent (6 mmHg) lower 24-hour systolic blood pressure reading than those who didn't nap. Though that may not seem to be a huge reduction, a drop as small as 2 mmHg can cut the risk of cardiovascular events by as much as 10 percent.



2 Sides TO THE HEALTHY EATING STORY

Obesity affects more than a third of American adults, according to the Centers for Disease Control and Prevention. Since this is not news to most, why do Americans continue to make unhealthy food

choices? According to research published in the *Journal of the Association for Consumer Research*, how nutritional information is delivered could be part of the problem.

The research included results from three studies where participants were shown positive, negative and two-sided informational messages about food. In one of the studies, participants who saw the negative message about food chose 30 percent more unhealthy snacks than participants who saw a positive message. When subjects saw both positive and negative information, they chose 47 percent fewer unhealthy snacks than those who only saw the negative message.

So what does this mean for you? Look for more balanced messages to inform better decisions about the foods you eat.

Got IBS on the Brain?

Irritable bowel syndrome (IBS) is different than general stomach troubles. Learn more about this common disorder and ways to alleviate your rumbling tummy.



It's estimated that 10 to 15 percent of American adults are affected by IBS, or spastic colon, according to the National Institutes of Health. While IBS doesn't have a formal medical definition, it is categorized as a functional gastrointestinal (GI) disorder — a condition marked by abnormal behaviors that do not indicate damage caused by disease. IBS is characterized by a group of the following symptoms that last longer than three months:

- bloating
- constipation
- cramping
- diarrhea
- gas
- nausea

While IBS is uncomfortable, it has not been shown to cause any serious damage to the intestines or lead to more serious diseases. The causes of IBS still remain unknown — though it can run in families — and there are no specific

tests available for diagnosing it. Doctors are often able to diagnose it by reviewing a person's medical history and doing a physical exam. They may also order blood or stool tests to make sure these symptoms aren't caused by another condition.

If you or a loved one suffer from IBS, you can help alleviate your symptoms by employing the following lifestyle strategies and modifications:

- avoiding foods and drinks that upset your stomach
- eating a healthy, well-balanced diet
- exercising regularly
- keeping stress to a minimum
- practicing relaxation techniques
- taking over-the-counter or prescribed medications to alleviate constipation, nausea or diarrhea

It's important to know that while IBS isn't life threatening or a serious condition, it is one that can significantly disrupt your daily life.



Ann Lee, M.D.

MEET DR. ANN LEE

Ann Lee, M.D., is a gastroenterologist at the Barstow Health Partners Clinic and a member of the medical staff at Barstow Community Hospital. She received her medical degree from Ross University School of Medicine in Dominica, then completed both a residency in internal medicine and a fellowship in gastroenterology at the University of Florida in Jacksonville. She is certified by the American Board of Internal Medicine.

Dr. Lee is accepting new patients. Same-day appointments are usually available. Call (760) 253-8128 for an appointment.



How much do you know about the digestive system? Find out by taking our quiz at 4healthier.me/BCH-GIquiz.



HARNESS THE POWER OF

Habit!

Stop making resolutions and start making habits. Follow this scientifically proven pattern of trigger, action and reward to unleash your inner creature of habit.

Goal 1:

EAT FOUR SERVINGS OF VEGETABLES DAILY.

→ **TRIGGER**



Cut out a picture of a colorful veggie from your favorite culinary or lifestyle magazine and display it prominently in your kitchen.

Goal 2:

DRINK 64 OUNCES OF WATER EVERY DAY.

Fill up a 32-ounce water bottle every night and place it by the front door.



Goal 3:

CUT OUT LATE-NIGHT SWEETS.

Cut seven strips of paper, write a day of the week on each strip and place them in a bowl on the snack shelf. Then, write seven healthy snack ideas on separate strips of paper and put them in another bowl.





Average number of days it takes for a habit to become automatic.

-University College London study

3 WAYS TO TRAIN YOUR BRAIN

Habits don't just happen. Habit formation is a scientific process that you can control. Behavioral scientists have identified three key components to forming a habit. The first is a cue or trigger that reminds you to do something. The second is actually performing the action. The third is having a clear goal with its own built-in reward, i.e. eating healthier (goal) makes you feel better (reward). As you follow the trigger-action-reward plan, remember these tips for success:

- 1. Set small, specific goals.** Instead of "run more," make it your goal to run five miles every week.
- 2. To reinforce your resolve, verbalize your desired outcome every day.** Don't be afraid to talk out loud to yourself: "Doing this will give me more energy and make me feel good about my health."
- 3. Plan ahead.** Set up your trigger the night before to minimize the effort it takes to actually perform the action. For example, if you're trying to squeeze in gym time before work, pack your gym bag before you go to bed, and place it by the front door so you can simply grab it and go.

→ ACTION

Whenever you start to make dinner or prepare lunch for the following workday, the picture will prompt you to incorporate a veggie into your dish or sack lunch. Each week, try adding one veggie that you've never cooked with before to your meal plan.

→ REWARD

The excitement of experiencing a new flavor and testing out a new recipe will train you to keep trying new (and more) veggies as the weeks progress. If you substitute veggies for higher calorie foods, you'll also see the potential for weight loss.



Take your water bottle to work and set it next to your computer. Every time you look over and see the bottle, take a few sips. Drink one full bottle throughout the morning. Don't eat lunch until the bottle is empty, then refill it at lunch. When you leave work, drink whatever is left – the rule is to never bring water home.

Drinking the recommended amount of water gives you noticeably more energy and mental clarity throughout the day. It also helps minimize muscle cramps and headaches. For more incentive, turn it into a game with your significant other: whoever drinks less water gets dish duty that night.

When you open your snack pantry, pull out a piece of paper from the first bowl. If it matches the current day, you can have a treat. If not, select a piece of paper from the second bowl for a healthy alternative.

This strategy trains your body to start anticipating healthy snacks whenever a craving hits. You'll still feel like you're getting your "fix," but with fewer sugar-laden calories. Over time, you'll stop reaching for the sweets first and go straight for the fresh fruit or lightly salted popcorn.



Smooth Moves

FAST FACT

Looking for a way to read or work on your laptop without slumping? Place pillows on your lap as a way to raise your book or laptop to eye level.

BE ON GUARD IN YOUR YARD

Working in your yard can hold hidden dangers — just ask the 55,000 people injured each year by power tools used in the yard. Mow your grass and trim your hedges injury-free by taking the proper precautions, including:

- following safety recommendations when climbing ladders
- removing debris from the yard before you begin
- utilizing proper lifting technique
- wearing proper safety gear and protective clothing, including closed-toed shoes

When using a lawn mower, don't wear loose clothing, and never mow wet grass. Avoid potential fire hazards by making sure the mower engine is cool before you refill the gasoline or put it away.

Squat instead of bending at the waist when tying your shoe!

Moving — even simple actions such as getting out of bed or bending over to tie your shoelaces — can put you at risk for injury far more easily than you may realize. Learning to move properly can reduce your risk for accidents and injuries.

1. BENDING

Bending forward to tie your shoes or pick something up off the ground can put stress on your spine and potentially cause injury. To avoid this, squat down to reach your feet. Also, when picking things up off the ground, squat or kneel down rather than bending at the waist.

2. LIFTING

Incorrectly picking up heavy objects can be the perfect recipe for a back injury. Fortunately, learning proper lifting techniques is not difficult. First, keep whatever you are lifting close to your body so you don't have to stretch out to reach it. Next, bend your knees to reach down and grab the object, keeping your back as straight as possible. Hold or carry the object between shoulder and waist-level. If the object is too heavy, ask for help.

3. STANDING

Taking time to stand properly can reduce your risk for falls. When getting out of bed, be sure to roll onto your side and push yourself up slowly, taking a moment to settle before you stand. Make sure both feet are firmly on the floor, then grasp the edge of the bed or chair armrests to push yourself up.

4. TEXTING

Due to the popularity of smartphones, texting is an increased part of everyday life. The slumped posture many assume when texting leads to neck, shoulder and back pain. To avoid injury, hold your smartphone at eye level.



Do you have joint or back pain? Call (760) 253-8128 for an appointment with orthopedic surgeon Talaat Maximous, M.D., a member of the medical staff at Barstow Community Hospital.

From your opening scene to the final credits, regular visits with your primary care provider **are vital** for improving your health.



YOUR SCREENING Snapshot

	Colorectal Health	Heart Health	Lung Health
STARRING:	COLONOSCOPY	BLOOD PRESSURE AND CHOLESTEROL TESTS	LOW-DOSE COMPUTED TOMOGRAPHY (CT) SCAN
BEHIND THE SCENES:	Everyone age 50 and older is at risk for developing polyps — benign masses that can lead to colorectal cancer.	Heart disease is the leading cause of death in the U.S., according to the Centers for Disease Control and Prevention, and these leading risk factors often have no symptoms.	This test can reduce your risk of death from lung cancer by 20 percent, according to the <i>New England Journal of Medicine</i> . 20%
IN THEATERS:	At age 50 and every 10 years after, according to the American Cancer Society. Depending on family history you may need a screening sooner.	Every two years beginning at age 20 for blood pressure, and every four to six years starting at age 20 for cholesterol, according to the American Heart Association. 4-6 YEARS	Those between age 55–80 who have smoked the equivalent of a pack a day for 30 years and currently smoke or who have quit smoking in the last 15 years may benefit from a low-dose CT scan annually, according to the U.S. Preventive Services Task Force.



Only your primary care doctor can tell you the exact screenings and exams you need based on your personal health history. **Call your doctor to schedule your annual physical today.**



Bonus Features

When you've got swollen tonsils, a broken bone or a fever, you know it's time to go to the doctor. However, annual well visits are an important part of staying healthy. In addition to checking your colorectal, heart and lung health, you may be screened for:

1

Depression

Depression is a leading cause of disability and is linked to increased mortality. You should be screened for depression at least once after age 18 and possibly more frequently based on family history.

2

Tobacco use

Smoking increases your risk for a wide range of deadly conditions, including cancer, heart attack and stroke.

3

Cervical cancer

Cervical cancer is one of the most common cancers in women. Most women between ages 21 and 65 should have a Pap test every three years.

WANT TO READ MORE?

To receive other health and wellness articles, register for our eNewsletter by visiting BarstowHospital.com/signup.

Those who sign up will be entered into a drawing for a Fitbit!

No purchase necessary. Void where prohibited. You must be 18 years of age or older.



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

A HEART FOR Women

Think you know what a heart attack looks like?

Think again.

Symptoms can be different in men and women.

SYMPTOMS IN WOMEN

Women who are having a heart attack may experience:

- cold sweats or lightheadedness
- chest pain
- jaw pain
- lower back pain
- nausea and vomiting
- shortness of breath

↓
Heart disease
is the
#1 KILLER
of women.

American Heart Association

The average woman waits
one hour
before getting help
for heart attack
symptoms.

American College of Cardiology

Know the
warning signs!

64%
of women who die
suddenly of coronary
heart disease have no
previous symptoms.

American Heart Association



Getting to the emergency room quickly during a heart attack can save your life. To learn more about our emergency services, visit 4healthier.me/BCH-emergency.