

Health CONNECTIONS

YOUR HEALTH, YOUR LIFE

HEALTH NEWS
YOU CAN USE

BREAKFAST:
OFF ON THE
RIGHT FOOT

For **Gear Up**
FITNESS

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FANNIN
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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.

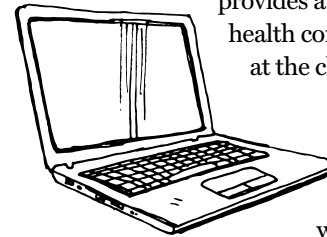
There are three basic steps in Hands-Only CPR:

- 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.

RULES TO BREAK FOR *Better Health*

SOME HEALTH RULES ARE MEANT TO BE BROKEN.

RULE:

EXERCISE EVERY DAY, EVEN IF IT MEANS GETTING LESS THAN EIGHT HOURS OF SLEEP.

Research has found that getting less than a full night's sleep makes you more likely to overeat and sabotage your weight-loss efforts.

Instead:

Skip the morning workout in favor of a full night's sleep.



RULE:

YOUR BMI SHOULD BE WITHIN NORMAL LIMITS.

Body mass index (BMI) is an estimate of body fat found by using your height and weight. However, BMI does not take into consideration the difference between fatty and lean tissue — meaning that muscle weight has the same effect on BMI as equal weight in fat.

Instead:

Talk with your doctor about using precise measures of obesity, such as caliper measurements, for a more accurate picture of health. Or measure your waist circumference — aim for a waist smaller than 35 inches for women and 40 inches for men.



RULE:

EGGS SHOULD BE THE FIRST FOOD OUT THE DOOR WHEN YOU'RE TRYING TO EAT HEALTHY.

While eating eggs every day may not be the best option for cholesterol levels, eggs are a great source of protein, vitamins A and B, and iron.



Instead:

Take advantage of the health benefits by incorporating eggs into a balanced diet.

RULE:

CUT OUT RED MEAT COMPLETELY.

Red meat has a reputation for increasing your risk for heart disease. However, research shows eating red meat in moderation is not bad for your heart and provides essential vitamins and nutrients.

Instead:

Stick with one to two servings of red meat per week.



ONE OF THE TOP HOSPITALS IN GEORGIA AND THE NATION

Fannin Regional Hospital has been named one of the Top Hospitals in Georgia by *Georgia Trend* magazine in 2012 and 2013 in the Small Hospital category, representing hospitals 150 beds and below.

Fannin Regional Hospital has also been named one of the nation's Top Performers on Key Quality Measures by The Joint Commission, the leading accreditor of healthcare organizations in America. Fannin Regional was recognized by The Joint Commission for exemplary performance in using evidence-based clinical processes that are shown to improve care for certain conditions.

Have you scheduled your Medicare Wellness Visit for 2014? If not, call Appalachian Physicians Group at (706) 492-3200 to schedule your appointment.

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.

RISE AND SHINE!

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.

1

CHECK IT OUT

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.

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.

2

BABY STEPS

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.

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?

TIPS:

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.

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.



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

3

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.

4

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.

Why Am I *Tired* All the Time?

IF YOUR FATIGUE IS NOT DUE TO AN UNDERLYING MEDICAL PROBLEM, TRY THESE SELF-HELP STRATEGIES TO PUT THE PEP BACK IN YOUR STEP.

COULD IT BE ANEMIA?

Anemia is the most common blood disorder in the United States. Currently, more than 3 million Americans are affected by anemia, the majority of them women.

Anemia occurs when blood cells do not carry enough oxygen to the body's tissues and organs. This lack of oxygen zaps your strength and can make you dizzy, pale, confused or cold. Anemia can also cause rapid or irregular heartbeat.

Anemia is most often caused by an iron deficiency, so your doctor may recommend eating more iron-rich foods, such as fortified cereals and baked goods, lean red meat and liver, beans, leafy greens, and dried fruits like raisins. If dietary changes don't help, you may need an iron supplement. It's important to let your doctor decide the right dose — too much iron can cause other health problems, including joint and abdominal pain, changes in skin color and, ironically, fatigue.



If you consistently feel tired during the day, a number of physical and lifestyle factors could be to blame. Three possibilities:

Dehydration. Even mild dehydration can drain you physically, mentally and emotionally. For adequate hydration, women need to consume around 90 ounces of fluid a day. About 20 percent of that total comes from food — the remaining 70 ounces (about nine cups) should come from water or other beverages such as juice, milk or low-calorie sports drinks. Caffeine makes you lose water, so limit your intake of coffee, tea and caffeinated sodas.



Lack of exercise. It may seem like working out would make you more tired, but exercise can actually help boost your energy levels and give you more stamina. Exercise doesn't have to be time-consuming or strenuous to be uplifting. Researchers at the University of Georgia recently found that just 20 minutes of low-intensity exercise three times a week reduces symptoms of fatigue by 65 percent. Gentle activities such as yoga and tai chi are also effective ways to beat fatigue and increase vitality.



Hormonal fluctuations. You may know menopause can cause hot flashes and night sweats. But you may not realize that these symptoms can significantly disrupt sleep as well, which can leave you dragging.

For more restful and refreshing sleep during menopause, keep your bedroom cool, switch heavy blankets for thinner coverings and wear loose, lightweight clothes.



Visit AppalachianPhysiciansGroup.com. Now, more than ever, the right care is right here — CLOSE TO HOME.

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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The Health Benefits of a *Green Thumb*

A garden offers a refuge from the busy pace of modern life — a space where you can relax and recharge. A 2011 study published in the *Journal of Health Psychology* found that those who gardened for 30 minutes after exposure to a stressor had lower stress levels and better moods than those who read for 30 minutes.

NOURISH AND EXERCISE YOUR BODY

Growing your own seasonal produce also ensures access to nutritious foods. What's more — you can promote healthy habits by enlisting the help of your children and grandchildren in the garden.

Between pulling weeds, carrying bags of soil and seeds, and planting flowers, gardening offers an effective, low-impact workout. A 125-pound adult burns approximately 135 calories during 30 minutes of general gardening, and a 155-pound adult burns about 167 calories, according to a report from Harvard Medical School.

Join Senior Circle! For adults 50 and better. Age gracefully, live well and have fun. Go to FanninRegionalHospital.com and click "Senior Circle."

FOR MANY, GARDENING IS A FAVORITE SPRING ACTIVITY. DID YOU KNOW THAT THE TIME YOU SPEND PLANTING FLOWERS, FRUITS AND VEGETABLES ALSO HELPS IMPROVE YOUR MENTAL AND PHYSICAL WELL-BEING?

THE BEST FRUITS AND VEGGIES FOR SPRING GARDENS

Ready to get started on your home garden? The following fruits and vegetables can be planted during the spring.

- **Peas** — Peas grow upward on a trellis or fence, making them a good option if you're pressed for space. According to *The Old Farmer's Almanac*, you can plant peas as early as four to six weeks before the last expected spring frost.
- **Radishes** — According to *Better Homes and Gardens*, radishes are a good choice to plant with children because they are easy to nurture and grow quickly. Plant your radishes one week before the last anticipated spring frost.
- **Strawberries** — Strawberries are one of the most popular fruits for home gardens, but they require patience. Planted in early spring, strawberries are generally ready to pick by early summer. During your first growing season, however, experts recommend removing the flowers to prevent fruiting, which yields a better harvest the following season.