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Healing Is in the Air

A new service at MGH, hyperbaric oxygen therapy uses 100 percent pure oxygen to treat hard-to-heal or nonhealing wounds.

COVER PHOTO BY GETTY IMAGES

> OPENING THOUGHTS

CELEBRATING Many Milestones In Healthcare

As we move from season to season, we continue to achieve milestones at Marion General Hospital. Some milestones receive huge notoriety, while others quietly make huge differences in the lives of the friends and neighbors we serve. I am so pleased and proud for each and every positive step we take in our quest to be the best we can be for our community.

Speaking of notoriety, there has been no better measuring stick of our talent, expertise, experience, professionalism, dedication and desire to be the best we can be for our

patients, families and community members than MGH being selected as one of the Top 20 Rural Community Hospitals in the United States. This is a direct reflection of the hardworking, well-trained MGH medical staff, employees and administrators doing what they do best: taking care of you and yours.

On the quiet side, recently we procured and installed hyperbaric chambers and assembled a highly trained staff to treat people who have critical, nonhealing wounds (see page 54 for information on this new service). It is part of MGH's ever-continuing effort to remain on the cutting edge of the services we provide to Grant County.

As we gather our families and friends to celebrate the holidays, I want to assure you that your health is always on our minds. We are fully staffed 24 hours a day, each and every day, no matter what day, to manage any health issue that may arise. May God bless each and every one of you.

Johan Hilton-Subert

Stephanie Hilton-Siebert President/CEO Marion General Hospital





MARION GENERAL HOSPITAL

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Vim & Vigor¹¹⁴, Winter 2019, Volume 35, Number 3, is published three times a year by MANIFEST LLC, 4110 N. Scottsdale Road, Suite 315, Scottsdale, R26551, 062:395-580, Vim & Vigor¹¹⁴ is published for the purpose of disseminating health-related information for the wellbeing of the general public and its subscribers. The information contained in Vim & Vigor¹¹⁴ is not intended for the purpose of diagnosing or prescribing, Plaese consult your physician before undertaking any form of medical treatment and/or adopting any exercise program or dietary guideline. Vim & Vigor¹¹⁴ does not accept advertising promoting the consumption of alcohol or tobacco. Copyright © 2019 by MANIFEST LLC. All rights reserved. Subscriptions in U.S. §3 for one year (3 issues). Single copies: §2.95. For subscriptions, write: Circulation Manager, Vim & Vigor¹¹⁴, 411 N. Scottsdale Road, Suite 315, Scottsdale, AZ 85251.





> LIFE IN GENERAL

MGH WELCOMES NEW PRACTITIONERS



Jamie Lang, NP-C, earned her Master of Science in nursing from Ball State University in Muncie, Indiana, and her Bachelor of Science in nursing from Indiana University Kokomo. She is certified by the American Academy of Nurse Practitioners Certification Board. Lang began her employment with Marion General Hospital in 2002 as a laboratory scientist and later worked

as a registered nurse in the critical care department. She joins the practitioners and staff of the post-acute care and transitions team at MGH Family Medicine Center – South.



Center – Marion, at 330 N. Wabash Ave., Suite 430. He is accepting new patients, and his office can be reached at **765-660-7630**.

MGH NAMED AMONG THE TOP U.S. RURAL HOSPITALS



Congratulations to Marion General Hospital on being named one of the Top 20 Rural Community Hospitals in the country!

The National Rural Health Association (NRHA) announced the 20 highest-ranked prospective pay-

ment system hospitals in the country based on an evaluation by The Chartis Center for Rural Health. These rural community hospitals were recognized May 9 in an awards ceremony during NRHA's Rural Hospital Innovation Summit in Atlanta.

The determining factors for the top 20 rural community hospitals were based on inpatient market share, outpatient market share, quality, outcomes, patient perspectives, costs, charge and financial stability.

"I am proud of the effort and dedication of those physicians and members of the Marion General Hospital staff that have placed us in a position to receive this prestigious designation," says Stephanie Hilton-Siebert, president/CEO. "Our recognition of being in the top 1 percent of rural hospitals across the country reflects our ability to deliver a high level of healthcare to our patients and families now and well into the future."

YOU CAN HELP MGH GROW AND IMPROVE

Seshadri Jagannathan,

MD, earned his medical

degree at the University

of Mysore in Karnataka,

India, and served his

internal medicine resi-

dency at Case Western

Cleveland. Board-certified

in internal medicine, Dr.

Jagannathan will join the

at MGH Family Medicine

practitioners and staff

Reserve University in

Marion General Hospital is recruiting community members for its Patient & Family Advisory Council. The council is made up of current and former patients and family members who are interested in supporting MGH's commitment to continuous growth and improvement. The council meets at noon the fourth Wednesday of each month at MGH. Lunch is provided. For more information, email Sarah Evans at sarah.evans@mgh.net.

LIFE IN GENERAL



Value Award of Community Driven Sue McKinney, Nutritional Services

Sue McKinney always greets people enthusiastically and has a smile for them. She usually works the hot grill area of the cafeteria on day shift. An employee noted that when she brings in a group of people for their lunch break on their first day of employment, she can count on McKinney to say something to them like "Welcome aboard" or "Oh, it's the new employees." A smile is free, and she makes good use of hers. If she ever has a stressful or bad day, you never see it in her face or her demeanor. Many people notice this about McKinney while she is working in the café. She makes her corner of Marion General Hospital a little brighter for people who come her way-not just patients and family members, but all of the community members whom she interacts with here at MGH.

VALUES AWARD WINNERS

Honoring MGH employees who embody the hospital's mission and values

Marion General Hospital's mission and values are the foundation of the organization, guiding employees every day while allowing MGH to move forward into the future. MGH's communitydriven interactions and commitment to providing high-quality patient care, patient service excellence, effective communication, resource management and teamwork are what make MGH a healthcare leader. The following employees are role models for each of these values.

Value Award of Quality Melinda Davis, MGH Physician Practices

Melinda Davis is a valued employee in physician practices. The quality of her work is exceptional, precise, steady and fluent. But above all of the characteristics, what makes her stand out as a great nurse is the rapport she builds with her patients. It is not uncommon to enter the provider's office and hear patients laughing as she is talking to them. She makes going to the doctor a less stressful experience. She has a natural ability to make people feel comfortable talking to her, and this opens the lines of communication to educate and give additional tools to the patients. She is truly a friend and resource to her patients and demonstrates what quality service looks like.

Value Award of Patient Service Excellence Cynthia Johnson, Telemetry

The provider for an elderly patient had an unfortunate diagnosis to share with the patient and family members. The provider acknowledges and expresses appreciation for the utmost care a nurse gave to this patient. Despite what the family was going through, the provider says, Cynthia Johnson projected an impeccable image of nursing care. All this family needed during their stay was someone to provide excellent care, and Johnson surpassed that. The provider sensed that

the patient and her relatives were 100 percent satisfied with the attention the nurse gave them. This is an example that should give us all peace, that in the midst of the complex times we live in, there is always brightness that has the ability to minimize the darkness.

Value Award of Effective Communication Chris Ybarra, Plant Engineering

Chris Ybarra always has a smile on his face and greets everyone he comes in contact with as he enters an office at Marion General Hospital. He usually comes with a specific task in mind to complete but always asks if there is anything else that needs to be fixed while he is there. His positivity is contagious, and his willingness to go above and beyond to make people's jobs easier is greatly appreciated. Everyone could learn from Ybarra how to treat others by watching him interact with people. He consistently takes the next step by communicating effectively and asking what else can be done to assist others.





MGH's commitment to these values is what makes the hospital a leader in our Healthcare Community.



Value Award of Resource Management Greg Watson, Protective Services

On multiple occasions, Greg Watson has gone above and beyond his job responsibilities to help others in the hospital. His supervisor has been notified of the great job this officer does with teaching fire safety and safety at new employee orientation, and they have commented several times on his presentation. On a regular basis, Watson is recognized for the way he helps others. He always has a cheerful attitude and is willing to help. In January, Watson's supervisor was advised of a





Value Award of Teamwork Jean Grasmick, Respiratory Therapy

You can tell by watching Jean Grasmick that she is all about teamwork. She has stayed over to ensure that there was enough coverage for critical patients, not wanting to leave her co-workers on the opposite shift spread too thin. She shares treats that she bakes with her team to keep the department cheerful. Recently, she volunteered to take on a project to reorganize the department supplies to streamline workflow, making life easier for her team. In the process, she suggested items that are not used much be stocked in lower quantities to better manage resources. She is such an inspiration. This forward thinking improves staff satisfaction as well as decreases waste and resource utilization.

MGH VOLUNTEER OF THE YEAR

Ever positive and cheerful, Bettie Butler has served the hospital for 30 years

Each year, the MGH Auxiliary Board of Directors honors and celebrates the contributions of a person who has made an impact while serving as a volunteer at Marion General Hospital.

This year's honoree has been volunteering at MGH for nearly 30 years after her retirement. Bettie Butler has always been willing to do whatever needs to be done. She has volunteered as a messenger and in the pharmacy, gift shop and volunteer office, among other jobs. She has served several years on the Auxiliary Board and has assisted with numerous fundraisers. She has assisted with decorating for the Winter Wonderland Christmas open house on several occasions and has counted thousands of items during gift shop inventory.

Butler treats everyone with respect and kindness and always has a smile. Her presence can lift the spirits of those around her. She is positive and cheerful and is always thinking of ways to help others. She has been active in our community throughout her life and has received awards for her contributions to organizations. In her spare time, she likes to read, garden, knit and watch all kinds of sports. She is the perfect example of how a healthy lifestyle, a caring heart and a positive attitude can lead to a long, happy life.

To celebrate her 80th birthday, she went up in a hot air balloon. When she turned 95, she went skydiving for the first time, something she had wanted to do since hearing that former President Sheila Stewart, manager of volunteer services, left, and Bettie Butler attend the 2019 MGH Auxiliary luncheon.

George H.W. Bush celebrated his 90th birthday that way. Her jump was covered locally by WTHR-TV Channel 13 and was featured nationally by Inside Edition. After safely and successfully completing her skydive, she tripped and fell while at a radio interview about her dive, breaking her arm, but that did not stop her. After her recovery, she came

right back to volunteer every week. Every time she encounters an obstacle, her positive attitude and admirable work ethic allow her to continue making an impact at MGH. She's an incredible volunteer.

Please join us in congratulating Bettie Butler and thanking her for her 30 years of service to MGH.





Bettie Butler talks about her skydiving adventure for her 95th birthday on a local radio show.

GET TO Know the Auxiliary

A message from MGH Auxiliary President Kelly Snyder



The MGH Auxiliary is made up of community members who are dedicated to serving the patients of Marion

General Hospital through being involved in the community, volunteering and providing financial support. Since its inception in the 1930s, the Auxiliary has



less volunteer hours and much financial support to the hospital. Financial support has been used to purchase bariatric wheelchairs, televisions throughout the hospital and a new ambulance.

contributed count-

Kelly Snyder

The major fundraising activity is the hospital gift shop. This and other fundraising efforts during the year are governed by a board of directors made up of active members who donate many hours each year to Auxiliary activities.

Through your support of the MGH Auxiliary, you are affirming your concern for others and assisting the hospital in providing the highest quality of healthcare to our community. The Auxiliary welcomes your support. Thank you!



Tammy Cornelious, administrative director of emergency and urgent care services, and Derek Jackson, manager of ambulance service, reveal that an ambulance will be donated by the MGH Auxiliary.

How can I support the MGH Auxiliary?

- Become an Auxiliary member.
- Support the Auxiliary by purchasing items from the hospital gift shop or fundraising events on-site.
- Make a financial donation to the Auxiliary.
- Recruit friends and family members to join the Auxiliary or volunteer.

Who can join the Auxiliary?

- Any community member older than age 18. Employees and physicians and their families are also encouraged to join.
- The Auxiliary is perfect for college students who are seeking life skills in leadership and community involvement. It also looks great on a resume.

How do I join?

 Auxiliary membership is open to all men and women in the community who wish to support the hospital. Join at any time by paying the \$5 annual dues by mail or in person at the hospital gift shop.



For information about volunteering opportunities, call the volunteer services office at **765-660-6410**.

> ASK THE EXPERT BY MELO-DEE COLLINS



What is heart failure? The term heart failure doesn't mean that your heart has stopped or is no longer working. Heart failure is a serious progressive condition in which the heart can't pump enough blood to meet the body's needs because it is too weak or too stiff to fill and pump efficiently. About 5.7 million people in the U.S. have heart failure.

What causes heart failure? Usually, heart failure is caused ✓ by other conditions that damage or overwork the heart muscle. The leading causes are coronary artery disease, high blood pressure and diabetes. Other conditions that can cause heart failure include cardiomyopathy (an inflammation of the heart muscle), heart valve diseases, arrhythmias (abnormal heartbeats) and congenital heart defects (heart problems you are born with). Factors that can also lead to heart failure include treatments for cancer, such as radiation and certain chemotherapy drugs; thyroid disorders; alcohol abuse; cocaine abuse; and other illicit drug use.

What are the symptoms of heart failure?

The most common symptoms are shortness of breath and a buildup of excess fluid in body tissues (called edema, or swelling), especially of the lower legs or abdomen. Other symptoms can include persistent coughing or wheezing, unusual fatigue, lack of appetite or nausea, impaired thinking and an increased heart rate. If you or a loved one is experiencing these signs or symptoms, it may be appropriate to begin testing for heart failure.

What is the outlook for people with heart failure?

Currently, heart failure has no cure. Treatments such as medicines and lifestyle changes, however, can help people who have the condition live longer and more active lives. Engaging the person and educating family and friends in the plan of care is also pertinent to a positive outlook.

The goal for those with heart failure should always be to improve the ability to do enjoyable activities, improve quality and length of life, minimize symptoms and reduce hospitalizations. Melo-Dee Collins, MSN, NP-BC, MSM, RN, RCIS, administrative director, cardiovascular services



HELP FOR HEART FAILURE

Marion General Hospital wants to partner with those who have heart failure. MGH offers:

► **Primary care providers.** We will get you in for your primary care needs.

► Local cardiology. We partner with St. Vincent cardiologists, with offices in the 330 Building at 330 N. Wabash Ave.

► Heart failure clinic. We have registered nurses and a nurse practitioner available for ongoing education, monitoring and treatment. For information, call **765-660-6680**.

► Cardiac rehabilitation. Exercise sessions, monitored and unmonitored, are available for people with heart failure. For information, call **765-660-6050**.



Free Education Classes

Education classes are offered each Wednesday on pertinent heart failure topics, such as low-sodium diets, by a dietitian; better breathing, by a registered respiratory therapist; and goal-setting, by a mental health counselor. For more information, call **765-660-6036**.

Family Health Issue

Our Families, Our Health

Your closest relatives have a big influence on your health and wellness



60 to 80%

of our height.

i If your family has dealt with cancer, vou're not alone.

54%

of Americans say the disease has affected their immediate family.

ŝ

Do twins run in your family? Women with a mom or a sister who had fraternal twins are about

2x as likely

to have fraternal twins themselves.

ł

Take a look at your parents' and siblings' mental health. People with a close relative with depression appear to have a

2x to 3x greater risk

of developing the condition.

÷

Read on for

more ways that your family affects your health and how you can be a catalyst for wellness. **O**

Sources: The New York Times, National Institutes of Health, CBS News poll

THE POEVER OF US

For This Is Us actor Sterling K. Brown, family history and the prospect of a healthier future serve as motivation for his nutrition and fitness goals

BY JEANNIE NUSS





Sterling K. Brown is known for his Golden Globe- and Emmy Awardwinning acting as Randall Pearson on the hit NBC drama *This Is*

Us—and his stellar abs on Instagram. His motivation for his career and his physique comes in part from his father, who died of a heart attack when Brown

was 10 years old. Brown—who is also known for his roles as Christopher Darden on the FX series *The People v. O.J. Simpson: American Crime Story* and N'Jobu in the 2018 Oscar-winning movie *Black Panther*—watched TV shows like *Barney Miller* and *Hill Street Blues* with his dad when he was a kid.

"The fact that I'm an actor, I know he loves it," Brown told *Variety.* "And now to be a father and to have two boys, I know that makes him happy, too."

Brown's father had type 2 diabetes, smoked and drank alcohol. So as a result, Brown is careful with his diet and exercise, and he and his wife,

Opposite: Sterling K. Brown, wife Ryan Michelle Bathe and their children, Andrew and Amaré, with Disney character Stitch. Top: Brown's wife, Bathe, had a small role on his hit show This Is Us.

PHOTOS BY GETTY IMAGES; NBC; PRESLEY ANN/STRINGE

Ryan Michelle Bathe, make sure their two sons, Andrew and Amaré, follow a healthy lifestyle, too.

He doesn't allow junk food in the house, he's not much of a drinker, he's never smoked a cigarette, he drinks plenty of water and he gets lots of exercise.

And while Brown likes the aesthetic benefits of his regimen, his nutrition and fitness goals aren't about vanity. They're about longevity.

"I'm not just looking good for the sake of looking good," he told the *Los Angeles Times.* "I want to live a long, healthy life. The life expectancy of the African American male is the shortest of all groups in this country, and I don't wish to be a statistic. I want to be around to see great-grandchildren—and be able to enjoy them."

Nutrition and fitness experts say Brown is using his celebrity status for a good cause by calling attention to the importance of making healthy habits part of the family.

"He's setting that example not just for his family but also for his fans," says Victoria Yunez Behm, a certified nutrition specialist and a member of the American College of Nutrition.

And Brown, 43, doesn't plan to slow down anytime soon.

"I want to go for another 60 years," Brown told *Variety.* "I want to be that centenarian that walks up to you with a straight back and says, 'How are you, young man?'"

Here are some of the ways you—and your family—can follow Brown's lead.

Drink Lots of Water

Water helps your body regulate temperature, lubricate and cushion joints, protect your spinal cord, and get rid of waste, according to the Centers for Disease Control and Prevention.

Brown says he drinks almost a gallon of water a day because it has other benefits for him, too.

"I try to drink a lot of water—it hydrates, curbs appetite," he told *People*. Although you often hear people say to drink eight 8-ounce glasses each day (Brown drinks twice that!), the CDC doesn't have a recommendation on how much water you should drink. Rather, research suggests that most people get enough water by letting thirst be their guide. By drinking when you're thirsty, you're likely to avoid dehydration and overhydration, both of which can be problematic.

Water isn't just important for adults. "Kids need to drink a lot of water," Yunez Behm says.

Acknowledging that it can be hard getting children who are picky or constantly on the go to drink enough water, Yunez Behm says milk, unsweetened iced tea and occasional whole fruit juice can be good options. But stay away from juice blends and artificially sweetened beverages like soda.

Make (Mostly) Healthy Food Choices

In Brown's house, whole foods rule. "No white pastas, flour or sugar in my house," Brown told the *Los Angeles*



Sterling K. Brown and his son, Andrew

7 Things You (Probably) Didn't Know About Sterling K. Brown

- Brown's interest in acting started when he was a freshman in high school and appeared in a production of Godspell.
- He and his wife, fellow actor Ryan Michelle Bathe, were born at the same hospital in St. Louis, but they didn't meet until they were both students at Stanford University.
- He and his wife have been married since 2007 and have two sons, Andrew

and Amaré. Andrew's birth caught Brown and Bathe off guard and resulted in a home delivery, which was mirrored in an episode of *This Is Us*.

4 Brown and Bathe have shared the screen on *This Is Us*, with Bathe playing the recurring role of Yvette.
6 Brown went by his middle name, Kelby, before the death of his father, who was also named Sterling, when

Brown was 10 years old. As

a teenager, Brown started going by Sterling to honor his dad.

- In late 2017, Brown began starring in a series of TV spots to promote tourism in St. Louis.
- Prown loves theater and has performed in a number of stage shows, including New York and Los Angeles productions of Father Comes Home from the Wars (Parts 1, 2 & 3), for which he won an NAACP Theatre Award.

Sources: Essence, Huffington Post, IMDb, People, St. Louis Magazine, TV Guide

Times. "We'll eat brown rice, not white. Pop-Tarts used to be a regular thing, but if I opened the box, I'd probably finish it all. Keeping it out of the house is the key."

But even Brown leaves room in his healthy diet for the occasional indulgence.

"[I eat] carbs at the top of the day, more vegetables than anything else, lean protein and good fat, like avocado, olive oil and DHA [a type of healthy fatty acid]," he told *People*. "However, Sunday brunch, anything goes."

Rebecca Scritchfield, RDN, author of *Body Kindness: Transform Your Health from the Inside Out—and Never Say Diet Again*, recommends making time for family meals, too. She suggests aiming for seven family meals a week—and being flexible with the definition of family meal. It could be one parent and one child or the whole family.

"People get really busy," she says. "Even if you grab something from the grocery store or a restaurant and bring it home and eat on plates, that can count as a family meal."

Get Moving with the Kids

Brown says his abs don't come from spending every waking hour at the gym.

Instead, he says, they come from flexibility—with his schedule.

"I try to get something in five days a week," Brown told *People.* "My work schedule doesn't always accommodate my workout schedule, but I make do with what time I've got."

Brown's workouts have quite a bit of variety, too.

He said he tones his abs with a workout based on P90X's *Ab Ripper X* exercises.

"I love basketball because it's social, and you're not even thinking about working out—you're just playing a game and getting great exercise at the same time," he told *People*. "I also run,

HOW TO GET KIDS TO EAT HEALTHFUL FOODS

Kids can be really picky about food. But there are simple strategies that can help get them on the healthy food team, says Rebecca Scritchfield, RDN, author of *Body Kindness: Transform Your Health from the Inside Out—and Never Say Diet Again.* Here are some tips:

► **INVOLVE THEM.** Let kids help with meal prep and cooking with age-appropriate activities, from getting fruit from the fridge to chopping veggies, so they feel invested in the meal.

► ALWAYS ADD FRUIT OR VEGGIES. "Every family is going to have a night where the kids want hot dogs and mac and cheese," Scritchfield says. So, instead of feeling bad about it, add a vegetable or fruit to round out the meal.

► ACCOMMODATE REASONABLE PREFERENCES. Kids have preferences—and that can be OK. Scritchfield says she has one child who likes cold broccoli and another who likes it hot. So she serves it both ways. "Without being a short-order cook," she says, there are creative ways to get kids to eat their veggies.

Disney-Themed Workouts

VIDEO

Need some inspiration to get your kids moving—and you, too? Try at-home routines inspired by movies such as *Mulan* and *Moana* at *family.disney.com/ articles/disney-workouts.*

swim, bike, lift, do yoga. I just try to do something to sweat at least an hour a day."

And Brown doesn't work out alone. He told the *Los Angeles Times* that he likes to take his son to exercise with him.

"I'll push him just enough to where he wants to come back and do it again. We'll go to a park with a one-third-mile track," he said. "I'll say, 'OK, big boy, I'm going to give you a 30-second head start. Then, Daddy's going to go all out to try to catch you.' And he takes off. He's fast. Sometimes I catch him, sometimes I don't."

Either way, Brown says, his son learns the importance of exercise.

"I try to expose him to fitness at an early age—not just to sports—but what it means to live a healthy lifestyle," Brown told the *Los Angeles Times*. "That way, although he may not be able to play sports the rest of his life ... he can always take care of himself."

So, as Brown models a healthy lifestyle, his kids follow his example of incorporating healthy habits into their own lives.

You can do it, too. By taking care of yourself—drinking plenty of water, choosing healthful foods and working out—you can show your kids that healthy habits are part of the family.

王帝马弟堂知道

THE BIG STORY

Whole-Body Harmon

Wellness takes a holistic approach. Here's how to eat for a healthier brain, catch quality sleep and troubleshoot a nagging cough BY STEPHANIE THURROTT





BRAIN

Foods That Boost YOUR BRAIN



What you eat does more than fuel your body

We often think about how food will affect our bodies, especially our weight. And we hear a lot about diet and heart health. But we don't give as much thought to how food affects our brains.

Lisa Mosconi, PhD, a neuroscientist and the author of Brain Food: The Surprising Science of Eating for Cognitive Power, says we should.

"The foods we eat change the way we look, but they also change the way we think," she says. "Some foods will help us age gracefully and achieve top mental performance. Other foods will have the opposite effect, harming our brains and increasing our risk of cognitive decline and dementia."

Make healthier food choices and you'll help keep your brain performing at its peak. Here are the foods Mosconi says to include in your diet to best feed your brain:

EAT MORE: Dark leafy greens

> Why: Dark leafy greens, like spinach, swiss chard, dandelion greens and kale, are full of vitamins, minerals, fiber and disease-fighting nutrients that you need for a healthy nervous system. They also aid digestion, flush out toxins and improve metabolism.

eat more: Berries

▶ Why: Berries, especially blackberries, blueberries, strawberries, raspberries, dark cherries, goji berries and mulberries, are packed with antioxidants that help keep your memory sharp as you age. They are also a great source of fiber and glucose, the main energy source for the brain. They are sweet but have a low glycemic index, so they help regulate sugar levels.

EAT MORE: Extra-virgin olive oil and flaxseed oil

▶ Why: These oils are loaded with anti-aging nutrients like omega-3 fatty acids and vitamin E, which is one of the strongest antioxidants. "Extravirgin olive oil is also rich in monounsaturated fat, a kind of fat that is good for the heart, and what is good for the heart is good for the brain," Mosconi says. That's partly because keeping your heart healthy can reduce your risk of stroke and dementia.

BEYOND NUTRITION

Looking for more ways to keep your brain at its best? The National Institute on Aging recommends that you:

► Get regular checkups to diagnose and manage any chronic health problems.

► Ask your doctor whether medications might have side effects that interfere with memory or brain function.

► Get enough sleep. That's seven to eight hours a night for most people.

► Be physically active. Brisk walking is a good choice—aim for 30 minutes most days.

► Keep your mind active. Read, play games, learn a new language, take up a musical instrument or sign up for a class.

► Connect with family and friends. Social activities can keep your brain active. If you're looking to meet new people, check community organizations for activities.

► Quit smoking and limit alcohol.

QUIZ

Is It Normal Memory Loss or Dementia?

We all forget things sometimes. Visit **aarp.org** and search for "memory loss or dementia" to take a quiz that can help you understand what's normal and what's cause for concern.

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EAT MORE: Cold-water fatty fish

▶ Why: Fatty fish, like wild Alaskan salmon, mackerel, blue fish, sardines and anchovies, is high in the omega-3s your brain needs. "These foods help the brain stay young and resilient," Mosconi says. Omega-3s help reduce inflammation and oxidative stress, which Mosconi describes as "a sort of rusting effect" that damages your brain cells as you get older or when you're sick.

EAT MORE: Fish eggs

▶ Why: Fish eggs, like salmon roe or caviar, contain a unique blend of nutrients that Mosconi says are perfect for the brain. Those include omega-3s; choline, a B vitamin you need to make memories; vitamins B6 and B12, which support the nervous system; minerals like iron and magnesium that you need for healthy blood and muscles; protein; and strong antioxidants like vitamin A, vitamin C and selenium.

DRINK MORE: Water

▶ Why: More than 80 percent of the brain's content is water, and every chemical reaction that takes place in the brain requires water. "This includes energy production in the brain—so no water, no energy," Mosconi says.

"The brain is so sensitive to dehydration that even a minimal loss of water, a 2 to 4 percent decrease, can cause neurological symptoms like brain fog, fatigue, dizziness and confusion," she says. "Even worse, brain imaging studies have shown that mild dehydration makes your brain shrink—and you don't want your brain to shrink."





Sleeping better isn't impossible. It just takes some strategy.

Solve the Sleep PUZZLE

Addressing your sleep saboteurs can benefit your health

You're tired all the time. Irritable. You can't concentrate. You know you're not sleeping well, but you don't know what to do. "Sleep is like a puzzle," says Rajkumar "Raj" Dasgupta, MD, a pulmonary, critical care and sleep specialist and spokesman for the American Academy of Sleep Medicine. To sleep well, all the parts of the puzzle need to be in place.

With enough high-quality sleep, you should feel better. Good sleep helps memory and cognition and restores energy, Dasgupta says.

Here are some common sleep disruptions and tips on how to fix them.

YOU STAY UP TOO LATE.

Get to bed early enough to fit in seven or more hours of sleep nightly. And don't stay up late on weekends, banking on sleeping in the next morning. "Most of us have 'social jet lag," Dasgupta says. That is, we want to enjoy Friday night after a long week, so we stay up later. He recommends making weekend morning plans that you look forward to—breakfast with friends or a hike with the dog—so you're more inclined to get to bed early.

IT'S TOO LOUD.

Try a white-noise machine or run a fan to mask distracting sounds. Dasgupta isn't a fan of white-noise apps, however, because having your phone at arm's length is a main reason people don't sleep well.

IT'S TOO BRIGHT.

An eye mask is an easy, inexpensive fix. If you have a bigger budget, consider blackout shades or curtains for the bedroom.

IT'S TOO WARM.

Choose lightweight pajamas. Make sure your blankets aren't too heavy. Adjust your thermostat at bedtime to keep your room cool.

> YOU'RE ON YOUR PHONE ALL THE TIME.

Limit phone use for at least 30 minutes before bedtime—longer is better. Your phone emits light that can disrupt sleep. "Blue light suppresses the release of melatonin—and trust me, you want melatonin released," because it's a hormone that promotes sleep, Dasgupta says. You can change your phone's settings to shade the blue light in the evening, but Dasgupta still recommends not using your phone in bed.

YOU HIT THE SNOOZE BUTTON.

"If your alarm goes off, that means you have to get up and start the day," Dasgupta says. When you regularly need to hit the snooze button, that's a sign of an underlying sleep problem.

> YOUR MATTRESS OR PILLOW IS UNCOMFORTABLE.

Replace them. Buying a new mattress

THE DARK SIDE OF SLEEP DEPRIVATION

When you're not sleeping enough, your health takes a hit. "Nothing good comes out of sleep deprivation," says Rajkumar "Raj" Dasgupta, MD, a pulmonary, critical care and sleep specialist. "I could go through every organ in your body and tell you what happens when you're sleep-deprived."

He shares a few examples:

• Your brain struggles to consolidate memories and make decisions.

• High levels of cortisol raise your blood pressure, putting your heart at risk.

• Your overall mood suffers, and you are more likely to become anxious or depressed.

Sleep deprivation can affect all aspects of your life. "I worry about people having problems keeping their job, maintaining their relationships and getting to school on time," Dasgupta says.

TOOL

Take Notes

With a sleep journal, you can see patterns and identify factors that might be disrupting your sleep. A standard notebook works fine, or you can buy a journal designed for tracking sleep. Apps can be effective, too, as long as you don't look at your phone in bed.

isn't cheap. But if that's the cause of your sleep problems, it's an important investment, Dasgupta says.

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VOU DON'T EXERCISE.

Exercise promotes quality, restful sleep. The belief that you shouldn't exercise in the evening because it revs you up is no longer valid, Dasgupta says. While exercising at night will raise your body temperature, the act of cooling off afterward may help you nod off.

• YOU EAT AND DRINK BEFORE BEDTIME.

Avoid heavy meals and stimulants like sugar and caffeine for at least two hours before bedtime. Avoid alcohol as much as possible; though it might make you drowsy, it disrupts your breathing and keeps you from reaching deep sleep.

YOU WATCH TV TOO LATE.

As bedtime approaches, switch to a calmer activity, like reading, listening to music or working on a craft project. Watching exciting shows or the news will cognitively arouse you and make it harder to fall asleep.

YOU DON'T WIND DOWN YOUR DAY.

Try taking a bath, putting away your digital devices and aiming to relax. Right before bed is not the time to start a discussion with your partner about finances or family issues.

YOU LIE IN BED AWAKE.

If you can't fall asleep within 15 to 20 minutes at bedtime or after you wake during the night, get up and do something nonstimulating. Reading is a good choice, but if you're reading on your phone or tablet, be careful—again, the blue light is disruptive. And don't check your email or social media, in case it gets you riled up or reminds you of your to-do list.

If you've taken these steps to improve the quality of your sleep and you're still not sleeping well, it's time to talk to your doctor or a physician who specializes in sleep disorders. "Sleep is complex," Dasgupta says. An underlying medical condition might be affecting you.

LUNGS

The first step to feeling better? Figuring out what's going on.

What's Causing Your COUGH?

Tune into your symptoms to find out what's to blame

Your cough keeps you up at night. Or it flares when you exercise. Maybe it just won't ease up. Here are some clues that can help tease out the cause of your cough so you can get relief. First, think beyond the lungs. "A cough is a sign of inflammation somewhere in the airway," says Albert A. Rizzo, MD, chief medical officer of the American Lung Association. "That includes the sinuses and nasal passages as well as the windpipe and bronchial tubes."

Ask yourself these questions:

IS MY COUGH WORSE AT NIGHT?

A cough that's worse when you're in bed could be triggered by stomach acid. Some people have a weakness in their lower esophagus; when they lie down, acid from the stomach can trickle into the esophagus, triggering a reaction that causes a cough.

The solution? Eat earlier in the evening, avoid foods that can cause indigestion and raise the head of your bed, or at least prop yourself up with pillows.

Also, coughs from asthma are often worse at night, Rizzo says.

IS MY COUGH WET OR DRY?

"A moist cough [which brings up mucus] tends to indicate inflammation," Rizzo says. A viral or bacterial infection, or an allergic reaction with postnasal drainage, can lead to a wet cough.

It might sound gross, but take note of your mucus. Is it clear, white, yellow or discolored? Is it thick or thin? These clues can help your doctor diagnose the cause.

For a wet cough with other symptoms, like fever, shortness of breath, chest discomfort or wheezing, see your primary care physician or visit urgent care. You might need a prescription medication, an inhaled medicine for wheezing or a chest X-ray to look for signs of bronchitis or pneumonia.

A dry cough could stem from a viral infection, or it could be a sign of an airway irritation. Bad air quality, including exposure to airborne irritants at work, can lead to a dry cough. So can allergic rhinitis, asthma, chronic bronchitis or irritation in the gastrointestinal tract.

A dry cough with cold symptoms tends to be a sign of a viral—not bacterial—infection, Rizzo says. So rest and fluids are the main treatment options.

A notable viral exception: If you think your cough might be a sign of the flu, talk to your doctor right

CALM YOUR COUGH

Drugstore shelves are filled with medications that promise to help with a cough. Most of them work by making mucus thinner and easier to cough up. They can be soothing, but there's not a lot of evidence behind how well they alleviate your cough, says Albert A. Rizzo, MD, chief medical officer of the American Lung Association. Still, it's worth trying to find relief.

If your cough stems from allergies or postnasal drip, over-the-counter antihistamines might help.

And some people find that ibuprofen helps reduce inflammation in the airway.

Home remedies can help, too, Rizzo says. Tea with honey, chicken soup, a neti pot and a saline nasal spray might make you feel better while the cause of your cough resolves.

QUIZ

Is It Allergies or Asthma?

Lots of people with allergies or asthma don't know they have these conditions. Visit **acaai.org/resources/** tools/symptoms-test and answer some yes-orno questions to find out whether you might be one of them. away. You might be able to take a medication that can help you recover more quickly and help limit the likelihood of spreading the flu to other people.

A persistent dry cough could be a sign of asthma, so your doctor may review any history of allergies and recommend breathing tests.

Head to the emergency department if you are coughing up blood or you are experiencing shortness of breath along with your cough.

IS MY COUGH WORSE WHEN I'M OUTSIDE?

Rizzo points to three suspects that might trigger outdoor coughs:

▶ Bad air quality

Seasonal allergic reactions to pollens and molds

• Exercise-induced asthma (when you're breathing more rapidly from exercise, your airways might be sensitive enough to cough, but you might not wheeze)

Rizzo says it's important to tune into your triggers. The more you know about your cough, the more you can help your doctor identify its cause, run appropriate tests and prescribe medications.

He says most coughs that stem from infection, exposure or allergies last two to four weeks. They might need medication, but they tend to resolve.

For coughs that linger for more than eight weeks, you might need a more thorough investigation. Chronic coughs might stem from asthma, bronchitis, sinus problems or gastrointestinal issues. There could also be more serious underlying issues, such as pneumonia or cancer. But before you worry, talk to your doctor—a cough can be many things, and there are treatments to help you feel better. ■



The Tipes to disease

When it comes to disease, especially cancer, genetics play a role—but not as much as how you live BY LAURA ARENSCHIELD

ome genetic traits can bring on the warm fuzzies, conjure up memories of relatives no longer with us and inspire pride.

"He has his grandfather's chin," someone might say of a newborn, or "that kid got her mother's brains."

Other traits—say, a genetic mutation that could lead to cancer—are decidedly less welcome. Mapping our family's medical history can help us identify diseases earlier or figure out what preventive measures might be necessary to stop them from developing at all. It's the reason your doctor asks you to outline whether your mother was diagnosed with breast cancer or your father had heart disease. The good news is that, even though certain diseases are linked to genetics, the vast majority are not, says Mia Gaudet, PhD, a cancer epidemiologist and strategic director for gynecologic and breast cancers at the American Cancer Society.

"There are a portion of cancers that can be attributed primarily to—but not exclusively to—a genetic, familial mutation," Gaudet says. "And, certainly, knowing that family history is critical. But it's also important to know that the science to this point shows that family history only accounts for up to 10 percent of cancers, leaving a large portion that are associated with other risk factors."

Those risk factors could include anything from pollution to diet to smoking outside influences that can cause cancer or other diseases but have nothing to do with a family's genetic history.

"The general public seems to have a notion that family history accounts for many of the cancers that are diagnosed," Gaudet says. "And that is simply not true."

THE GENETIC CONNECTION

Of course, some cancers are very connected to family genetics. Consider the BRCA1 and BRCA2 genes, which typically suppress cancers of the breast and ovaries, among others. When these genes have mutations, they increase cancer risk.

Scientists have known about these genes and their connection to breast

HAVING **TOUGH TALKS** ABOUT FAMILY HISTORY

Maybe you come from a family of talkers and sharers who aren't shy about detailing their medical conditions. In that case, learning about past diagnoses might be as simple as making a quick phone call to a parent or grandparent.

If you come from a family that isn't quite so forthcoming, getting this information may take more work. In any case, having the conversation is important.

"When people don't talk to their families about the family's medical history, they deprive themselves of a huge amount of opportunity to avoid and prevent certain medical conditions," says Aubrey Milunsky, MD, founder and co-director of the nonprofit Center for Human Genetics and author of the book *Your Genetic Destiny: Know Your Genes, Secure Your Health, Save Your Life.* "It is critical that they initiate those conversations—maybe it's a phone call, or maybe it's an in-person discussion. But it is important that they have it."

If you were adopted or don't know your biological parents, the Centers for Disease Control and Prevention has tips that can help at **cdc.gov/genomics/famhistory**; click "For Children."

cancer since 1990, when a team of researchers published their discovery of the gene and its mutations in the journal *Science*. But BRCA really got famous in 2013, when actress-activist Angelina Jolie published an op-ed column in *The New York Times* explaining her decision to have a preemptive double mastectomy after learning she carried a mutation on BRCA1 that could have led to breast or ovarian cancer.

Jolie's mother was diagnosed with cancer in her mid-40s—an early enough age that medical professionals would have guessed that a genetic mutation caused her illness. It was enough that Jolie had her own genes tested, learned she had the mutation and opted to remove her breasts, ovaries and fallopian tubes rather than face the higher risk of cancer.

"It turns out that age of onset is really important," says Aubrey Milunsky, MD, founder and co-director of the nonprofit Center for Human Genetics and author of the book Your Genetic Destiny: Know Your Genes, Secure Your Health, Save Your Life. "If [the cancer] occurs by the age of 50, it has to be considered as caused by genetics until proved otherwise. That applies to virtually all cancers—in fact, it applies to most serious diseases. The earlier any kind of disorder manifests, the more likely it is to be inherited."

KNOWLEDGE IS POWER

This is why knowing your family history matters: If your mother *was* diagnosed with breast cancer at a relatively young age, it might make sense for you to be tested for genetic mutations to know your own risk. And family history risks don't just apply to breast cancer.

Lynch syndrome, which can cause cancer of the colon and rectum, as well as other cancers—including in the stomach, small intestine, liver, gallbladder ducts, upper urinary tract, brain and skin—is directly connected to a person's genetics. Genetics can play a role in cancers of the thyroid, pancreas and prostate, too.

Researchers have come up with genetic tests for more than 50 hereditary cancer syndromes and estimate that inherited genetic mutations cause about 5 to 10 percent of cancers, according to the National Cancer Institute—still a small percentage of overall cancers.

For example, of the 140,000 new cases of colorectal cancer diagnosed each year in the United States, Lynch syndrome is responsible for just 3 to 5 percent.

Knowing your risk is the first step, Milunsky says. When you understand how likely it is that you'll get a disease, you can do something about it.

LIFESTYLE MATTERS

What you eat, whether you smoke, how much you exercise and the pollutants that surround you all can have an effect—not just on your risk of cancer, but also on your overall health. "We know that modifications in diet and physical activity, reducing sitting time, reducing alcohol consumption and not smoking have profound implications in prevention of cancer," Gaudet says.

Even if you inherited a genetic mutation known to cause cancer, the mutation itself is not a guarantee of a cancer diagnosis—but it can increase your chances of developing cancer. And for that reason, Milunsky says, it is important to build regular screening and testing into your healthcare plans.

"If a person is found to have one of the cancer mutations, then ... there's a high risk that the actual cancer will materialize," Milunsky says. "Not always, of course, but it may. For example, with common breast cancer genetic mutations, over a person's lifetime, there may be as high as a 70 or 80 percent chance of that person actually getting cancer."

Being a carrier for the mutation simply means an elevated risk of cancer, which makes lifestyle factors that much more important. And when it comes to cancer prevention, genetics versus lifestyle is an unnecessary debate, Gaudet says.

"We have known, documented strategies to help those individuals who end up





being mutation carriers to lower their risk, and, regardless, everyone should follow the American Cancer Society's guidelines for cancer prevention," she says. That's because anyone can get cancer, and these guidelines "are also recommendations that overlap with prevention of other chronic diseases."

In addition to exercising, avoiding smoking and limiting alcohol, recommendations include having regular cancer screenings, getting vaccinated for HPV (or human papillomavirus, a cause of cancer), eating a balanced, mostly plant-based diet and maintaining a healthy weight. Gaudet also

SHOULD YOU GET GENETIC TESTING?

Genetic testing is not typically cheap, and it may not be covered by insurance, so knowing whether—and when—to get tested can be tricky.

A good guide: If you have a family history of cancer, particularly a certain type—and especially if the cancer showed up in a parent or sibling before age 50—it is worth at least talking to your doctor about genetic testing so both of you understand your risk.

A woman who knows she has a mutation on the BRCA1 or BRCA2 gene,

for example, might choose to have her breasts removed to prevent breast cancer. If she doesn't want children or is done having them, she might choose to have her ovaries and fallopian tubes removed to guard against ovarian cancer. Certainly, her doctor would want her to get breast cancer screening at a younger age than a woman at typical risk.

If you have a family history of cancer and if you or a family member had genetic testing in the late 1980s or early 1990s, it might be worth discussing a new genetic test, says Mia Gaudet, PhD, a cancer epidemiologist and strategic director



Still not sure whether you need genetic testing? Visit the American Cancer Society's guide to understanding when testing should be done: cancer.org/latest-news/ should-you-get-genetic-testing-for-cancer-risk.

for gynecologic and breast cancers at the American Cancer Society.

"There's much more knowledge now about genetic mutations—we have a better understanding of the way genetics affects cancer and of the mutations that can cause it," Gaudet says. "This is particularly important for non-white populations," because early research largely focused on white people and might not be as relevant to minority populations.

recommends that women attempt to breastfeed after having children, which helps lower the risk of breast cancer and comes with other health benefits for mom and baby.

GET SCREENED WITH CARE

If you look at your family's medical history and decide genetic testing is right for you, it is important to opt for a true genetic counselor—one who works with a hospital, doctor's office or genetic counseling clinic—rather than relying on an online service, the National Cancer Institute recommends. For starters, a genetic counselor can help you accurately interpret your test results and explain what those results might mean for the rest of your family—your children, siblings or parents.

A Healthier

Wishing your significant other would be more healthconscious? The key is nudging, not nagging BY LEXI DWYER

aybe you're the type who exercises diligently and eats the recommended five-plus daily servings of fruits and veggies. If your spouse tends to have a more relaxed attitude toward health, it can make you feel frustrated (he loves soccer, why doesn't he play with his friends more often?) and worried (his doctor said his cholesterol is getting high).

Ultimately, it's up to each person to take charge of his or her own health, but it is possible to nudge your family members in the right direction. According to the U.S. Department of Labor, women are responsible for 80 percent of medical decisions made in the United States. Moms and wives have so much sway that some doctors have even coined a name for the role in the home: chief medical officer.

"Nothing happens in isolation, and when you look at the literature, you see the tremendous influence that parents can have on not only their children's choices, but also each other's. The mother's decisions especially set the

to be willing to open yourselves up to new possibilities."

RETHINK DATE NIGHT

Just like trading brunch for a family hike, some couples choose to forgo happy hour or a lavish multicourse dinner for activities like salsa dancing, a surf lesson or a session at a rockclimbing gym, which not only burn calories, but also give them something new to share together.

"It can be helpful to notice the way that sometimes, pleasurable activities that you do as a couple might actually be undermining your health or your health goals in the long run," Muñoz says.

A healthful activity can also be pleasurable, and there's evidence that experiencing something new

together is good for relationships. When pitching a change in plans to your spouse, you can reiterate that part: "Let's try this new thing together."

MAKE IT EASY

Eaker suggests "removing the barriers in front of good habits," which might mean stocking your pantry with healthy snacks (and tossing out the junk food) or keeping exercise equipment in the home (even a few dumbbells might save a trip to the gym). These shifts help people form positive long-term habits, Eaker says.

"Habit formation is also about putting barriers in front of bad habits, so if you've got healthy snacks available, it's a lot easier for him to grab one of those than run to the Jiffy Mart and get his favorite cheesy poofs," he says.

Another gift you and your partner can give each other? Time.

"You can help your husband by making it possible for him to protect his exercise routine," Eaker says. If his friends tend to play soccer on Sunday afternoons, don't leave him solo with the kids or send him grocery shopping.

But remember to stay positive, and keep it nonjudgmental if you want to suggest he head out to play ball.

tone for everyone," says J. Ron Eaker, MD, a fellow of the American College of Obstetricians and Gynecologists and author of *Healthy Habits for a Fit Family*.

That said, don't let the power go to your head. It's important to tread lightly, as starting an argument may cause your spouse to get defensive and be unwilling to open up about medical concerns. Even though women often find themselves in family caregiver roles, these tips will work for concerned partners of either gender.

STAY POSITIVE

It might sound obvious, but starting off with "Wow, you packed on the pounds this winter" or "When was the last time you did something active?" isn't the best strategy. "Approach it from the standpoint of, 'This will be a blast. Let's go do this."" -J. Ron Eaker, MD

"Our intentions might be good, but

because your partner may start to resent

you can ultimately sabotage things

you and feel controlled," says Alicia

Muñoz, a licensed professional coun-

Instead, take the focus off your

family can do, like a Sunday morn-

brunch at the local greasy spoon.

spouse and plan an activity the whole

ing hike instead of your usual stop for

"Approach it from the standpoint of,

Eaker says. "It takes effort, and you have

'This will be a blast. Let's go do this,'"

selor and author of No More Fighting: 20

Minutes a Week to a Stronger Relationship.

As Muñoz says, "You could say something like, 'Here's what I am thinking we could do this afternoon—do you think this would be helpful for you?""

BE THE CHANGE—FOR YOUR KIDS, TOO

By turning the focus on her own health, a woman can help encourage her spouse and children to follow her lead.

"What I see in my practice across the board is that as women begin making these healthy choices, almost by osmosis their partners begin to see changes themselves. Whether they're consciously or unconsciously adopting those behaviors, it happens," Eaker says.

He believes that because of the intimate nature of their relationship, spouses are in especially good positions to inspire each other to make better decisions. "The closer the relationship, the greater the influence you can have. There's almost a transference of energy as one person begins to notice the other is sleeping better or less winded going up and down stairs," he says.

And if you and your spouse manage to improve your health, your children likely will benefit, too. Researchers have found that when parents adopt a healthy lifestyle, the effect ripples out. In a 2012 study from the *Journal of Physical Activity and Health*, researchers asked parents and children to increase their daily activity levels by walking more than normal. They found that "parental change in physical activity is associated with child change in physical activity."

And although both parents had positive influences on their children, mothers had a greater effect than fathers: Kids got about 500 more steps on days their mothers met their goals versus the days their fathers did. "It really is a group approach when it comes to the family," Eaker says, but even one person dedicated to inspiring change can make a difference.

ENLIST BACKUP

And what if you're truly, desperately worried? A spouse may be drinking heavily or using other substances, for example, and might need more than a pep talk or easy-to-grab carrot sticks in the fridge. In this case, Eaker suggests scheduling an appointment with the partner's primary care doctor, who can suggest treatment and possibly refer to specialists. (Depending on the situation, it may or may not be appropriate for you to attend as well.)

"There is no question that serious medical issues like addiction have to be addressed before any meaningful work can be done on areas of healthy habits for the family," he says. QUIZ

But First, How Healthy Are *You*?

With questions like "How do you manage stress?" and "Do you eat enough vegetables?" the U.S. Department of Health has a fun "Everyday Healthy Living" quiz that checks your health habits and offers practical lifestyle tips. Go to **healthfinder. gov/healthtopics/quiz** to assess your knowledge.

HELP FOR PRODUCTIVE PARTNER DISCUSSIONS

If you find yourself especially upset by your spouse's unhealthy behavior, the issue might be communication. Here are tips for getting to the heart of things from Alicia Muñoz, licensed professional counselor and author of *No More Fighting: 20 Minutes a Week to a Stronger Relationship.*

Notice your triggers. Muñoz suggests keeping a list of health concerns that bug you over a week. "Each time, if a huge catastrophe emerges in your mind, take a deep breath and bring your awareness to the present." She adds that sometimes the issue isn't really about your spouse, but something from your past. A good individual therapist can help you work through these kinds of memories.

Practice reflective listening. Muñoz counsels couples using Imago Relationship Therapy, a way of talking where one person shares feelings and the other listens, as she says, "without interrupting and criticizing or interpreting," and then reflects back what is heard; then the roles are traded. "If you just stop and reflect what your partner says, you're soothing yourself, and they feel more attached to you, because you're paying attention," she says.

Ditch the parental role. Keep in mind that even if you're concerned, treating your spouse like a child isn't going to help in the long term. "The price of mothering is quite high—it can erode respect and infantilize the other person, and couples can lose their sexual connection," she says.

THE QUICK LIST

TIPS FOR A HEALTHIER, HAPPIER FAMILY

Drink water, and lots of it, for better joints and digestion.





of the timebut don't worry about being perfect.



Remember that lifestyle choices, such as diet and exercise, play the largest role in cancer prevention.



Find ways to exercise with your children. Challenging them to a fun activity, like a game of backyard tag, will pique their interest.

Ask your parents, grand-

parents and siblings about their

cancer history and share what

healthy meals and

you learn with your doctor. Put your phone down

at least 30 minutes before bedtime, and make sure your kids do the same. Eat dark leafy greens, such as spinach and kale. They're good for the nervous system and metabolism.

If you or someone in your family is dealing with a nagging cough, try to identify the triggers, whether it's being outside or going to work. This will help your doctor determine the cause.



stay up even on weekends. People of all ages



If you're trying to inspire your spouse to live healthier, keep it positive. Focus on fun-let's go for a hike!-not on negativity.

WANT MORE HEALTHY IDEAS?

Check out our Spring issue, with stories on heart health, gut health and life after weight loss.

GOOD-FOR-YOU NEWS, CUES AND REVIEWS

PROBIOTICS MAY PROTECT AGAINST OSTEOPOROSIS

Do you take probiotics for digestive health? Good news—you might also be protecting your bones. A recent study published in the journal *Immunity* found that in female mice, probiotics were effective at triggering the growth of a particular type of gut bacteria that stimulates bone growth.

That could be a good sign for researchers looking for new ways to fight osteoporosis, a debilitating disease marked by low bone density. More studies are needed to determine whether the findings would apply to humans, but these early results are encouraging.

THIS JUST IN GOOD-FOR-YOU NEWS, CUES AND REVIEWS

Nap Your Way to Lower Blood Pressure

How would you like your doctor to prescribe naps to lower your blood pressure? It could happen, thanks to a recent study published in the *Journal of the American College of Cardiology*. Researchers found a 60-minute nap each day correlated with an average drop in blood pressure of 5 mmHg, making it as effective as other measures, including reducing salt intake, reducing alcohol consumption and taking low-dose anti-hypertension medication.



WEBSITE

An Easy Way to Track Your Vitals

Working on lowering your blood pressure? Track your progress online with the American Heart Association program "Check. Change. Control." Visit **ccctracker. com/aha**.

MASHED POTATOES VS. GREEN BEAN CASSEROLE

Which holiday fave is healthier?

Answer: Green bean casserole, but not by much.

Both mashed potatoes and green bean casserole are holiday staples, adorning Thanksgiving tables the country over. But while the two dishes are vegetable-based, they're really not worth the sodium overload.

A half-cup of traditional green bean casserole (the kind with fried onions) has 118 calories and 7 grams of fat, which doesn't sound awful in comparison to the other side dishes on your plate. The biggest problem with the casserole is its sodium content—a whopping 343 milligrams per serving, more than a fifth of the daily allowance for most adults!

A half-cup of mashed potatoes clocks in at 147 calories, 5 grams of fat and 387 milligrams of sodium. Topping them with ½ cup gravy (and who doesn't?) will add 30 calories, 2 grams of fat and 155 milligrams of sodium.

Stick with green bean casserole for your serving of vegetables, but make it with lower-sodium soup and swap the fried onions for toasted almonds. Better yet, steam up fresh green beans and sauté with caramelized onions.
MORE PROOF VACCINES DON'T CAUSE AUTISM

A resurgence of the anti-vaccination movement has led to a measles epidemic that's spreading across the country. But a recent Danish study confirmed the findings of research that was published in 2002: The measles vaccine does not lead to autism.

The latest study, which was published in the Annals of Internal Medicine, followed more than 650,000 children born between 1999 and 2010 and found no link between autism and the MMR (measles, mumps and rubella) vaccine. This study echoes numerous others that show no link between autism and vaccines of any type.

TRUE OR FALSE

progress to a reduction in smoking and

advances in screening and treatment.

Cancer death rates are rising.

FALSE: As a matter of fact, cancer death rates are the lowest they've been in a quarter-century. They fell 27 percent from 1991 to 2016, which translates to more than 2.6 million lives saved. The American Cancer Society attributes the

STATS: IBD

Inflammatory bowel disease describes conditions—Crohn's disease and ulcerative colitis—characterized by inflammation in the gut.

million people in the U.S. have received a diagnosis of IBD.

_ _ _ _ _ _ _ _ _ _

There was a **500**/0 increase in diagnosed cases between 1999 and 2015.

\$13,412 is the mean hospitalization

cost for ulcerative colitis; it's \$11,345 for Crohn's disease.

15-30% of people with IBD have a

family history of the condition.

Sources: Centers for Disease Control and Prevention, American Gastroenterological Association

REACHING IS WORSE THAN TEXTING FOR TEEN DRIVERS

Texting while driving doubles teen crash rates, but one activity is even worse behind the wheel: reaching. A National Institutes of Health study found that reaching for food, makeup, a phone or something else increases teens' risk of crashing sevenfold. Researchers reported it was the combination of taking their eyes off the road and hands off the wheel that made reaching so dangerous.

Of course, that doesn't mean teens should text while driving. Having grown up with mobile technology, teens tend to be overconfident in their ability to multitask. Parents can use technology built into many newer model cars or purchase a stand-alone device that plugs into the car that monitors inattention while driving and alerts them to unsafe driving behavior.

DOWNLOAD

Sign a Safe Driving Contract

Teen drivers aren't the only ones susceptible to distracted driving. Have every driver in your household sign a safe driving contract. Download one from **enddd.org** by going to the "Take Action" menu and selecting "Commit to Driving Safer."

THIS JUST IN

GOOD-FOR-YOU NEWS, CUES AND REVIEWS

A FASTER FIX FOR POSTPARTUM DEPRESSION?

Postpartum depression (PPD) robs moms of the joy that comes with a new baby and can be dangerous—even deadly. Suicide is the second most common cause of death in postpartum women, according to a study published in *JAMA Psychiatry*.

PPD affects more than 10 percent of U.S. mothers. Until now, PPD has been treated with the same antidepressants that are prescribed for other types of depression, which generally take four to six weeks to take effect. But a new drug called brexanolone is offering relief much sooner.

Sold under the brand name Zulresso, the new drug is administered via intravenous infusion over 60 hours during a hospital stay. While it may be difficult for a new mom to have treatment away from home, the drug starts working immediately, making it a promising option for women with severe PPD.

Find Out If You Need Help

It can be hard to tell the difference between baby blues and postpartum depression. Take the quiz at **psychology-tools. com/epds** and talk to your provider about your results and to determine an appropriate treatment plan.

Watch your step—but keep stepping!

WORKOUTS THAT WORK HIKING

Hiking might just be the perfect workout. Like walking, it requires little equipment and almost no skill. But it offers a more comprehensive workout than walking and can be customized for all ages and abilities.

A 155-pound adult will burn about 210 calories during a 30-minute, moderate-intensity hike. Hiking on uneven terrain helps strengthen core muscles and improve your balance skills. Elevation gains and walking in sand or snow help you build cardiovascular strength. Plus, studies have shown being in nature reduces stress and depression.

Keep these safety tips in mind before heading out on the trail:

- Take a buddy or tell someone where you'll be hiking and for how long.
- Use trekking poles if you have balance issues or knee pain.
- Don't forget to carry a fully charged phone.
- Look back periodically, especially at turns, so you can recognize your way back.
- ▶ Bring plenty of water.
- > Wear sturdy, comfortable shoes designed for hiking.

WHAT ARE The odds

of dying from smoking?

PIT 1 in 5

Smoking is the leading preventable cause of death in the U.S., causing nearly 20 percent of deaths each year. Smoking has been shown to shorten a person's life span by an average of 10 years. Mortality rates in smokers are three times higher than in people who have never smoked, and lung cancer isn't the only concern. Smokers also are more likely than nonsmokers to have heart disease, respiratory disease and other types of cancer. The good news is that quitting before age 40 can reduce your risk of smoking-related death by 90 percent.

SHOULD OBESITY AND DEPRESSION BE TREATED TOGETHER?

There's an undeniable link between obesity and depression: People who have obesity are more likely to be depressed, and people who are depressed are more likely to gain weight—a difficult cycle to interrupt. Now a study published in *JAMA* suggests there might be benefits to treating these conditions together.

The study recruited more than 400 people dealing with obesity and depression and divided them into two groups. One group participated in a behavioral weight-loss program and received therapy for depression at the same time. Antidepressants were prescribed as needed. The other group continued being treated by their regular doctor.

The people who simultaneously participated in the weight-loss program and therapy saw better results in weight loss and depression symptoms as compared with the control group. The results were modest but underscore the importance of using holistic treatments for co-existing health conditions.





DIURETICS are a class of prescription drug that increases urine production and elimination. They're most often used to treat high blood pressure by removing excess water and sodium from the blood, thereby reducing pressure on the blood vessels—but you will have to visit the bathroom more.

Source: CDC

THE TRUTH ABOUT VAPING

This nicotine habit poses health concerns, especially for kids



Even if you aren't well-versed on vaping, you probably know this much: Its popularity has

grown exponentially in recent years, and questions abound about its safety.

Sales of Juul, the most popular brand of vaping product in the U.S., increased 641 percent from 2016 to 2017, according to the Centers for Disease Control and Prevention. Juul is a battery-powered e-cigarette, shaped like a USB drive, that heats liquid containing nicotine, producing a vapor that users inhale.

"E-cigs are not safe, and they raise particular concerns for youths, because nicotine has been shown to raise the risk of harm to brain development in youths and young adults," says Cliff Douglas, vice president of tobacco control for the American Cancer Society.

He explains the basics of vaping and its dangers.

TRUE OR FALSE: Vaping can be an effective way to stop smoking.

TRUE. Some research indicates that vaping may be at least as effective as nicotine replacement therapy in helping people quit smoking, but it's not approved by the Food and Drug Administration as a cessation strategy, so there's no proof it is safe and effective, Douglas says. That said, the American Cancer Society considers it an improvement if adult smokers who cannot completely quit using nicotine choose to switch to vaping. "Some smokers, despite firm clinician advice, will

YOUTHS AT RISK

Vaping poses the most concern for one of its fastest-growing user groups: young people.

The Food and Drug Administration says that vaping among middle and high school students "increased alarmingly" from 2017 to 2018, with a 48 percent climb among the former group and a 78 percent jump among the latter.

Most vaping products contain nicotine, a substance that's harmful to brain development, which continues until about age 25. Nicotine can have negative effects on young people's attention, learning, mood and impulse control.

Experts acknowledge that vaping is safer than conventional smoking, but "saying something is safer than a cigarette is not really resounding praise for it," says Linda Richter, director of policy research and analysis for the Center on Addiction.

Richter says it's also problematic that e-cigs come in thousands of flavors, from mango and cherry to cream cookie and caramel, because flavored products attract kids. The flavors also make it easier for kids to vape, because they mask the harsh taste of nicotine, Richter says.

DOWNLOAD



For information about how to talk to teens about vaping, visit the Surgeon General's site **e-cig arettes.surgeongeneral.gov** and click "resources." Look for "Parent Tip Sheet."

not attempt to quit smoking cigarettes and will not use FDA-approved cessation medications. These individuals should be encouraged to switch to the least harmful form of tobacco product possible; switching to the exclusive use of e-cigarettes is preferable to continuing to smoke combustible products," the American Cancer Society notes in its position statement on e-cigs. "Of course, these individuals should be regularly advised to completely quit using all tobacco products."

Smoking even a few conventional cigarettes a day has a well-documented relationship to significant increases in the risk of cancer and heart disease. The long-term health effects of vaping are not known.

Douglas says it's important to note that the cessation discussion only applies to adults, not to youths, who are particularly vulnerable to nicotine in any form.

TRUE OR FALSE: Chemicals used to flavor e-cigarettes can be harmful.

→ **TRUE.** Some chemicals found in e-cigs can pose problems, Douglas says. For example, some e-cig flavoring contains the chemical diacetyl, which is linked to a serious lung disease commonly called popcorn lung. That disease (bronchiolitis obliterans) damages small airways in the lungs, causing coughing and shortness of breath.

E-cigs also can contain volatile organic compounds (VOCs) that are linked to adverse health effects ranging from eye, nose and throat irritation to liver and kidney damage. The FDA has warned that some people who vape—particularly young people—experienced seizures afterward.

One of the biggest concerns about vaping is that it's not yet well-studied. Experts do not have a thorough understanding of what chemicals make up the vapor and what effect they might have on health.

TRUE OR FALSE: Vaping is not associated with other tobacco product use.

→ FALSE. When it comes to adults, the connection between vaping and other tobacco use involves a high rate of dual usage—smoking conventional cigarettes and also vaping.

Among young people, those who vape are more likely to progress to smoking conventional cigarettes, Douglas says.

"That raises a significant concern, because vaping is harmful, but cigarette smoking is exponentially worse."

HOW TO HELP A LOVED **ONE WITH ADDICTION**

Chances are, you know someone with a substance use disorder. These five steps could be lifesaving



One in 14 people ages 12 and older had a substance use disorder in the past year, according to a 2017 survey by the Substance Abuse and Mental Health Services Administration. That's 19.7 million Americans, and you probably know at least one of them, though you might not realize it.

"Most families have some relative or friend who has had a problem," says Andrew J. Saxon, MD, chair of the American Psychiatric Association's Council on Addiction Psychiatry. "The problem is very common, and it has very serious effects on one's health, including death."

Drug-related deaths are at an all-time high—largely because of the opioid crisis-according to the National Institute on Drug Abuse, making it more important than ever to help people who are struggling with addiction. Here's how.

Learn to Recognize the Signs

The signs of addiction aren't always obvious, particularly in the beginning. And often, loved ones are the last to recognize an issue, not believing addiction could affect someone so close to them.

"It's definitely possible to miss it," says Saxon, citing a close co-worker who had a substance use problem. "I didn't see it. And I'm supposed to be an expert."

Familiarize yourself with these signs:

- Bloodshot eyes
- Changes in appetite or sleep
- Sudden changes in weight
- ► Deterioration of appearance
- Tremors, slurred speech or impaired coordination
- ▶ Changes in work performance
- Unexplained financial problems
- Mood swings and irritability
- Sudden change in interests or friends
- Unusual hyperactivity or lethargy

Start the Conversation

If you think a loved one is misusing drugs or alcohol, it's time to have a chat. Go in with an open mind and a supportive spirit.

"That can be challenging, because it's very natural for loved ones to be angry or frustrated, making it easy to respond with anger and demands," Saxon says. "But you really need to try and broach the topic in a loving, caring, nonconfrontational way."

Saxon recommends starting simply by acknowledging a change in behavior and asking if everything is OK. Try something like: "Hey, I've noticed you've stopped playing racquetball with Dave, and you just don't seem like yourself. What's going on?"

If your loved one doesn't open up immediately, don't push. Revisit the conversation another time. It may take several tries.

Go to a Meeting

Attend a support group for families of people dealing with drug and alcohol addiction, whether in person or online. Find one through Al-Anon (al-anon.org), Nar-Anon (nar-anon.org) or Families Anonymous (familiesanonymous.org).

Stop Opioid Overdose in Its Tracks

Naloxone is a drug that can reverse the effects of an overdose of heroin or other opioids if administered in time. While it used to be available to physicians and first responders only, legislation in most states has made naloxone available at pharmacies without a prescription. That means you can just walk in and ask for it.

Naloxone is nonaddictive and has few side effects. It's available to the public in a prefilled autoinjector pen or nasal spray. You can learn how to administer the drug by reading the enclosed instructions or watching a video online.

Call 911 if you suspect an opioid overdose, and administer naloxone if you have it on hand.

Signs of opioid overdose include:

- Unresponsiveness
- Pale, gray or clammy skin
- Bluing lips or fingernails
- Very slow, irregular breathing

CALL

- Slow heartbeat
- Tiny pupils

MGH Cares. Help = Hope

If you need addiction treatment, call the 24/7 Indiana Addiction Hotline at **800-662-HELP (4357)** for a referral to a stateapproved agency. "That would be one free and readily available way to get advice and to hear what other people have done," Saxon says.

Talk to a Professional

Saxon suggests making an appointment with a behavioral health provider, psychiatrist or psychologist to discuss your loved one's behavior.

"They may say, 'Hey, that does sound like an issue. Let's see if we can get your family member to come in [for a visit]," he says.

If that doesn't work, at least you'll have a professional to talk to about the effect your loved one's addiction is having on you.

Be Available, but Protect Yourself

If repeated attempts fail to get your loved one to admit there's a problem, Saxon suggests focusing on caring for yourself by seeking support, distancing yourself if you feel unsafe and never getting in the car with someone who is under the influence. Dealing with a loved one's substance abuse is not only worrisome and stressful, but it also can be dangerous. Some people become aggressive and even violent when under the influence.

"It might involve making changes in the relationship, including temporary marital separation," Saxon says. But that doesn't mean you can't still offer support.

"Continue with repeated supportive messages," he says. "Say, 'I love you, and I care about you. If you're willing, I will assist you in finding help."

FREAK OUT OR CHILL OUT?

If your child is going through the whirlwind of puberty, you might feel overwhelmed, too. Here's how to know when to see a doctor and when to just breathe deeply

Pimples, mood swings, body odor and that first period: There's a lot going on when your tween or teen hits puberty. This multiyear process of sexual, physical and emotional maturation can start anywhere from ages 8 to 13 in girls and about one year later in boys. Not only might you be having your own teen flashbacks, but you also may not be sure of what's normal medically.

"Puberty is a transitional process that I see as a quite beautiful time period, one in which a young person grows tremendously—the only time they grow more is during their first year of life," says pediatrician and research scientist Maria Trent, MD, MPH, president of the board of directors of the Society for Adolescent Health and section chair on adolescent health for the American Academy of Pediatrics. Along with her positive outlook, Trent offers suggestions about when to call the doctor and when to relax. My 8-year-old daughter has just a single, tender lump under one nipple. Is it possible to just have a single breast bud at first (rather than two), or is it some kind of cyst or growth?

IT'S LIKELY A BREAST BUD. These are one of the first signs of puberty for girls, and they can show up as early as age 8. It's also common for one side to develop first. "Sometimes it's tender, and it can be more so if a kid plays with it a lot, but this is well within the range of normal," Trent says.

My preteen has become so moody—the smallest problems can turn into huge dramas with almost no warning. This morning, she couldn't find her favorite earrings and sobbed in her room. Does this mean it's time to see a psychologist?

NOT NECESSARILY. "Some moodiness, a little bit of attitude, mixed in with bright, overflowing joy from one day



But if your child is exhibiting signs such as isolation, thoughts of self-harm, a drop in grades or waning interest in things previously enjoyed, start with a pediatrician visit. "We can speak to them





Watch, Learn and Laugh

Amaze.org is an online hub of fun, engaging videos on many topics related to sexuality, including puberty. The videos include titles such as "Figuring Out Who You Are" and "Period Hygiene."

> dermatologist. The provider can suggest solutions such as stronger topical products (like retinoids or antibiotics) or oral medications.

My daughter is 15 and has not gotten her first period. Is she just a late bloomer, or does she need to see a doctor?

SEE A DOCTOR. The average age for the first menstrual cycle is around 12 $\frac{1}{2}$. Having no period by age 15 is outside the normal range.

"We would want to check her height—since when menses occurs, the adult levels of estrogen can close growth plates—and also look for pubic hair, breast buds and breast development," Trent says.

An intensely athletic lifestyle and reproductive, endocrine or eating disorders can all cause lack of menstruation, so it's important to see a physician to help sort it out.

expected and what's a potential problem when parenting an adolescent.

privately and screen them for depression, and refer to a psychologist if needed," she says.

My teen is starting to break out in pimples. Should he see a doctor or try over-the-counter medicines first?

IT DEPENDS. According to joint guidelines from the American Academy of Pediatrics and the American Acne

and Rosacea Society, for a patient with mild acne, over-the-counter medicines, especially those containing benzoyl peroxide, may be effective; it doesn't hurt to try them first.

It's hard to know what's

Acne, however, can cause physical scarring and psychological distress. If the pimples are especially large or painful or leaving permanent marks, or if your child is feeling upset about his appearance, make an appointment with your pediatrician or a pediatric

> AT A GLANCE BY STEPHANIE THURROTT

REPAIRING The Heart

Surgery can solve a range of cardiac problems

People with heart disease, heart failure, valve problems and other cardiac conditions might find relief through heart surgery. And today, surgeons can perform many operations on the heart with minimally invasive techniques, says Timothy Gardner, MD, a heart surgeon and past president of the American Heart Association. These procedures have results that compare with open-heart surgery, but with smaller incisions, less pain and quicker recovery times.

Of course, sometimes open-heart surgery is still required. If you or a loved one needs heart surgery, your doctor can talk to you about the pros and cons of these techniques.

Here are some of the most frequently performed heart surgeries.

WEBSITE

Looking for More Info on Heart Surgeries?

Visit **heart.org** and search for "heart surgery." You'll learn about conditions that can be treated with heart surgery and how the operations help hearts work better.

DEFIBRILLATOR INSERTION

Defibrillators are devices that can typically be inserted with minimally invasive techniques. They shock your heart back to a normal rhythm if it's beating fast or erratically. They aren't placed as often as pacemakers, but they can be used to treat people at risk for sudden cardiac arrest.



STENT PLACEMENT

Some blockages can be cleared with stents, implantable mesh tubes that help keep plaque pushed against the sides of an artery so blood can flow freely. Stents are typically placed with minimally invasive techniques.



BIRTH DEFECT TREATMENT

Surgeons can correct a range of congenital heart problems. They may operate on newborns, children or adults, depending on the condition and its effects.

-M-_

PACEMAKER INSERTION

These devices regulate the heartbeat. Surgeons make a small incision where they insert the pacemaker via a catheter (a thin, flexible tube). They also insert the battery pack that powers the pacemaker.



AORTIC ANEURYSM REPAIR OR REPLACEMENT

Surgeons can treat a weak or bulging area on the main artery leading away from the heart. Left unmanaged, these weak spots can result in a burst artery, causing life-threatening complications.



VALVE REPAIR OR REPLACEMENT

The heart's valves ensure that blood flows through your heart in the right direction. Sometimes people are born with valve problems that get worse over time. In other cases, an infection can cause the heart valve to malfunction. Doctors can surgically repair or replace heart valves.



CORONARY BYPASS

Blockages in the arteries coming out of the heart can cause severe chest pain and heart attacks. With a coronary bypass, surgeons take a blood vessel from elsewhere in the body, often the leg, and attach it above and below the blockage, allowing blood to bypass the blockage. Other blood vessels in your leg take over the blood flow for the one that was removed.

IN THE MARKET BY ALLISON THOMAS

THREE WAYS WITH **TURNIPS**

One thing you can say for certain about turnips is that they tend to keep a

low profile. (Sorry—a little root vegetable humor there.) But seriously speaking, turnip greens have slowly begun to enter the mainstream along with trendy leafy veggies kale, chard and arugula. But turnips themselves? Not so much. We're here to help change that by introducing you to the well-rounded marvel that is the turnip.

First, there are its impressive nutritional stats: "One medium turnip contains more than half of your daily recommended intake for vitamin C," says Rahaf Al Bochi, RDN, LD, spokeswoman for the Academy of Nutrition and Dietetics. "They're also high in fiber." A medium turnip contains 2 grams of fiber, 8 grams of carbohydrates and 35 calories.

Then, there is the turnip's versatility. Not only can their greens and roots be eaten, but turnips also hold up well through various cooking methods and make a great substitute for potatoes, Al Bochi says. Here are three delicious ways to enjoy them:

PICKLE THEM PINK.

"I'm originally from Syria, and pickled turnips are really popular there, as well as across the Middle East," Al Bochi says. "They're generally pink because they're pickled along with beets, but you can also pickle them alone, as you would a cucumber."

MAKE TURNIP FRIES.

Slice turnips in strips (just as you would with a potato) and bake them with a little olive oil and your favorite seasonings at 425 degrees for about 20 minutes. "Be sure not to overcrowd the pan, so you get a good roast," Al Bochi says.

🔰 GO RAW IN SLAW.

Raw turnips have a slightly spicy flavor that offers a tangy twist on traditional slaw. Start by shredding your turnips using a grater or food processor, then add your favorite veggies, like shredded carrots, cabbage or Brussels sprouts. Finally, dress with a light vinaigrette and top with sliced almonds (or sunflower or pumpkin seeds).



TURNIP TRIVIA

Want to get to know turnips? Here are four fun facts.

► THEY'RE MORE CLOSELY RELATED TO BROCCOLI THAN

POTATOES. "While turnips are generally grouped with other root vegetables, they're actually a member of the cruciferous family, along with Brussels sprouts and broccoli," says Rahaf Al Bochi, RDN, LD, spokeswoman for the Academy of Nutrition and Dietetics. "Cruciferous vegetables can help reduce inflammation and have been linked to a reduced risk of cancer."

► THERE ARE SEVERAL VARIETIES. Some are sweeter, while others have a stronger flavor; the purple-top variety is the most common.

► THEY'RE NOT JUST FOR PEOPLE. Turnips are sometimes grown as feed for livestock.

► THEY WERE THE ORIGINAL JACK-O'-LANTERN. In Ireland, people carved them to ward off evil spirits during Samhain, or Celtic Halloween.

WEBSITE

Maximize Food Freshness

Wondering how long your turnips will keep in the fridge? (About two weeks.) Learn about safe storage practices for other vegetables as well as meat, grains, condiments and baby food at **foodsafety**. **gov/keep/foodkeeperapp**.

HEALTH BY THE NUMBERS by allison thomas



Supplement Your Bone Strength

Osteoporosis is a disease that involves progressive bone loss, and it's associated with a greater risk of fractures. It's a serious health concern that affects millions of Americans, yet it's also one that frequently goes undiagnosed.

"It's kind of a silent disease; you don't really feel the effects until you suffer a fracture," says Evan Nigh, MD, spokesman for the American Academy of Orthopaedic Surgeons. Nigh recently led a study of National Health and Nutrition Examination Survey data that found 80.8 percent of people with an osteoporosis diagnosis don't get the calcium and vitamin D supplementation needed to help lower their fracture risk.

This is in part because people tend to view osteoporosis as a normal side effect of aging and accept the diagnosis without realizing they can treat it, he says.

Nigh's study also found that just 14 percent of people who'd had a hip fracture were getting the supplementation they needed.

And it's not just women who are affected—men can get osteoporosis, as well. Nigh recommends that both women and men older than 50 start a conversation with their physicians about vitamin D and calcium supplementation, even if no signs of bone loss are present.

"They may also want to ask for vitamin D levels in their blood to be checked to see if they're deficient," he says.



Let's Talk Bone Health

Learn more about bone health and how to preserve yours by listening to the National Osteoporosis Foundation's Bone Talk podcast. Find episodes at **bonetalk.org**.

ILLUSTRATIONS BY GETTY IMAGES

2019 MGH NURSING AWARDS

Exceptional Nurses

Meet the 2019 MGH Nursing Award winners BY TERRI COUSE

> ach year, one of the highlights of National Hospital and Healthcare Week at Marion General Hospital is the nomination, voting and selection process for the Nursing Awards. The awards give nurses the opportunity to recognize their peers for providing excellent care to patients.

A wonderfully talented nursing workforce has always been a source of pride for Marion General Hospital. Nurses work hand in hand with others on the care team to provide high-quality, safe, compassionate, extraordinary care.

Here are the 2019 winners. >

2019 MGH NURSING AWARDS



Rochelle Smiley, **RN** Nursing Administration

Rochelle uses her experience in an intensive care unit in a large tertiary care hospital with a strong infection control program to help build the program at Marion General Hospital. She was instrumental in writing the protocol for reviewing the need for a central catheter line each day. She used her creative skills to write infection control orientation manuals for volunteers and providers. She is willing to be flexible and help move patients. In spite of the fact that she is a mom of four young kids, she gets her hours in by working office days in infection control, and she is frequently seen covering house supervision on nights and weekends, and even staffing units when the need is dire. The greatest thing about Rochelle is her concern for her fellow nurses and having great patient care at MGH.



Angie Wimsatt, RN Critical Care

Angie is a caring and competent critical thinker, a team player with integrity, an effective communicator and a dependable person—these are important traits that go into the making of a great nurse. She works long hours in critical care delivering the highest quality of care to patients and their families. Angie is the perfect balance of tough love and nurture, making her a well-balanced leader and team player. She is a strong resource for the most critical patients at Marion General Hospital, and she has a sixth sense for detecting early clinical deterioration in patients and swiftly expediting care and communicating with providers to avoid tragic outcomes. Nurses and providers trust her judgment calls and critical thinking skills.

NATIONAL NURSES DAY AT MGH



Employees enjoy breakfast, compliments of nursing staff, while celebrating National Nurses Day at MGH. Audra Pierce, administrative director of critical care, left, and Cindy Futrell, chief nursing officer, join the celebration of MGH nurses.





Stephanie Gray, RN, CD Nutritional Services

Stephanie is a phenomenal resource for staff as a dietitian. She is called upon for information on handling patients' special diets or requests, educating staff on nutritional topics and more. As the director for the café, she has great ideas and accommodates her team as they recognize MGH staff's special events and assists as they set up a meal for a speaker's engagement. She is full of ideas on how to treat or motivate our patients. Stephanie is passionate about helping Marion General Hospital transform the health of our community. This year, Stephanie has been a major participant in helping educate our community about the importance of better dietary habits to reduce disease risk. She creates a positive environment that is fun to work in, and she brings a wealth of knowledge to many situations.



Michelle Hart, NP-C Family Medicine Center – Northwood

Michelle is always upbeat and wears a warm and friendly smile. Her patients continually say positive things about their encounters with her in the office and how she is an effective communicator. With the opening of MGH Express and transition of employing our emergency room providers, Michelle has been willing to meet the needs of our community. She has been proactive in effectively managing Marion General Hospital's provider resources by working shifts at MGH Express and in the emergency room on days she is not in the clinic. Michelle demonstrates what it means to be patientcentered. She is an asset to MGH and is appreciated for all the ways she has grown in her nursing profession and continues to contribute to the organization and community.



Staff from the anticoagulation and congestive heart failure clinic have fun during the superhero-themed Nurses Day celebration.



Tim George and Ed Breen from WBAT-AM radio broadcast live from the MGH cafeteria on Nurses Day, interviewing award winners, staff and leadership.

Steadfast SERVICE

MGH honors employees who have enjoyed long careers at the hospital BY TERRI COUSE

very year in May, as part of National Hospital and Healthcare Week, Marion General Hospital hosts a dinner to recognize employees celebrating five to 45 years of service.

Dedicated and compassionate, professional and knowledgeable, these employees exemplify the strength of the 1,200 who care for our Healthcare Community each day.

MGH appreciates all of its long-term employees for the loyalty, knowledge and expertise they bring to the hospital. They are key to providing care, whether they serve patients and families directly or support co-workers who do. We must never lose sight of the reason we're here: to serve our patients. It's a calling we proudly answer every day.



Want to Work at MGH?

Visit **www.mgh.net** and click "Careers" to search for jobs at Marion General Hospital.



From left: Stephanie Hilton-Siebert, president/CEO, and Kathy Breedlove.



Front row, from left: Kathleen Stanley and David Carmichael. Back row: Stephanie Hilton-Siebert, president/CEO. Not pictured: Sue Austin and Kelley Hochstetler.



Front row, from left: Penny Sluder and Jessica Muncy. Back row: Stephanie Hilton-Siebert, president/CEO. Not pictured: Cynthia Canida-Woodward, Bryan Griffith, Joan Moss and Vickie Stevens.



Front row, from left: Polly Worl, Joe Beck and Deborah Rigsbee. Back row, from left: Cynthia Johnson, Stephanie Hilton-Siebert, president/CEO, and Joy McFarren.



From left: Stephanie Hilton-Siebert, president/CEO, and Deann O'Banion. Not pictured: Kelly Goken.

Healing Is in the Air

Hyperbaric oxygen therapy expands wound treatment options at MGH

BY TERRI COUSE

ADVANCED Ound Ostomy Hyperbaric MEDICINE CENTER veryone has heard that time heals all wounds, but Marion General Hospital knows that without advanced therapies, some wounds can take months or even years to heal. As part of its commitment to provide high-quality, comprehensive healthcare, MGH has added hyperbaric medicine to its wound and ostomy service line to help people with hard-to-heal or nonhealing wounds reclaim their quality of life.

A team of physicians and nurses takes a multidisciplinary, integrated approach to treatment plans that are customized to each patient's needs. Rather than have people travel long distances to receive this advanced level of wound care, the Hyperbaric Medicine Center's new program brings the latest techniques close to home. These advanced wound healing services are a fine complement to the quality care already available at MGH.

What is hyperbaric oxygen therapy?

Hyperbaric oxygen (HBO) therapy is a medical treatment used for conditions such as diabetic foot ulcers and chronic wounds. It may be the primary treatment for some disorders but is often used as part of a combined program involving nursing care, dressing changes, surgical debridement, medications and nutrition.

During HBO therapy, a person is placed in a clear acrylic chamber that is pressurized with 100 percent pure oxygen up to three times normal air pressure. This increases the oxygen level in the blood and ultimately in the body tissues, which promotes healing.

What is the experience like?

HBO therapy is virtually pain-free. People lie comfortably in the chamber. They can listen to music, watch television or movies or nap if they wish. During certain stages of the treatment, they may experience a sensation of fullness in the ears. This is similar to what's experienced while flying in an airplane



People who enter the hyperbaric oxygen chamber receive pressurized oxygen that promotes wound healing. The treatment is prescribed by a physician and performed under medical supervision.

or driving down a mountain as the eardrum responds to changes in pressure.

Hyperbaric oxygen treatments typically last 90 to 120 minutes and are administered usually once a day, five days a week. HBO therapy is prescribed by a physician and performed under medical supervision. Like all medical treatments and procedures, there are some risks associated with HBO therapy—these risks are rare and will be discussed in detail before starting therapy. Overall, hyperbaric oxygen therapy is extremely safe.

What services are offered at MGH?

The center houses two hyperbaric oxygen chambers and is available through a referral from a provider. The provider

is responsible for the patient's general medical management and works closely with the team of HBO therapy specialists.

"A popular saying in wound care is we are treating the whole patient



V. Chowdry Pinnamaneni, MD, medical director, MGH Advanced Wound Ostomy & Hyperbaric Medicine Center

and not just the hole in the patient," says V. Chowdry Pinnamaneni, MD, medical director of the Advanced Wound Ostomy & Hyperbaric Medicine Center. "All of our staff are trained in HBO, ensuring our patients have the best, safest and most comprehensive care right here at home, in Grant County."



Ask About This Treatment at MGH

For more information about hyperbaric oxygen therapy at MGH, visit **www.mgh.net/ services/wound-center** or call the Advanced Wound Ostomy & Hyperbaric Medicine Center at **765-660-6670**.

COMMUNITY CONNECTIONS

EVENTS & ACTIVITIES

Continuous education programs and support groups

CLASSES DIABETES

Classes are offered monthly. Physician referral is required. For more information, call diabetes education at 765-660-6690.

FREEDOM FROM SMOKING

Call Paige Linger at 765-660-6557 or email paige.linger@mgh.net.

PRENATAL EDUCATION

Classes provided in conjunction with Family Service Society Inc. Class times vary. Call 765-660-7893 or visit www.mgh.net for more information.

SAFE SLEEP CLASSES

Expectant parents and parents or caregivers of children younger than age 1 are invited to learn how to provide a safe sleep environment. Call 765-660-7893. **Dates:** Meets the third Thursday of each month

Time: 4:30–5:30 p.m.

Location: South Marion Medical Building, conference room, 1410 W. Bella Drive

COMMUNITY SERVICE CAR SEAT SAFETY

Free service for parents and caregivers for inspection, fitting and instructions on proper installation of a child car seat. (Both child and car seat must be at inspection.) Call 765-660-6860 for an appointment.

Date/Time: By appointment only **Location:** MGH Parking Garage, 441 N. Wabash Ave.

SUPPORT GROUPS

(All support groups are free) BARIATRIC SUPPORT GROUP

Support group for people who have had bariatric surgery or are interested in bariatric surgery, as well as those who are participating or wish to participate in medically supervised weight loss. Call 765-660-7133 for more information. **Dates:** Meets the third Thursday of each month (does not meet in December) **Time:** 6:30–8 p.m.

Location: MGH 330 Building, Conference Rooms 1–2, 330 N. Wabash Ave.

CANCER SUPPORT GROUP

For patients and families affected by cancer. Call 765-660-7800. **Dates:** Meets the third Tuesday of each month **Time:** 5–6 p.m. **Location:** MGH Cancer Center, 831 N. Theatre Drive

NEW MOM GROUP

A safe place to find support from other new and expectant mothers. Infant weight checks, feeding and nutrition, safety issues and postpartum depression are a few topics covered. Refreshments available. Call 765-660-6866. **Dates:** Meets every Tuesday **Time:** 11 a.m.–12:30 p.m. **Location:** South Marion Medical Building, conference room, 1410 W. Bella Drive

TRAUMATIC BRAIN INJURY SUPPORT GROUP

Caregivers and survivors of all types of head injuries welcome. Discuss daily challenges of injured patients and their caregivers as they relate to independent living and returning to the workplace. The main focus is on providing social support. Call Ann Miller at 765-660-6360 for more information.

Dates: Meets the second Tuesday of each month

Time: 6:30–8 p.m. Location: MGH Fifth Floor, Conference Room B, 441 N. Wabash Ave. ■



Come Learn with Us

To register or learn more about our programs, please call the numbers listed or visit **www.mgh.net** (click "Events").





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> 7 Days a Week 8 AM - 8 PM

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