

PULSE BEAT

YOUR HEALTH, YOUR LIFE

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GOT SLEEP?
COFFEE AND
YOUR HEALTH

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15 MINUTES

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Spring Cleaning and

ASTHMA



If you or a loved one suffer from asthma, clearing dust from your home may seem like a good idea. But what you clean your home with can make all the difference.

Many cleaning supplies contain chemicals, including volatile organic compounds (VOCs), that can aggravate asthma and other respiratory illnesses. VOCs can be found in chlorine bleach, detergent, rug and upholstery cleaners, and furniture and floor polish.

How can you clean your home and keep your lungs safe? The American Lung Association recommends using baking soda for scrubbing and a mix of vinegar and water to clean glass and other surfaces. Looking for organic cleaning products? The Environmental Working Group offers a "Guide to Healthy Cleaning" at ewg.org/guides/cleaners.

BREWING *Health Benefits*



Good news for coffee lovers — regular consumption of coffee may provide significant health benefits, including:

- **Decreased risk of depression.** A study by the National Institutes of Health found those who drink four or more cups of coffee daily are 10 percent less likely to be depressed.
- **Delayed Alzheimer's disease onset.** Researchers from the University of South Florida and the University of Miami found that people older than 65 who consumed higher levels of caffeine develop Alzheimer's disease two to four years later than those with lower caffeine intake.
- **Reduced risk of cancer.** According to the Harvard School of Public Health, coffee drinkers are less likely to develop liver, breast, colon and rectal cancers.

What You Need to Know About

DVT

DEEP VEIN THROMBOSIS (DVT) IS A SERIOUS CONCERN FOR SOME LONG-DISTANCE TRAVELERS. ARE YOU AT RISK?



DVT occurs when a clot, or thrombus, forms in the deep veins of the thigh or lower leg. When this happens, the clot can break loose, lodge in your lungs and stop blood flow, causing a medical emergency known as a pulmonary embolism. Symptoms of DVT include pain and swelling in the legs, but some people may not experience any symptoms.

While DVT is commonly associated with flying and extended travel, it can affect anyone who sits or is immobile for long periods of time.

KNOW YOUR RISK

By understanding your risk for DVT, you can greatly reduce your chances of experiencing a clotting-related event.

Some risk factors, such as a family or personal history, can't be modified. However, you can greatly decrease your chance of developing DVT by quitting smoking and maintaining a healthy weight. Pregnancy and the use of hormonal birth control or hormone replacement therapy are also risk factors for the condition.

Talk with your doctor about your health history and personal risk of DVT before long flights, car trips or extended travel. He or she may advise you to wear compression stockings when sitting for long periods of time and to move around regularly to keep blood flowing.

Do you know your risk for DVT? Your primary care doctor or cardiologist can keep you in the know. Call (541) 988-6330 to schedule an appointment.

GO WITH THE FLOW

Minimize your risk of deep vein thrombosis (DVT) when traveling with these tips.

- If you're on a long flight, get up and walk around the cabin when appropriate. Engage the muscles of the legs when you're sitting by extending one leg at a time out in front of you. Moving and walking keeps blood flowing in the limbs. If you're taking a long road trip, stop frequently to stretch your legs.
- Take the opportunity to fight leg fatigue during long layovers or delays by exploring the terminal if you're stuck in an airport.
- Your doctor may recommend wearing compression socks or stockings to minimize the risk of DVT when traveling for extended periods of time. Even if they're not prescribed, lighter compression socks and tights may feel good, reduce swelling and keep blood flowing on long flights.

15 Minutes of HEALTH

BUSY, BUSY, BUSY. THAT SEEMS TO BE AMERICA'S MANTRA. WITH OUR CONSTANT RACE AGAINST THE CLOCK, HOW CAN ANYONE FIND TIME FOR HEALTH? TRY THESE IDEAS TO BOOST YOUR PHYSICAL AND MENTAL WELL-BEING IN 15 MINUTES OR LESS.



AT HOME

EAT

HAVE BREAKFAST OUTDOORS.

We all know eating a well-balanced breakfast is crucial to your health, but why outside? A 2014 study by researchers at Northwestern University found that people who are exposed to bright morning sunlight have lower body mass indexes (BMIs) than those who aren't. Researchers believe morning light exposure keeps your metabolism in sync, helping you burn more fat throughout the day.

PLAY

TOUCH YOUR TOES.

Stretching increases blood flow to your whole body, helping you feel more awake and alert. Staying loose also helps counteract your physical response to stressors so you can remain relaxed and pain-free as the day wears on. To get the most benefit, follow the American College of Sports Medicine's guidelines for static stretching: Hold each stretch for between 15 and 30 seconds, repeating three to five times on both sides of the body.

RELAX

MIND YOUR Xs AND Os.

Giving your spouse a hug and a kiss when you get home from work isn't just good for your marriage. It's also great for your physical and mental health. Affectionate physical contact lowers blood pressure and heart rate and releases feel-good hormones that kill stress and negative feelings. Showing affection to any loved one can have the same effect, so give a bear hug to your kids, your friends — even your neighbors.

FACE FIRST

YOU MAY HAVE YOUR DAD'S EYES, YOUR MOM'S SMILE AND YOUR GREAT UNCLE BERNIE'S NOSE, BUT HOW YOU TAKE CARE OF YOUR FEATURES IS ALL YOU. TRY THESE TIPS TO KEEP YOUR FACE HAPPY AND HEALTHY:



The American Optometric Association recommends turning your eyes away from your screen every 20 minutes and focusing on objects farther away for 20 seconds. This reduces your risk for eyestrain and computer vision syndrome.



Nosebleeds become more common after age 50. To prevent them, the American Academy of Otolaryngology – Head and Neck Surgery recommends swabbing the lining of your nose three times a day with petroleum jelly.



Regular flossing helps prevent gum disease, which — according to the American Dental Association (ADA) — is associated with a lower risk of cardiovascular disease. Yet only half of Americans floss every day, according to the ADA. To help you remember, keep your floss on your nightstand rather than in your medicine cabinet.

AT WORK

STOCK YOUR SNACK STASH.

It's hard to resist that box of doughnuts in the conference room, especially when it's 3 p.m. and your stomach is growling. Keep healthy snacks in your desk drawer to satisfy your urge to indulge. Your snack stash can include unsalted mixed nuts, granola bars, or peanut butter and whole-wheat crackers. To avoid weight gain, keep your snacking to 150 calories or less in the morning and afternoon.

TAKE A STAND.

Researchers at the Lawrence Berkeley National Laboratory found that moderate-intensity walking reduced people's risk for hypertension, high cholesterol and diabetes nearly as much as vigorous running did. Getting up from your desk, stretching and walking around for 10 minutes is one of the easiest things you can do to prevent long-term health problems.

JUST BREATHE.

One of our first physiological responses to stress is shallow breathing. You may not even notice yourself doing it, which is why it's important to perform breathing checks throughout your workday. Remind yourself to take deep, slow breaths, inhaling through your nose and exhaling through your mouth.

AT PLAY

TAKE A SALAD DETOUR.

When dining out, order a healthy salad as your side and pause midway through your main meal to eat it — taking care to eat as slowly as possible. According to the Academy of Nutrition and Dietetics, it takes about 20 minutes for your stomach to tell your brain it's full. Stopping halfway through dinner to crunch on your greens will give your brain more time to catch up. After your salad, you may just decide to save the second half of that burger for a takeout box.

DON'T PARK IT AT THE PARK.

When you take your kids or grandkids to the playground, don't let them have all the fun. If allowed, swing, climb and slide along with them, or go for a brisk stroll around the perimeter of the park while they play. For people who weigh around 150 pounds, every 15 minutes of vigorous walking burns approximately 115 calories. The more you weigh, the more you'll burn.

LAUGH OUT LOUD.

Listen to a podcast of your favorite comedian when you're walking or driving. Aside from reducing stress, research shows that laughing can temporarily increase antibodies in the mucous lining the nose and respiratory passages. More antibodies mean a stronger immune system, which can help protect you from seasonal illness.

Medication

MUST-KNOWS

AS YOU AGE, IT MAY SEEM AS IF THE NUMBER OF PILL BOTTLES ON YOUR DRESSER IS MULTIPLYING. HOW CAN YOU KEEP TRACK OF YOUR MEDICATIONS?

SIDESTEPPING FOOD-DRUG INTERACTIONS

Certain foods reduce the effectiveness of prescriptions or cause potentially dangerous side effects. Here are a few to watch:

- **Caffeine** — According to the U.S. Food and Drug Administration (FDA), caffeine can enhance the stimulant effects of medications used to treat attention deficit hyperactivity disorder and counteract sleep aids.
- **Grapefruits and pomegranates** — These fruits affect the way your body absorbs certain medications, including prescriptions for high blood pressure and high cholesterol levels.
- **Chocolate** — The FDA reports that chocolate, along with sausage, pepperoni, salami, bologna and aged cheese, interacts with a class of drugs known as monoamine oxidase inhibitors, which treat depression, and can cause dangerous spikes in blood pressure.
- **Vitamin K** — Commonly found in leafy green vegetables, such as kale, vitamin K reduces the effectiveness of blood thinners used to prevent stroke, according to the American Heart Association.

Follow these tips to help take the hassle out of medication management.

1. Create a medication record that lists your prescriptions, vitamins and frequently used over-the-counter remedies. For each item, include:

- prescribed dosage
- special instructions — Should the drug be taken with food or on an empty stomach? Do you need to take the medicine at a certain time each day?
- the drug's name
- the reason you take it

The National Institutes of Health recommends storing one copy of your medication record with your medications and carrying a copy in your wallet for easy access during doctor's appointments.

2. Routinely discuss your medications with your doctor. Bring your medication record or pill bottles to each visit. This helps reduce the likelihood of drug interactions and other complications. Prepare a list of questions you would like to address, and let your doctor know if you're experiencing side effects. Never stop taking a medication without talking with your doctor.

3. Organize your pills. Dispensers or organizers allow you to group medicines based on when you take them. Most pill dispensers contain compartments for each day of the week or month, and some also provide compartments for different times of the day. If you don't have a pill organizer, the National Institutes of Health recommends using markers or stickers to color code your pill bottles in order to help you easily determine which medicines are needed when.

To find an internal medicine doctor who can answer your medication questions, visit McKweb.com and use the "Find-A-Doctor" feature.



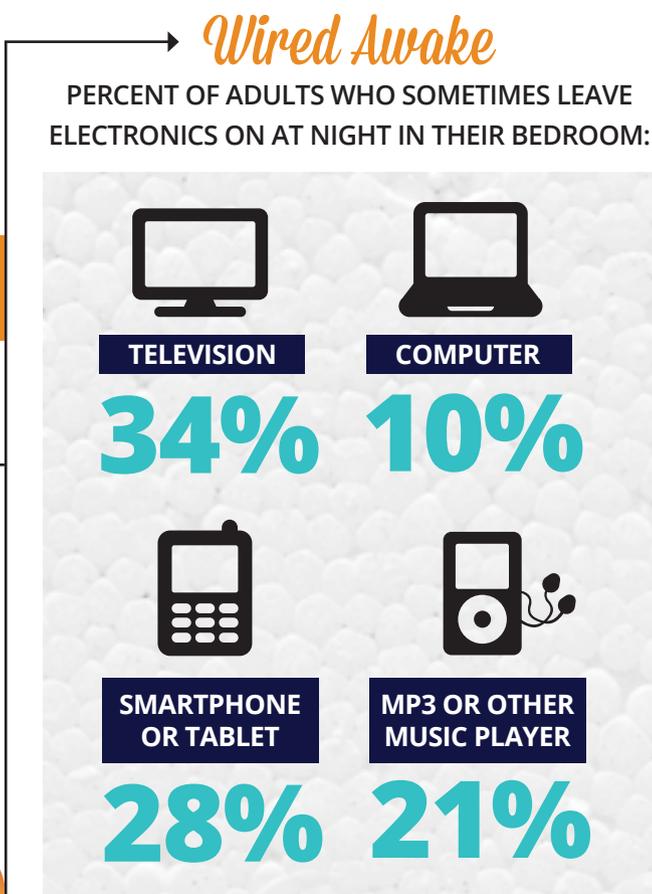
THE SECRET TO A *Good Night's Sleep*

DEEP, RESTORATIVE SLEEP DOESN'T HAVE TO BE ELUSIVE.

We're a nation of toss-and-turners. According to the National Sleep Foundation (NSF), more than half of American adults say they have trouble falling asleep or frequently wake during the night several nights a week. Even those whose sleep is peaceful aren't getting enough of it. A 2013 Gallup poll found that 40 percent of Americans slept an average of six hours or fewer each night, less than the seven to eight hours recommended by the NSF.

If you're restless and easily awoken at night, or frequently wake up in the morning feeling groggy, you may have poor sleep habits. Think back on your previous seven nights of sleep — or start a sleep diary for the coming week — and use this checklist to identify any sleep improvements you can make:

- I slept at least seven hours most nights.
- I consistently went to bed and woke up at the same times.
- I went to bed when I started feeling sleepy but before I was overly sleepy.
- I stopped looking at screens (TV, phone, computer, tablet) at least an hour before bed.
- I performed my usual sleep "cues" (brushing teeth, putting on pajamas, light reading, etc.) each night.
- I stopped drinking caffeine after lunch and alcohol after dinner.
- I exercised for at least 30 minutes each day.
- I didn't have any stressful or negative emotional interactions before bed.
- I didn't snack before bed.



* Source: 2014 Sleep in America Poll, Gallup

Did You Know? **SEVENTY**

According to the Centers for Disease Control and Prevention, there are more than 70 known sleep disorders.

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