

PULSE BEAT

YOUR HEALTH, YOUR LIFE

TAILORING YOUR TAILGATE

Eat to Win

SMART HABITS FOR
**MODERN
CONVENIENCES**

**CARBONATED
BEVERAGES:**
GOOD, BETTER, BEST

4 REASONS to Put Down Your Phone

Occasionally disconnecting from your smartphone benefits your health. Here's why.

1. Smartphones are hard on your musculoskeletal system. Text neck — back, neck and shoulder pain linked to constantly looking down at your phone — and thumb tendonitis from too much texting are just a few of the overuse injuries linked to frequent smartphone use.

Smartphones distract you from your surroundings. Injuries from falling down stairs, running into objects and stepping into traffic are on the rise as people spend more time using their smartphones while commuting on foot, according to the American Academy of Orthopaedic Surgeons.

3. Smartphones are a haven for germs. Studies have found that phones harbor viruses and bacteria, if not cleaned regularly.

Smartphones interfere with getting things done. A study published in the *Journal of the Association for Consumer Research* found that having your smartphone within reach — even if the device is off — can drain your brain power.

Conclusion: To prevent these pitfalls, be choosy about when and how often you use your phone.



Do you have neck, back, or shoulder pain? Visit McKWeb.com to find an orthopedist near you.

TIME FOR A SMART SPEAKER?

Smart speakers let you access information, listen to music, make purchases and even control the lights and temperature in your home using voice commands. They're convenient, but are they safe?

Just like with any electronic device, hacking is a possibility. Safeguard your information with these do's and don'ts:



Do enable settings that require you to enter a PIN number or password before making purchases.



Don't connect your smart speaker to unsecured Wi-Fi networks.



Do take home security off-line. For example, Symantec warns against using smart speakers to control automated door locks.



TAKE ACTION AGAINST DISTRACTION

Text messages, emails, phone calls and social media alerts, digital distractions are part of everyday life. As your attention is pulled in competing directions, you may feel like you have an ever-shortening attention span. Restore your ability to focus with these attention-span-boosting strategies:

- **Finish one task at a time.** Multitasking can harm your productivity and increase the likelihood of mistakes, according to the American Psychological Association.
- **Practice mindfulness.** A recent *Journal of Cognitive Enhancement*-published study found that performing meditation-based exercises may help improve reaction time and attention.
- **Time tasks based on peak productivity when possible.** Focus is typically highest in the morning and wanes in the early to mid-afternoon before rising again in early evening.



AT LAST

PAIN-RELIEF

Chronic pain shouldn't keep you from the things you love.



When pain persists after an injury or stems from a cause that isn't easily identifiable or treatable, it can become chronic and last for several months to several years. Potential triggers for chronic pain include arthritis, cancer, headaches or migraines, nerve damage, and previous surgeries, injuries or infections, according to the American Academy of Family Physicians.

TAKE BACK YOUR LIFE

Opioids aren't the only treatment for chronic pain. Other remedies and lifestyle changes that can help you feel better include:

- **exercise therapy** — Prescribed exercise programs not only help relieve pain but also address problems with posture or muscle weakness that may contribute to pain, according to the Centers for Disease Control and Prevention. Low-impact activities, including walking, swimming, yoga and tai chi, are among the exercises physicians may recommend to ease low back, arthritis or fibromyalgia pain.
- **injections and nonopioid medications** — Over-the-counter and prescription remedies range from ibuprofen and acetaminophen to steroids, antidepressants and seizure medications. Epidural, corticosteroid or nerve block injections may also be part of your treatment plan, depending on the source of your pain.
- **massage, acupuncture and spinal stimulation** — These complementary therapies may be especially beneficial for those with low-back pain, according to the National Center for Complementary and Integrative Health.
- **surgery** — Back pain, headaches and facial pain from nerve damage and other conditions are among the types of pain managed with surgical solutions, according to the American Association of Neurological Surgeons.
- **weight loss** — Reducing the amount of weight on your joints can ease arthritis pain and slow progression of joint damage.

Review your symptoms with your physician to find out the possible source of your pain and the right way to manage it.



Need help finding a pain management specialist? Visit McKWeb.com and use the "Find A Doctor" tool to search for a specialist near you.

Fast Fact


More than 100 million Americans — close to roughly one-third of the U.S. population — have pain that persists over weeks and years, according to the National Institute of Neurological Disorders and Stroke.

STUDY UP ON YOUR MEDS

Taking your medications as prescribed is critical to getting better. To make sure you and your doctor are on the same page, the National Library of Medicine recommends asking these questions every time you receive a new prescription.


- 1. Why should I take this medication?** You need to know the name of the condition your physician is hoping to address and understand how the medication will help you — for example, by regulating blood sugar, relieving back pain or lowering blood pressure.
- 2. Are there any side effects?** Learn which warning signs may point to an allergy or other potentially harmful reaction.
- 3. Can this drug interact with other medications or food?** Review the names of all supplements, over-the-counter medications and prescription drugs you take with your physician. Make sure it's OK to continue taking these remedies and also ask if you should avoid alcohol or certain foods while using the new prescription.

Patient results may vary. Consult your doctor about the benefits and risks of any surgical procedure or treatment.



Some people trace the history of tailgating in America to the early days of the Civil War, when Washington, D.C., residents took food to enjoy while watching the First Battle of Bull Run outside the city.

Your Playbook for a **HEALTHIER TAILGATE**



Tailgates are an annual autumn ritual for football fans, but that doesn't mean this year's menu has to consist of the same old salty, fatty fare. It's time for a more nutritious lineup.

Fall weekends wouldn't be the same without friends and family gathered outside your team's football stadium, laughing, tossing footballs, making predictions for the upcoming game and of course, enjoying lots of food. Typically, tailgate food is hearty, but far from heart-friendly — burgers, hot dogs, beef chili, fried chicken, chips, dips and cakes, to name a few. The feast is always enjoyable, but it leaves you longing to follow your team's example and go with a new, better-for-you game plan from time to time.

Don't let fears of overturning tradition or disappointing your guests' taste buds stop you from having a healthier tailgate. Change can be refreshing, and you don't have to sacrifice taste by prioritizing health. Use these sure-to-score plays to revamp your tailgate.

**1****1ST DOWN: THE DRAW**

The big draw at any tailgate is often grilled beef or pork, or fried chicken. It's time for leaner options to have their day in the sun — and on your plate. Substitute ground turkey or salmon burgers and sliders for the beef varieties and be sure to use whole-grain buns. Instead of hot dogs and bratwurst, let guests make their own skewers of turkey or chicken, tomatoes, onions, bell peppers, squash, and any other ingredients you can think of. Soak chicken breasts in your favorite marinade the night before and then grill them at the tailgate as healthy swaps for fried chicken. Using a marinade or rub to flavor meat will help you cut down on the use of salt.

2**2ND DOWN: THE OPTION**

A good tailgate includes plenty of side dishes to complement the main course. At a typical tailgate, it's easy to overindulge in the bevy of snackable side dishes, such as chips, macaroni and cheese, rolls, baked beans, and potato salad. That's why it's important to provide a variety of healthy options, such as grape tomatoes, carrot sticks, broccoli florets and cucumber slices for dipping, as well as baked chips with salsa or guacamole. A fruit salad can make for a colorful and refreshing change of pace, especially on hot, early-season game days when fall hasn't quite yet arrived.

3**3RD DOWN: THE COUNTER**

Counter plays are designed to fool opponents. Your guests will be delightfully surprised when dessert comes from the grill instead of a cake carrier or cookie sheet. A variety of fruits lend themselves to grilling, including peaches, apples, pineapples and pears. Eaten warm off the grill, these fruits are a treat for any sweet tooth. If you prefer your dessert cold and have a small, portable refrigerator, dip strawberries in dark chocolate and let them chill for 15 minutes before enjoying.

4**4TH DOWN: THE TOSS**

To wash down all of that delicious, healthy food, toss out beer, sodas and sports drinks in favor of water that's anything but boring. Fill several large pitchers with water and add a few lemon, lime or orange slices to give it a crisp, refreshing taste.



If you are interested in healthier tailgate recipes, call (541) 293-1614 and leave your name and address. We will mail recipes to you.

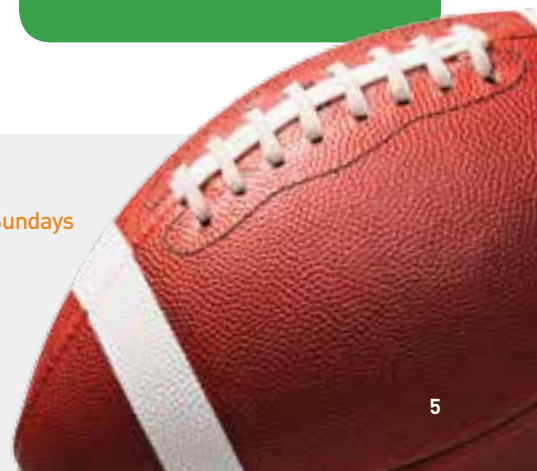
VICTORY OVER DEFEAT

Whether a nail-biter or a blowout, a loss by your favorite team can be hard to take — and, potentially, harmful to your health. The likelihood of heart attacks and deadly traffic accidents rises after a sports defeat, according to the co-author of a study of NFL fans that found a link between losing and unhealthy eating. Don't let passion for your team put you at risk after every loss. Use these tips to handle the agony of defeat:

- **Place sports in perspective.** It's OK to identify closely with your team, but it shouldn't be your whole identity. When your favorite squad loses, remember that it's only a game, and that there are other things that make your life rich. Focusing on them will lessen the sting of the loss.
- **Resist the temptation to binge on junk food.** In a 2013 study, researchers found that NFL fans' total calorie consumption and saturated fat intake rose by 10 percent and 16 percent, respectively, after losses by their team. The next time your side goes down in defeat, reach for a healthy snack — and enjoy in moderation.
- **Take a cue from your on-field heroes.** Many successful athletes adopt a short-term memory — they don't relish wins or lament losses for long. Instead, they prepare for the next contest.
- **Think of defeat as a prelude to victory.** True fans stick with their team through thick and thin. In the wake of a crushing loss, think how much sweeter the moment of triumph will be because of the temporary bitterness of defeat.

EXTRA POINT: THE PLAY-ACTION

Tailgating is built around food, but there is much more to it than enjoying the spread. Football Saturdays and Sundays are for making memories with loved ones, and a great way to do that is by getting active. Don't just sit around snacking and watching TV at your tailgate — toss a football, play cornhole or take a walk to meet your fellow tailgaters and see what they're cooking. Staying on the move burns calories, reduces screen time, keeps you connected to what's going on around you and calms the jitters you may feel ahead of kickoff. Then again, with all the fun you have tailgating, you may forget there's a game to watch.



Can You Spot HEART DISEASE?

You likely know that chest pain is a sign of heart disease, but that telltale symptom isn't the only one that should be on your radar.

Warning signs of serious diseases can show up in places you'd least expect. For example, signs of impending heart disease, heart attack and stroke may cause noticeable changes in your:

- **breath** — Bad breath is one potential sign of gum disease, which may increase your risk of heart disease and stroke, according to the American Academy of Periodontology.
- **ears** — Having a diagonal crease on your ear lobe, known as Frank's sign, has previously been associated with a greater risk of heart and peripheral vascular disease. A recent study published in *The American Journal of Medicine* found that Frank's sign may also be a predictive warning of ischemic stroke.
- **eyes** — Plaque can cause blockages in all arteries that carry blood from your heart to your body, including the arteries that supply blood to your retina and optic nerve, according to the American Academy of Ophthalmology. Your eye doctor can spot changes associated with these blockages and other problems during your eye exam.
- **jaw** — Pain in your jaw is one of several surprising symptoms you may experience during a heart attack.
- **legs** — Swelling, pain or numbness in your ankles, feet and lower legs can point to heart-disease-associated poor circulation, according to the U.S. National Library of Medicine.
- **stomach** — Nausea with or without vomiting is another sometimes overlooked heart attack symptom.

In addition to these lesser-known symptoms, chest pain, back pain, fatigue, shortness of breath and breaking out in a cold sweat are associated with heart disease and heart attack.

Fast Fact

More than 45 percent of heart attacks are silent, which means they don't cause chest pain or other easily recognizable symptoms, according to a 2016 study published in *Circulation*.



Concerned that you may need to see a cardiologist, call McKenzie Heart Group at (541) 293-1227.

PROTECT YOUR HEART

Nearly 50 percent of Americans have at least one key risk factor for heart disease, according to the Centers for Disease Control and Prevention. Factors that may affect your heart health include:

- 1. your age** — As you age, your risk of heart disease naturally increases.
- 2. your lifestyle** — You're at higher risk if you smoke, don't exercise often or need to lose a few pounds.
- 3. your family history** — The National Heart, Lung, and Blood Institute reports that if your father or brother had a heart attack before age 55 or your mom or sister had a heart attack before age 65, you may also develop heart disease.
- 4. your medical history** — Having diabetes or high cholesterol and blood pressure levels increases your likelihood of heart disease. Women who experienced complications during pregnancy, such as pre-eclampsia, also have an elevated risk.

Fizzy LOGIC

Learn whether your favorite carbonated drink falls flat or is a bubble above the rest with this guide.

FIZZY FAILURES

Drinks in this category typically have more than 30 grams of sugar per 12 oz. serving.

- cola
- energy drinks
- ginger ale and tonic water
- sparkling juices

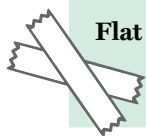


Flat Fact: As few as two energy drinks can put you over the U.S. Food and Drug Administration's daily recommended limit of 400mg of caffeine.

FIZZLE OF THE PACK

These drinks are an improvement, but more research needs to be done about artificial sweeteners to determine their effects on the body.

- diet sodas
- diet sparkling juices
- no-calorie soft drinks



Flat Fact: Drinking two or more artificially sweetened sodas daily has been linked to a 30 percent or more decline in kidney function in women in a study performed by Harvard Medical School.

FIZZY FREEDOM

No calories. No sugar. No caffeine. No problem.

- club soda
- mineral water
- seltzer water



Flat Fact: The American Dental Association has found that most sparkling water is just fine for your teeth. However, if you enjoy adding lemon or indulging in citrus-flavored varieties, do so sparingly — citric acid can damage the enamel in your teeth.



If you are concerned about your carbonated drink intake, check with your primary care physician (PCP). If you need a PCP, visit McKWeb.com and use the "Find A Doctor" tool to locate a physician near you.



According to the American Heart Association:

- Men should consume no more than 36 grams of sugar daily.
- Women should consume no more than 25 grams of sugar daily.

WANT TO READ MORE?

Visit McKWeb.com/signup to receive other health and wellness articles and register for our eNewsletter.

McKenzie-Willamette Medical Center complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex. For more information, see link on our home page at McKWeb.com. Attention: If you do not speak English, language assistance services, free of charge, are available to you. Call (541) 726-4400 (TTY: (541) 741-4604).

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (541) 726-4400 (TTY: (541) 741-4604).

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số (541) 726-4400. (TTY: (541) 741-4604).

VOLUME 10 • ISSUE 3 | **Want More?** Visit McKWeb.com/signup to sign up for our eNewsletter! | McKWeb.com

McKenzie-Willamette Medical Center is owned in part by physicians.

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

Next Steps »»»» FOR «««« JOINT PAIN

If you thought you'd need a joint replacement
"someday," how do you know if someday is today?

Replacement joints now last longer — from 10 to 15 years to as long as 20 in some cases, according to the National Library of Medicine — offering younger patients years of pain-free living. You may be ready if:

- nonsurgical treatments, such as physical therapy and pain management, are not providing relief
- X-rays and other tests confirm damage to the joint
- your physician determines surgery is your best option



If you are considering joint replacement and have questions, call our Joint Replacement Program Manager at (541) 293-1138. She will be happy to assist you.

Patient results may vary. Consult your doctor about the benefits and risks of any surgical procedure or treatment.