

PULSE BEAT

YOUR HEALTH, YOUR LIFE

ECOTHERAPY:

Walk Away From
Your Worries

HEALTH TIPS FOR
NAILS, SKIN AND SUN

SHAKING SODIUM
OUT OF YOUR DIET



McKenzie-Willamette
MEDICAL CENTER

IF YOUR **Nails** COULD TALK

It's normal to clip the occasional hangnail or catch your fingertip in a door. However, you should keep an eye out for the following nail symptoms that could point to more serious medical conditions:

- **Darkened cuticles and colored streaks** that develop on nails are called Hutchinson's nail sign. They can indicate that you have melanoma, the most aggressive form of skin cancer.
- **Splinter hemorrhages** are red streaks in the nail bed and may signal an infected heart valve, especially if you haven't injured your nail recently.
- Heart conditions and lung diseases can cause **clubbing of the fingernails**. Clubbing symptoms include softening of the nail beds, bulging fingertips and increased nail curvature.
- **Brittle nails** and nails that split away from the skin can be signs of an underactive or overactive thyroid. They can also signal the development of psoriasis, a skin disease that causes redness and irritation.

If your nails exhibit any of these signs or if they don't look normal to you, don't hesitate to contact your medical provider.

Source: National Library of Medicine

Know Your **ABCDEs**

Detecting skin cancer doesn't require a complicated screening or exam. One of the best ways to detect melanoma early is by checking your skin once a month for one or more of these features:

- **ASYMMETRY** — The mole or birthmark has mismatched parts.
- **BORDER** — The edges of the spot are blurred, notched, jagged or irregular.
- **COLOR** — The color changes throughout the mole and may contain shades of brown, black, and — less frequently — white, red, pink or blue.
- **DIAMETER** — The mole or birthmark is wider than a quarter of an inch.
- **EVOLVING** — The color, size or shape of the spot changes over time.

Use both a full-length mirror and a hand-held mirror to check your entire body, including areas that are difficult to see. Ask your doctor about any concerning developments.

Source: American Cancer Society

Sun PROTECTION



Protect your eyes and skin from sun damage all year round by:

applying sunscreen with an sun protection factor (SPF) of 30 or greater to all exposed skin areas

wearing sunglasses that block 99 percent or more of the sun's ultraviolet (UV) rays



dressing in clothes that cover more of your skin, especially if their labels display a UV protection factor (UPF) of 30 or higher

choosing hats with brims that are at least three inches wide



Source: Skin Cancer Foundation

DEEP DIVE INTO WOUND CARE

Some of the basic principles of wound healing have been known since 2000 B.C.

If you lived in ancient Egypt, chances are good any wounds you experienced would be painted green. In addition to the color representing life, green paint contained copper, which killed bacteria in the wound and fought infection. Fortunately, wound care therapies have grown by leaps and bounds in the intervening years.

HEALING WITH OXYGEN

While the concept of wound healing was introduced more than 4,000 years ago, modern wound care treatments weren't developed until the 20th century. Perhaps one of the most important advances is hyperbaric oxygen therapy.

The first time hyperbaric oxygen therapy was used in the United States, it wasn't to heal wounds — it was to treat the flu. It lit a spark in the minds of physicians, however, and a few decades later the U.S. Navy used it to treat its divers suffering from

decompression sickness. Hyperbaric oxygen therapy is good for slow-healing wounds because it is typically done in a pressurized chamber or room, which allows the blood to carry more oxygen.

OTHER THERAPIES

Modern wound care treatments benefit a wide range of people, including those with pressure or radiation sores, slow-healing surgical wounds, foot ulcers, or other nonhealing wounds, such as those due to diabetes. In addition to hyperbaric oxygen therapy, other wound care treatments include:

- artificial skin grafts
- compression stockings to improve blood flow
- debridement, which removes dead skin and tissue
- negative pressure therapy
- ultrasound waves

Your doctor can determine the best treatment method for your wound.



DIABETES AND WOUND HEALING

Anyone who lives with diabetes should be alert to the risk of developing a foot ulcer — a slow-healing wound or sore, most often located on the bottom of the foot. The high blood sugar that typifies diabetes also causes red blood cells to work less efficiently, and blood vessels to narrow. Because of this, any wounds on extremities, such as the feet, don't receive enough oxygen and nutrients to heal properly.

Often, people with diabetes don't realize they have wounds on their feet and lower legs due to a condition called diabetic neuropathy. Uncontrolled blood sugar affects the nerves in these areas, leading to loss of sensation, so unless someone examines their feet regularly — a practice recommended for anyone with diabetes — they may not feel pain from any blisters or wounds, or heat from developing infections. Unnoticed wounds can be left untreated for extended periods, causing serious complications.



If you have slow-healing wounds, McKenzie Wound Care may be able to help you. Please call (541) 716-5813 to schedule an appointment.

Fast Fact

One interesting — and effective — early wound care treatment was honey. Used by both the ancient Egyptians and Indians thousands of years ago, honey has antibacterial properties and is still part of some wound care treatments today.



OUTDOOR Rx

Whether you prefer exercising outdoors, meditating in a natural setting or simply working in your garden, ecotherapy — healing time spent in the natural world — offers something for everyone.

In the 1980s, Harvard University biologist Edward O. Wilson, PhD, presented a concept called “biophilia” in which he argued that humans have an innate love of and connection to nature. Today, scientific research shows that connection has numerous positive effects on our health.

A slightly unconventional practice called ecotherapy is becoming more commonly used as part of mental health treatment in the United States. Used to treat many conditions, including depression and anxiety, ecotherapy works to address a wide variety of stressors through outdoor activities including adventure therapy, meditating in nature, working in gardens and on farms, playing with animals and getting involved in conservation activities.

CALL OF THE WILD

Have you ever been sitting at your desk at work and noticed you felt completely unable to focus? Next time that happens, try taking a walk outside. Even a brief period spent experiencing the sights and sounds of plants and animals improves your ability to concentrate and renews your reserves of patience.

This phenomenon of directed attention fatigue is similar to attention deficit/hyperactivity disorder (ADHD), present in both children and adults. While spending time in natural environments benefits

everyone, researchers believe people with ADHD may especially see results.

LEAVE YOUR TROUBLES OUTSIDE

Approximately 85 percent of Americans don’t have access to forests, according to the New York State Department of Environmental Conservation, but everyone can reap the benefits of being in nature. Spending time in a park or garden, or strolling down a sidewalk lined with trees, provides some of the same benefits as walking through a traditional forest — inner calm and feelings of well-being.

About 350 million people suffer from depression worldwide. Treatment options for most are psychotherapy, medication or a combination of both. Ecotherapy is a treatment option that most people can access at little to no cost.

Researchers at the University of Essex found a walk in a park improved feelings of depression in about three-fourths of participants, and 90 percent felt a higher level of esteem.

Ready to take a walk for better health? Talk with your doctor about the potential benefit of getting outside and enjoying green spaces.



MORE MELATONIN

When you were younger, did your parents ever send you outside to run around and exhaust yourself? Apparently, they were on the right track. This approach works for adults, too, but it isn't just the exercise that makes you sleep better at night.

Experiencing natural light and its fluctuations prompts your body to produce melatonin, a hormone that helps your body maintain a healthy sleep cycle. Adequate sleep is important — not only for feeling rested but also for things like concentration, proper judgment and memory.

When your body produces enough melatonin, you're more likely to sleep deeply through the night. A good night's sleep allows your brain to process the things you learned and did that day, consolidating memories and allowing you to retain new information.

TAKE A FOREST BATH

Don't worry — you don't need a swimsuit or towel for this adventure. Forest bathing, also known as shinrin-yoku, is a Japanese healing method that refers to the act of simply spending time in the forest. It's not hiking or adventuring with any real destination in mind. You aren't trying to get somewhere. You're there to absorb the experience of being in nature.

The concept of shinrin-yoku is an important part of preventive healthcare in Japan and South Korea today and is supported by extensive research.

Known benefits include:

- better mood
- better sleep
- higher energy levels
- improved healing after surgery or illness
- lower blood pressure
- lower stress levels

Whether forest therapy is offered near you or not, you can practice shinrin-yoku on your own. Find a park or hiking trail nearby, ideally where you can be covered by a tree canopy, and set aside some time to meander and be present in the greenery that surrounds you.

NOTHING TO Shrug Off

Shoulder problems can occur suddenly or over time, and they can significantly affect your daily life. That's why it's important to know how to recognize and prevent them.

Here's a primer on some common conditions that can affect one of the body's workhorse joints.

ROTATOR CUFF TEARS

Made up of four muscles and tendons, the rotator cuff connects the shoulder blade to the humerus bone of the upper arm and is partly responsible for the shoulder's range of motion. When one of the tissues tears, often due to decades of use, it can be painful to raise or lower your arm and lay on the shoulder at night. Shoulder-specific stretches and exercises can help prevent rotator cuff tears by making the tissues stronger and more flexible.

SPRAINS

Sprains most commonly affect the ligaments of the AC joint, one of four joints of the shoulder. The force from a blow, fall or collision can stretch or tear those tissues, causing swelling at the collarbone and pain with movement. When playing contact sports or doing chores around the home that have a high risk of falls, such as cleaning the gutters, consider wearing a shoulder brace or padding for protection.

TENDINITIS

Variety is the spice of life, and for the shoulder, it's an important part of health. Repeating the same motion over hours and days — think repainting the rooms of your home or lifting boxes overhead — can irritate the tendons of the shoulder, causing tenderness and pain. It's important to take breaks in repetitive activities or, if possible, avoid painful ones altogether. Strength and flexibility exercises can help the shoulders better withstand heavy use.



Shoulder pain got you down? To find an orthopedic surgeon who can discuss treatment options with you, visit McKWeb.com and use the "Find A Doctor" tool.

In people older than 40, torn rotator cuffs tend to occur due to wear and tear on the tendons. When the injuries happen in younger adults, falls or other accidents are usually to blame, according to the American Academy of Orthopaedic Surgeons.



SHOULDER SURGERY GOES SMALL

Around eight in 10 people with torn rotator cuffs find symptom relief through rest, over-the-counter pain relievers, activity changes and other nonsurgical options, according to the American Academy of Orthopaedic Surgeons. If an operation is necessary, however, it may not be as big as you think.

For certain patients, especially those whose rotator cuff tears aren't extensive, a minimally invasive, typically outpatient procedure called

arthroscopy may be an option. During the operation, a surgeon makes several small incisions instead of a large one and uses a scope fitted with a camera to see inside the joint. The surgeon uses small instruments that fit into the incisions to reattach the torn tendon to the bone. Arthroscopy patients tend to have less pain and recover faster than open-surgery patients.

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



Sneaky SODIUM

Too much sodium can cause high blood pressure and put your heart at risk. Learn how sodium finds its way into your food and how you can avoid it.

Ideal Intake



Adults should consume **fewer than 2,300mg** of sodium every day.



To **MAXIMIZE** **HEALTH BENEFITS**, adults should limit their daily sodium intake to **1,500mg a day or less**.



▶ People need fewer than **500mg of sodium** a day for their bodies to function properly.



Source: American Heart Association

So Much Sodium

▶ Average Americans consume **more than 3,400mg** of sodium daily.



>75%

MORE THAN 75 PERCENT of consumed sodium comes from prepackaged, processed and restaurant food — not table salt.



Many products — like chain pizza — contain **more sodium in the U.S.** than in other countries.



Source: Centers for Disease Control & Prevention

See Ya, Sodium

Prepare fresh meals and **avoid prepackaged, processed and restaurant foods** to cut most sodium out of your diet.



Check the **NUTRITION FACTS LABEL** for foods with 5 percent Daily Value of sodium or less and products marked “low sodium.”

Gradually **reduce your sodium intake** and

use spices

to help your taste buds adjust.



Source: U.S. Food and Drug Administration



Too much sodium can cause high blood pressure and put your heart at risk. Visit McKenzieHeartCare.com/Web and take the preventive screening quiz to check out your heart health.

WANT TO READ MORE?

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

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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).

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The Clock Is TICKING

If you experience any of these symptoms, call 911.

Knowing the warning signs of heart attack can help save your life. Every minute counts.

You know your own body better than anyone. Listen to it, and visit the emergency room if you experience any unusual symptoms, such as:

- breathing problems that linger
- chest pain or discomfort
- cold sweat
- dizziness
- nausea and vomiting
- upper body pain



Count on the nationally Accredited Chest Pain Center at McKenzie-Willamette Medical Center. For more information about our emergency services, visit McKWeb.com.

We work diligently to have you initially seen by a medical professional within 30 minutes of your arrival in the ER.