

Health, Mind & Body

January 2016
A Special Supplement to
FAIRBORN DAILY HERALD
XENIA DAILY GAZETTE
BEAVERCREEK NEWS CURRENT

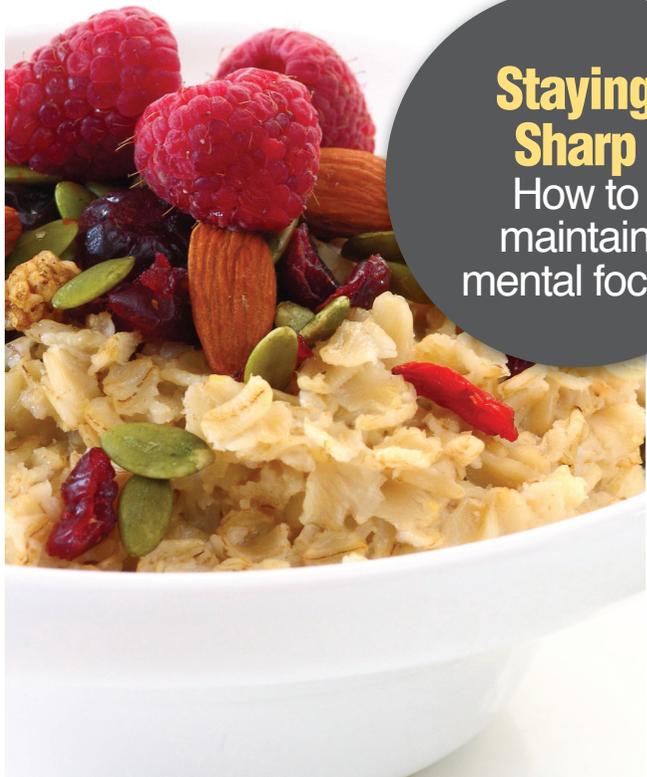
Live Long and Healthy

These healthy habits
can have a lasting impact

A New You

Exercise tips for
beginners

**Staying
Sharp**
How to
maintain
mental focus



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Healthy Habits that can have a lasting impact

Working past retirement age may help some men and women stay more mentally sharp.

A long and healthy life is the ultimate goal for many people. While a host of factors beyond a person's control, such as genetics, impact how long that person lives and how susceptible to certain medical conditions he or she may be, there are many things men and women can do to improve their chances of living long, healthy lives.

Keep working. While many working men and women dream of the day when they can leave the daily grind behind once and for all, they might want to think more about a second

career than a long, carefree retirement. A study from British researchers published in the *International Journal of Geriatric Psychiatry* found that each extra year that men and women work was associated with a six-week delay in the onset of dementia. While men and women may want to retire from their professions, finding second careers or volunteering close to full-time hours may improve their long-term health and quality of life.

Stay on your toes. A healthy diet is a key component of a healthy lifestyle, but diet alone is not enough to promote a long and healthy life. According to the Johns Hopkins Medicine Health Library, the risks associated with a physically inactive lifestyle are considerable. Such risks include a greater risk of developing high blood pressure and coronary heart disease and even a greater risk for certain cancers. In addition, physical inactivity can add to feelings of anxiety and depression. Inactivity tends to increase with age, so men and women aiming for long and healthy lives should make physical activity a vital part of their daily lives.

Get your whole grains. Whole grains may be another key ingredient to a long and healthy life. Numerous studies have shown that increasing whole grain consumption can help prevent the onset of type 2 diabetes. Researchers who

conducted a systematic review of studies examining the link between whole grains and type 2 diabetes prevention in 2007 found that eating an extra two servings of whole grains per day decreased a person's risk of developing type 2 diabetes by 21 percent. That's an important finding, as additional research has found that people with diabetes have an increased risk of developing Alzheimer's disease, a neurodegenerative condition that can dramatically reduce quality of life.

Visit your physician annually if not more frequently. While many people, especially those who feel healthy, are hesitant to visit their physicians, doing so may just save your life. Several diseases, including cancer and heart disease, are more effectively treated when detected early. Annual physicals and discussions with your physician may uncover a disease in its early stages when it is most treatable. Waiting until symptoms appear may not be too late to treat a condition or disease, but taking a proactive approach increases the likelihood of early detection, which increases your chances of living a long and healthy life.

Healthy habits improve peoples' quality of life while also increasing the likelihood that men and women live long, healthy and productive lives.

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Exercise tips for beginners



Stretching after a workout can improve flexibility and help muscles work more effectively.

The right combination of diet and exercise is one of the keys to a long and healthy life. While many people find adapting to a healthier diet challenging, that challenge often pales in comparison to the intimidation felt when working out for the first time in years.

Exercising after an extended period of inactivity may intimidate people who choose to workout at gyms, where fellow gym members may appear to be in tip-top shape. Overcoming that intimidation factor can be as simple as working out with a friend or working with a personal trainer, each of whom can offer the support and guidance beginners need when reacclimatizing themselves to more active lifestyles. In addition to the buddy system, beginners can employ the following strategies to make their return to exercise go as smoothly as possible.

Gradually build up your exercise tolerance. When you exercise, your body releases neurotransmitters known as endorphins, which trigger positive feelings in the body. Those positive feelings can be addictive, but it's important that beginners do not go too hard

too quickly when beginning a new exercise regimen. Gradually build up your exercise tolerance, exercising two or three days per week and taking a day off between workouts when you start. As your body becomes more acclimated to exercise, you can start to workout more and with more intensity.

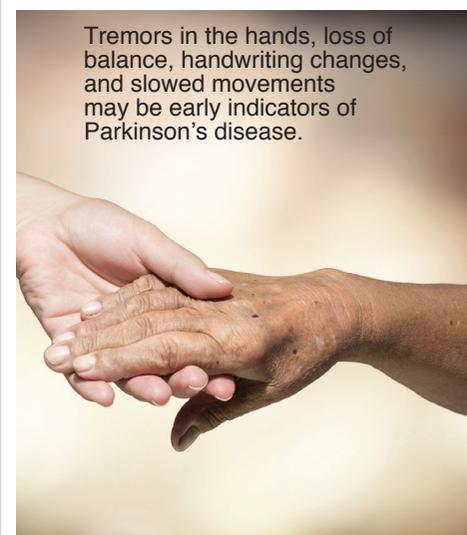
Stretch after working out. Stretching can improve flexibility, and that may decrease your risk of future injury. In addition, improved flexibility may improve your exercise performance by improving your range of motion and helping your muscles work more effectively. Muscles contract during a workout, and stretching after workouts can help reset those muscles to their natural position. Include both static stretching and foam rolling in your post-workout stretching routine.

Find a routine that works for you. Many men and women feel they must sign up for a gym membership upon resolving to adopt a more active lifestyle. While gyms afford you the opportunity to strength train and get in your cardiovascular exercise, they're not for everyone. The best approach and the one that's likely to be most successful over the long haul is to find an exercise routine that engages you and that you find enjoyable. If the gym is not for you, try to find a routine that still includes both strength training and cardiovascular exercise. Strength training can make your body more durable, and cardiovascular exercise can reduce your risk for various health problems, including heart disease.

Track your progress. One way to stay motivated is to keep track of your progress. If you're working out but not monitoring your results, you may not feel like you're getting anywhere. Keep a workout diary, tracking both your successes and failures, so you can see what's working and what's not. The longer you stay committed to your workout routine, the greater the likelihood that you will be tracking more successes than failures, and those successes can provide the motivation to keep you going on those inevitable days when you want to skip workouts.

Returning to exercise after an extended period of inactivity can be quite the challenge, but it's nothing motivated men and women cannot overcome.

Parkinson's disease: Recognize early onset symptoms



Tremors in the hands, loss of balance, handwriting changes, and slowed movements may be early indicators of Parkinson's disease.

Parkinson's disease is a neurological movement disorder. Classic motor symptoms, such as tremor, rigidity and extreme slowness of movements and reflexes, called bradykinesia, are typically used to identify Parkinson's. However, identification of other, more subtle symptoms may help identify the disease years before more obvious motor conditions present themselves. Since Parkinson's is a chronic and progressive neurological disease, symptoms are often mild at the onset, becoming more severe over time. Initial symptoms may be so subtle that they're even difficult for specialists to detect, according to the The Michael J. Fox Foundation for Parkinson's Research. Symptoms also may be different for some patients than others and may progress at different paces.

Dopamine loss is a major contributor to the onset of Parkinson's disease. Dopamine controls movement and mood, so when dopamine is affected, walking, talking and writing can be impacted. Depression or anxiety may accompany other symptoms.

The National Institutes of Health says Parkinson's disease affects as many as 500,000 people in the United States. An early diagnosis may help improve quality of life and delay the onset of greater motor issues. Here's what to look for and discuss with a doctor.

Micrographia and other handwriting issues occur. Those with Parkinson's disease may start experiencing changes in their handwriting. Penmanship may look cramped, and letters tend to be smaller than normal

(micrographia). Individuals may find it difficult to hold a pen and write.

Tremors take place in a limb. Tremors usually begin in the hands or fingers and may even mimic a pill-rolling technique, which is a tremor between the thumb and forefinger. Tremors usually occur when the limb is at rest.

Pace or activities slow down. Parkinson's disease may reduce one's ability to move and may slow down movements. An early symptom may be a noticeable slowing down in steps or ability to react to something, like a ball being thrown one's way. Some with Parkinson's may drag their feet or shuffle as they walk or find it difficult to get out of a chair.

Loss of automatic movements and functions can occur. Difficulty with unconscious movements, such as blinking, smiling or even swinging arms, may occur when a person has Parkinson's disease. Movements may be uncoordinated and stiff. Increased salivation and perspiration also may be indicators.

Poor balance and loss of posture may develop. People with Parkinson's disease may hunch over more and more and be unable to stand up straight. Balance issues, such as greater incidences of falls or being able to tip over more easily, may occur.

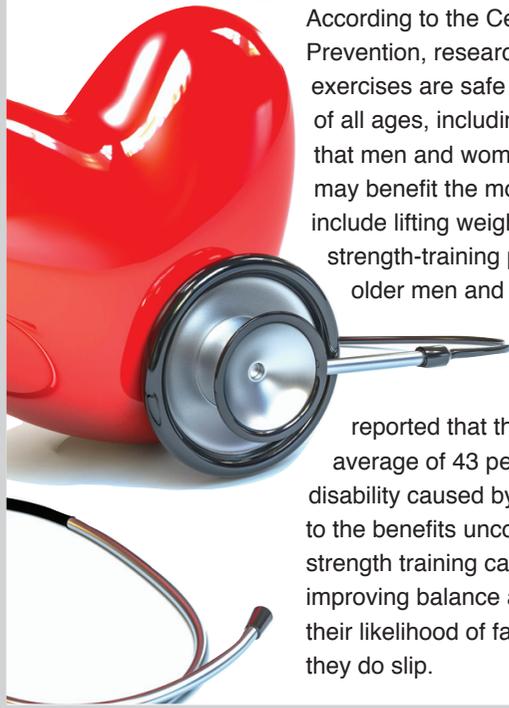
Speech can change. Changes in speech can begin, including hesitating before speaking, slurring words or speaking in a monotone voice.

Others may notice a masked face. This describes a vacant or fixed stare and lack of facial animation.

Sleep issues may increase. Parkinson's disease can affect sleeping patterns and behaviors. People with Parkinson's may experience vivid dreams and nightmares, as well as an inability to stay asleep. Daytime drowsiness may also occur.

Parkinson's disease is rare, and symptoms that mimic those of Parkinson's may be caused by other conditions. However, if you or someone you know is experiencing repeated symptoms of any of the ones described here, speak with your general practitioner or a neurologist.

Did you know?



According to the Centers for Disease Control and Prevention, research has shown that strengthening exercises are safe and effective for men and women of all ages, including seniors. The CDC also notes that men and women with heart disease or arthritis may benefit the most from exercise regimens that include lifting weights several times per week. A strength-training program at Tufts University enlisted older men and women with moderate to severe knee osteoarthritis. The program lasted 16 weeks, and by the end of those 16 weeks, participants reported that their pain had decreased by an average of 43 percent while also decreasing the disability caused by their conditions. In addition to the benefits uncovered in the Tufts program, strength training can benefit older men and women by improving balance and flexibility, which can decrease their likelihood of falling and the severity of those falls if they do slip.

How to fight post-workout fatigue

Many people begin an exercise regimen to fight the kind of fatigue that can result from a sedentary lifestyle. But what about the fatigue that can settle in after a workout? Post-workout fatigue may be a byproduct of several things, but the good news is that combatting exhaustion after a workout can be somewhat simple.

Don't push yourself so hard. Many people, especially those who have resolved to be more physically active, make the mistake of pushing themselves too hard during a workout. While it's great to break a sweat when exercising, you don't want to be so tired after a workout that you have no energy. One of the benefits of routine exercise is that it makes active men and women feel more energized, so if your workout is having an adverse effect on your energy levels you might be going too hard. Endurance is something that builds over time, and as you grow more acclimated to exercise, you likely won't feel as fatigued. If you are not new to physical activity but still feel drained after your workouts, lower the intensity of your workouts and take more brief breaks between exercises and repetitions when strength training.

Revisit your workout schedule. Your post-workout fatigue may be a byproduct of when you are working out. While early morning workouts boost many people's energy levels throughout the day, that's not the case for everyone, especially people who tend to function more effectively later in the day. If you like to workout at night but are finding it difficult to sleep at night, you might be more suited to working out earlier in the day. Conventional wisdom has long suggested that working out at night can negatively affect sleep, but the University of Pittsburgh Medical Center notes that the best time of day to

workout varies from individual to individual based on each person's circadian rhythm. Simply put, adults who want to find the best time of day to workout may need to do some trial and error. In addition, recognize that exercising daily is more important than when you exercise, so find the time that's right for you and stick with it.

Drink water before working out.

Dehydration can have a very negative impact on your energy levels, so working out while dehydrated may tire your muscles out before you even lift a single weight, and that fatigue may still be present post-workout. If you workout in the evening after work, then drink enough water during the day so your muscles are not dehydrated when you hit the gym.

If you like working out in the early morning, give your body some time to hydrate between getting out of bed and beginning your workout.

Eat right after working out. Some people find they are very hungry after working out, while others do not. But eating after a workout is a good idea. Protein helps muscles recover and grow after a workout, and that recovery can help combat post-workout fatigue. If you do not typically feel hungry after working out, as little as 10 to 20 grams of protein can do the trick. A single serving of Greek yogurt provides roughly 17 grams of protein, and that won't make you feel full.


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How to maintain mental focus

The technological advancements made in the 21st century have undoubtedly made life easier in many ways, but this golden age of gadgets has not come without some negative side effects. Thanks to the near-constant availability of the Internet and devices like smartphones and tablets, many men and women find it difficult to maintain their focus throughout the day. But while such distractions are never too far away, there are some ways to stay focused and productive.

Get more exercise. Studies have shown that exercise and improved mental focus are linked. In a 2013 analysis of 19 studies involving more than 500 children, teenagers and young adults, researchers found that exercise sessions between 10 and 40 minutes immediately boosted concentration and mental focus. That improvement might be a result of exercise increasing blood flow to the brain. Men and women who find themselves struggling to focus at work after lunchtime may benefit from incorporating some exercise, whether it's a brief walk or a more strenuous workout, into their midday routines.

Perform breathing exercises. Nervousness

is an oft-overlooked cause of loss of focus. When nervous, breath can become shallow and restricted, which can have a negative impact on the flow of oxygen to your brain, making it more difficult to concentrate. Professional athletes have long espoused to the virtues of breathing exercises as a means to calming their nerves, and professionals can follow suit. Some simple breathing exercises can help busy professionals multitask more effectively by helping them concentrate on the tasks at hand and overcome the distraction of having so much to do at one time.

Stay hydrated. A recent study published in the *Journal of Nutrition* found that dehydration caused loss of focus and a sense of fatigue among women. While the loss of focus was considered insubstantial and the study only examined women, remaining hydrated throughout the day may make it easier to focus on work and other tasks throughout the day.

Get adequate sleep. One of the best ways to improve focus during the day is to make sure you're getting enough sleep at night. Sleep deprivation produces a host of negative consequences, not the least of which is its



impact on cognitive functioning. Research has shown that sleep deprivation compromises alertness and concentration, making it more difficult to focus at work and tackle tasks that require deep analysis and thought. In addition, a survey from the National Sleep Foundation found that sleep-deprived men and women are

less likely to exercise and eat healthy diets, each of which can boost mental acuity. Focusing in today's atmosphere of constant distractions can be difficult, but men and women can overcome diversions by employing a handful of successful strategies aimed at improving concentration.



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Be smart about antibiotic use

years to treat patients with infectious diseases.

But antibiotics cannot treat illnesses stemming from viruses, which include most colds and the flu.

As effective as antibiotics can be, antibiotic resistance is a growing problem. The CDC reports that at least two million people become infected with bacteria that have become resistant to antibiotics, and roughly 23,000 people die each year as a result of these types of infections. An April 2014 report from the World Health Organization stated, "This serious threat is no longer a prediction for the future, it is happening right now in every region of the world and has the potential to affect anyone, of any age, in any country. It is now a major threat to public health."

The Alliance for the Prudent Use of Antibiotics says antibiotic resistance occurs when an antibiotic has lost its ability to effectively control or kill bacterial growth. The three main ways resistance develops include natural resistance to certain types of antibiotics, genetic mutation or through the

acquisition of resistance from another bacterium. This resistance can occur spontaneously or through misuse of antibiotics or antimicrobials. Prescription medications are not always the culprits, either. Antibiotic use in livestock and food production also may contribute to resistance.

When antibiotic resistance occurs, a stronger drug may be needed to treat an infection that was once taken care of by a milder medication.

Prudent antibiotic use can help prevent the recurrence of resistance. Individuals can help the process in a number of ways.

Become educated. The health resource Medscape, powered by WebMD, says in a recent survey of 796 clinicians, 42 percent of doctors have admitted to prescribing antibiotics 10 to 24 percent of the time even when they are not sure they are necessary. Patient request is a large factor in such offerings. About 25 percent of patients ask their doctor or nurse for antibiotics. Patients who educate themselves about the proper application of antibiotics may be less likely to request

them, and that can help prevent the development of a resistance.

Confirm need. Only take antibiotics when a bacteria-, parasite- or fungus-based illness is identified. These illnesses may include strep throat, urinary tract infections or ear infections.

Take a wait-and-see approach. Wait for lab results to come back for strep throat or other cultures to see if you need an antibiotic. Many viral-based illnesses will go away within two weeks' time.

Adhere to dosage guidelines. When prescribed antibiotics for an infection, take them as directed, making sure you complete the dosage cycle. Do not stop simply because you feel better. Stopping early may not be enough to effectively kill the bacteria and may contribute to resistance in the future.

Antibiotic abuse and resistance are concerns that can be addressed by becoming informed and making smart medication choices.

When used correctly, antibiotics and similar drugs known as antimicrobial agents can alleviate infections caused by various bacteria and some types of fungi and parasites. The Centers for Disease Control and Prevention says that these drugs have been used successfully for the last 70

How to shorten the duration of a cold

Few things can be as uncomfortable as the common cold. In their book "Common Cold," authors Olaf Weber and Ronald Eccles say the common cold has been around since the ancient times. More than 200 virus strains can contribute to colds, but the rhinovirus is the most common. Colds produce a bevy of symptoms, including runny nose, congestion and sore throat, so it should come as no surprise that sufferers want to find relief fast.



Colds typically last for a week or more. While there's no cure for the common cold, according to The Mayo Clinic, there are some remedies that can help cold sufferers feel better more quickly.

Rest: One of the best things to do when you have a cold is to get adequate rest. Your body's immune system is working overtime to combat the cold virus, and restricting activity can help it direct efforts where they're needed most. Keep away from strenuous activities, and spend more time relaxing or sleeping to let your body do its job.

Hydration: Consuming plenty of clear fluids can reduce congestion and ensure that you do not get dehydrated. Plus, warm beverages can be soothing to an irritated throat. Avoid coffee, caffeinated sodas and alcohol, which can exacerbate dehydration.

Saline rinses: Intra-nasal saline sprays, neti pots and similar products can help loosen mucus that is clogging the nose and sinus cavities, allowing it to flow out. This makes blowing your nose more effective and may help prevent post-nasal drip. Avoid prolonged use of medicated decongestant sprays. They may work well, but they can cause rebound congestion that's worse than the original stuffiness.

Vitamin C: Vitamin C will not prevent colds, but it could help in other ways. Taking vitamin C before the onset of cold symptoms may shorten the duration of symptoms. Vitamin C also may provide

benefits for people at high risk of colds due to frequent exposure, offers The Mayo Clinic.

Soup and tea: Soup is an easy-to-digest meal that provides many of the necessary remedies for a cold, including warm broth to hydrate and soothe, antioxidant-rich vegetables and protein to help fuel the body's recovery process. In 2000, Dr. Stephen Rennard of the Nebraska Medical Center in Omaha actually tested if chicken soup clinically makes people with colds feel better. He found that chicken soup inhibited neutrophils, immune cells that cause congestion. Decaffeinated tea also may help you stay hydrated and relieve many cold symptoms.

Reinfection: Use cleaning products that are effective at killing viruses around the house to prevent reinfection and cold relapses. Also, avoid touching your nose, eyes and mouth between hand-washings to keep germs at bay.

Colds can be a nuisance. Most medicines will help relieve symptoms but cannot make colds go away faster. Natural remedies can help the body's immune system work at its best and lessen the severity of a cold.



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