

HEALTH CONNECTION

YOUR HEALTH, YOUR LIFE

BETTER HEALTH *in Motion*

WELLNESS
AROUND THE WORLD

THE ORIGIN
OF HEALTH



Life on the Sunny Side

When you dwell on negative thoughts, constantly criticize yourself or focus on your failures instead of achievements, you not only impact your potential happiness but also your health.

In the midst of a bad day, it's often easier to focus on what's going wrong instead of what's going right. Those who are able to see the bright side even when faced with adversity, however, are less likely to experience depression, according to research published in the journal *Clinical Psychology Review*, and may even benefit from improved longevity and better heart health.

Deep breathing, exercising, and simply accepting your negative thoughts and brainstorming solutions to address negative situations can help keep stress levels and negativity in check. If you're struggling to accept something outside of your control or dealing with chronic anxiety, talk with your physician about potential coping strategies.

EXERCISE Trial & Error



You've been exercising regularly, so why aren't you seeing results?

It may come as a surprise, but not everyone responds to exercise the same way. A 2015 study published in the *Journal of the American Geriatrics Society*, for example, found that even after performing the same aerobic or resistance-training regimen for five months, older adults experienced different levels of fitness improvement. Variability in

how people's fitness levels changed following prescribed interval training or endurance workouts was also observed in a more recent project published in the journal *PLOS One*.

Physical activity is one of the best ways to maintain good health, so it's important to keep trying even if you feel discouraged. Success, according to the research, may lie in choosing a different workout.

TAKE 2 LAPS & Call Me in the Morning

If you need to see your primary care provider for help with depression, ask him or her about the benefits of exercise. Research dating back 30 years reviewed by Harvard Health confirms the power of regular exercise to improve mild to moderate depression symptoms.

Endorphins produced by physical activity decrease tension, improve sleep and reduce stress, according to the Anxiety and Depression Association of America. Just five minutes of heart-pumping exercise can diminish feelings of anxiety.

The American Heart Association weekly recommendations for physical activity should fit the bill:

- **30 minutes** moderate exercise on at least five days = 150 min./wk.
- OR
- **25 minutes** vigorous exercise on at least three days = 75 min./wk.
- &
- **an intense** muscle-strengthening activity on at least two days

Check with your primary care provider to find the exercise prescription that's best for you.



HIGH-TECH HELP FOR HEALING

Concerned about your skin? These solutions speed recovery.

When wounds don't improve or heal after several weeks, they are considered nonhealing wounds. Not always uncomfortable, nonhealing wounds are at risk for becoming infected by common bacteria, such as staphylococcus, and should be addressed.

Several types of modern wound therapy can improve symptoms and speed up healing. If you notice a nonhealing wound, which may be characterized by foul odor, irritation, pain and oozing from the wound, talk with your doctor about outpatient treatment options. These may include:

COMPRESSION WOUND THERAPY

Diabetic foot ulcers and venous ulcers are often effectively managed with compression stockings. Designed to improve circulation, these special socks apply gentle pressure to the ankles and the calf muscles to help move blood upward through the veins. They are available in different lengths and levels of pressure.

ELECTRICAL STIMULATION WOUND THERAPY

This form of therapy applies high-frequency electrical stimulation to increase blood supply to a slow-healing wound.

NEGATIVE PRESSURE WOUND THERAPY

A vacuum applies subatmospheric pressure to the nonhealing wound. The vacuum may extract fluid and bacteria from the wound and create a negative pressure environment to encourage faster healing and regeneration of tissue.

HYPERBARIC OXYGEN WOUND THERAPY (HBO)

HBO accelerates the body's healing abilities by infusing cells with 100 percent oxygen in a highly pressurized environment. This oxygen-rich, pressurized air may help decrease the risk of infection, reduce swelling and speed healing.



Have more questions about nonhealing wounds? Visit UnionCountyHospital.com/woundcare for more information about the Wound Care Services at Union County Hospital.

FAST FACT

A well-balanced diet will help your body stay strong as it heals. Focus on fruits, veggies and lean protein sources filled with key nutrients, such as zinc and vitamins A and C.



ARE YOU AT RISK?

If you are concerned about nonhealing wounds, talk with your primary care provider about solutions to reduce your risk and improve your body's ability to heal. Several factors may interfere with the wound healing process, including:

- aging
- obesity
- smoking
- chemotherapy
- poor nutrition
- stress
- diabetes
- radiation



Tamer Aiti, M.D.

While you cannot control some of these risk factors, you can reduce the likelihood of developing nonhealing wounds by following a few simple lifestyle habits. Manage weight with regular exercise, such as swimming, tai chi, walking or yoga. Eat a diet filled with nutrient-rich food, such as fish, fresh produce, nuts, whole grains and yogurt. Stay hydrated by drinking plenty of water and minimizing your intake of alcohol and coffee. If you smoke, take steps to quit.

Call (618) 771-5230 to schedule an appointment for wound care services with Tamer Aiti, M.D., General Surgeon with Union County General Surgery Clinic.

Dr. Aiti is a member of the medical staff at Union County Hospital.



GET MOVING:

THE ORIGIN OF

HEALTH



MODERN LIFE IN MOTION

Try the following strategies to emulate the Hadza — modern-day hunter-gatherers — by living a more movement-filled life, even if you exercise regularly:

Free your inner fidgeter. Your elementary school teachers were wrong — fidgeting isn't all bad. If you have to sit for a long time, tap your toes, bounce your legs, stretch your arms and shift in your seat. Some movement is better than none.

Look for hidden movement moments. Have an extra 10 minutes before work or a lunch date? Use them to stretch or take a short walk.

Rethink your workspace. Try an adjustable standing desk that allows you to shift easily between standing and sitting. Get into the habit of standing and moving for five minutes every half hour.

Stand up during downtime. Read while standing or pacing, and walk on a treadmill or do wall squats during your favorite TV shows.



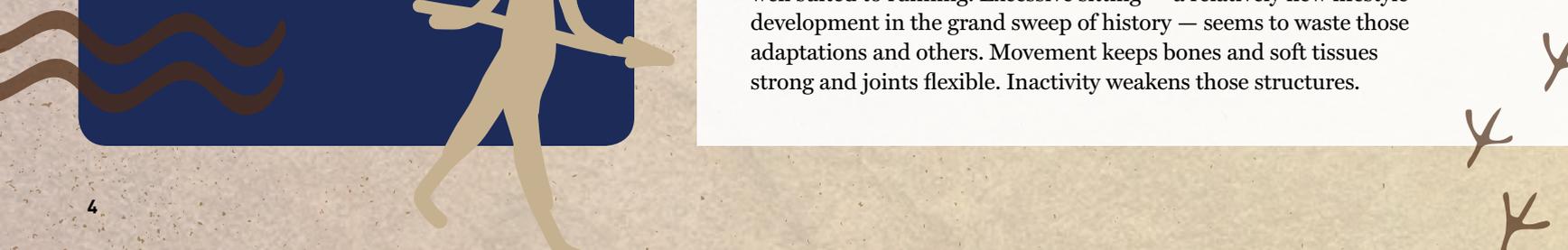
The more you sit, the more you deny your body its design — and the worse off your health is likely to be.

Think of how often you sit each day. You sit during your morning and evening commutes, at work, at every meal, and during leisure time, when you watch a movie with your spouse or attend a book club with friends. Your body wasn't meant to live that way. Many scientists believe modern sedentary lifestyles — in which almost anything, including entertainment and food, is available on demand from the couch, and jobs are more likely to involve sitting in front of a screen than standing in a factory or field — are incompatible with the way our bodies are designed. An important part of healthy living is letting the body do what comes naturally: move.

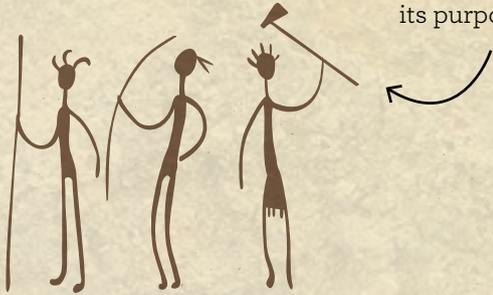


A FUNDAMENTAL *NEED*

Thousands of years ago, before the invention of agriculture, people lived mostly on the move, as hunter-gatherers in search of food. The body has retained the elements researchers believe made for successful hunting and gathering, including an efficient cooling system for long-distance pursuits and lower-body muscles, ligaments and tendons well suited to running. Excessive sitting — a relatively new lifestyle development in the grand sweep of history — seems to waste those adaptations and others. Movement keeps bones and soft tissues strong and joints flexible. Inactivity weakens those structures.



*
If you make moving a habit, your body will reap the benefits — and fulfill more of its purpose.



DID YOU KNOW?

When you sit instead of stand, you waste an opportunity to burn calories. In an hour, a 170-pound person can burn nearly **50 more calories** by being on his or her feet, according to the National Institutes of Health.



LIVE LIKE YOUR ANCESTORS

You don't have to go off the grid to enjoy health benefits rooted in a hunter-gatherer lifestyle. These 21st-century activities carry echoes of the ancient past — and lessons for physical and emotional well-being that are as relevant as ever:



BE A (FRESH) FOODIE.

Research suggests human bodies have adapted to enjoy a variety of foods because our ancestors ate whatever they hunted or foraged. Visiting the supermarket doesn't have to be a betrayal of the hunter-gatherer code. Just fill your cart mostly with a mix of unprocessed foods — emphasis on fruits and vegetables — from the perimeter aisles.



GET OUTSIDE.

Scouring the landscape for food defines hunter-gatherer life. You don't have to roam the countryside for your next meal, but time spent in nature produces a bevy of health benefits, according to information in the *Harvard Health Letter*, including lower blood pressure, calmer children, better mood, less stress and more energy.



HOST FRIENDS FOR WEEKLY GAME NIGHTS.

The close, face-to-face relationships of hunter-gatherer societies may seem particularly outdated in today's social media-filled world, but they are vital for reducing stress and risk of depression. Maintain strong ties with friends and family to enjoy the benefits of social support.



SHOP FOR GROCERIES AT A FARMERS MARKET.

It isn't stalking an animal across the plains or digging for edible roots, but when you browse the vendors at a farmers market, you're on the move in search of a variety of fresh foods — an activity any hunter-gatherer would recognize.

The musculoskeletal system isn't the only part of the body that's designed to move. In 2016, U.S. researchers published a study of the heart health of a group of modern-day hunter-gatherers, the Hadza people of Tanzania. The researchers found that the Hadza, who typically spent more than two hours a day doing moderate activity as they hunted and foraged, had none of the cardiovascular disease risk factors common in the U.S., such as high blood pressure and high cholesterol. Getting plenty of exercise helped the Hadza stay active and mobile throughout their lives. The heart health of the Hadza,

whose lifestyle is similar to that of humans millennia ago, led the study's lead author to conclude that the body is developed to respond to life on the move.

The body uses energy most efficiently when it's in motion. Sitting too much causes the body to burn fewer calories, break down fats slower and use insulin less effectively. A 2015 study linked excessive sitting with higher risk for heart disease, diabetes and cancer. Getting the recommended 150 minutes of moderate exercise per week wasn't enough to counteract inactivity's negative effects.

SURGICAL SOLUTIONS FOR SPORTS INJURIES

FAST FACT

The American Orthopaedic Society for Sports Medicine reports that youth baseball and softball players experienced a fivefold increase in severe elbow and shoulder injuries since 2000.

While playing sports is a fantastic way to stay in shape, concentrating on a single sport isn't always great for your body.

Repetitive strain injuries (RSIs), also called overuse injuries, develop when a motion is performed repeatedly — causing the muscles or tendons to weaken and tear. While downtime, medications or physical therapy help some RSIs, surgery may be necessary to correct the issue.

Common RSI surgeries include:

- **Tommy John surgery** — The ulnar collateral ligament (UCL), which connects the upper arm bone to the forearm, is frequently injured due to RSIs caused by throwing. Tommy John surgery, named after a Los Angeles Dodgers pitcher who had the procedure, repairs the damaged tendon with either a cadaver tendon or one taken from elsewhere in the patient's body.
- **ACL repair** — The anterior cruciate ligament (ACL) holds the shinbone in place and provides stability. ACLs are usually injured while making sudden starts and stops in sports like basketball, soccer or football. When surgery is necessary, the torn ligament is replaced with a cadaver ligament or a graft from elsewhere in the body.
- **Arthroscopic rotator cuff repair** — The rotator cuff is a collection of muscles and tendons that attach the shoulder blade to the upper arm that provides shoulder stability and makes shoulder rotation possible. Frequent overhead motions, such as serving in tennis or shooting a basketball, can cause bone spurs that tear tendons and muscles. During arthroscopic rotator cuff repair, doctors use minimally invasive techniques to remove bone spurs and repair damaged anatomy.



FIRST AID

Not all injuries require a trip to the emergency room. In a nonemergency, use the anagram PRICE to administer basic sports injury first aid.

PROTECTION. Avoid being injured further or making an injury worse by placing the damaged area in proper devices. These could be bandages, splints, protective tape or a brace, depending on the location or type of injury.

REST. Take time away from using the injured area so that it can have some time to heal.

ICE. Functioning as an anti-inflammatory, ice can go a long way when it comes to reducing swelling and pain.

COMPRESSION. Like ice, compression also helps reduce swelling and inflammation. Certain wraps should be snug enough to do the job.

ELEVATION. By using gravity to keep fluid away from the injured area, you can reduce swelling and pain.



Talk with your doctor about completing outpatient therapy prior to or following surgery with the Union County Hospital Therapy Services. Visit UnionCountyHospital.com/therapy or call (618) 912-4080 for more information.

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

WELLNESS AROUND THE WORLD

Taking traditions from cultures around the world, this globe-trotting guide offers tips to help you live a healthier life.



Mexico/Central America

The Tradition:

Agua fresca

The Health Benefits:

Hydration/weight management

The Details: Rather than having soft drink vending machines on every corner, places like Mexico mix water with fresh fruits or flowers with very little, if any, added sugar. This popular refresher is great for hydration and nutrition.



Italy

The Tradition:

Wine and dine

The Health Benefits:

Happy heart

The Details: Moderate wine consumption —one drink for women, two for men — with dinner has been linked with a lower risk of cardiovascular disease, according to the National Institutes of Health.



Sweden

The Tradition:

Fika

The Health Benefits:

Reduces stress; small food portions; social interaction

The Details: Fika usually takes place around 10 a.m. or 3 p.m. in Sweden. A time when friends or family get together to chat, fika is an opportunity to relax and enjoy coffee or tea, often with a pastry or other baked good.



India

The Tradition:

Spices

The Health Benefits:

Lower cholesterol

The Details: Spices that dominate Indian cuisine aren't just for flavor; they're good for the heart. Ingredients like turmeric, ginger and onion are all linked to lowering cholesterol.



China

The Tradition:

Chopsticks

The Health Benefits:

Slower eating

The Details: Even those who use chopsticks every day are somewhat limited in how fast they can eat. Eating slower supports mindful eating, allowing a person to feel full on smaller portions.

79.80

Americans' life expectancy, ranking 42nd, according to the CIA's World Factbook.

The United States leads the world in several categories, but a healthy populace isn't one of them. In fact, the *2015 Global Burden of Disease Study* — released by the United Nations' Sustainable Development Goals division — places the United States 28th out of the 188 nations that participated.

The study analyzed data from public surveys, pharmaceutical manufacturer reports and medical records to determine a country's overall health. So, it's safe to say America can learn a thing or two from other countries when it comes to being healthier.

WANT TO READ MORE?

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (618) 833-4511 (TTY: (800) 526-0844).

UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer (618) 833-4511 (TTY: (800) 526-0844).

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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.

»»»» Here «««« WHEN YOU NEED US

Emergency rooms exist to lessen your stress and determine your next steps to medical care. Severe symptoms call for an ER visit.

CALL 911 IF YOU EXPERIENCE:

- bleeding that won't stop
- chest pain or discomfort
- excessive abdominal pain
- loss of consciousness
- numbness isolated to one side of the body or an upper body part
- slurred speech or vision problems



Check before you go. For average wait times in the emergency room, visit UnionCountyHospital.com.

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

But remember:
This list is not exhaustive!
Seek emergency care if you experience any unusual or alarming symptoms.

