

inspire

YOUR HEALTH, YOUR LIFE

TIRED OF
ROUGHING IT?

*Winter Skin
Solutions*

**WHY 7,500 STEPS
IS ENOUGH**

**COLD & FLU
SEASON:
DON'T PASS IT ON**



DEKALB REGIONAL
MEDICAL CENTER

New Year, *New You*

Follow these tips to kick your year off the healthy way.

WALK YOUR WAY TO HEALTH

The prescription for a longer life may be as simple as taking fewer than 10,000 steps each day, according to a study published by *JAMA Internal Medicine*. Older women who comprised the study enjoyed a significant reduction in mortality — about 40% at 4,400 daily steps — but the health benefits of walking topped out at 7,500 steps, not 10,000.

One of the best things about walking is that it is easy to incorporate into your regular

routine, whether you choose to park far away from your office, take the stairs instead of the elevator or add a 30-minute walking workout before breakfast or after dinner.

When you walk, remember to:

- Choose shoes that are comfortable with proper support.
- Do not walk in icy conditions.
- Maintain good posture with your spine as straight as possible.
- Warm up and stretch before a long walk.

SCHEDULE YOUR YEARLY CHECKUP

Don't wait until you are ill or injured to see a healthcare provider. Make prevention a priority with a visit to your primary care provider (PCP). Establishing a relationship with a PCP through annual visits allows you to access preventive care, disease management and guidance to promote overall health. PCPs can also administer vaccinations and screenings, diagnose common medical conditions and provide treatment when necessary.

According to Healthy People 2020, patients with a usual PCP enjoy:

- greater likelihood of receiving appropriate care

- heightened patient-provider communication
- increased level of trust in the provider
- lower mortality from all causes

Your provider is your partner in health care, so select one you feel comfortable discussing your symptoms and your health goals.



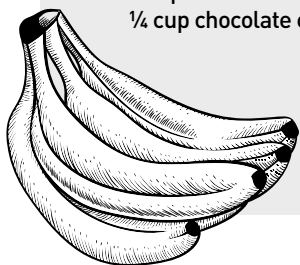
Make prevention a priority by scheduling your annual well visit with your PCP. Don't have one? Visit DeKalbAnytime.com to see the primary care practitioners near you.

Grab-and-Go Breakfast Cookies

These one-bowl cookies are a fantastic option when you need a quick and healthy start to your day.

INGREDIENTS

3 large overripe bananas, mashed
½ cup all natural peanut butter
2 cups rolled oats
¼ cup chocolate chips



DIRECTIONS

1. Preheat oven to 350 F. Line a large cookie sheet with parchment paper.
2. Combine bananas and peanut butter. Stir in oats and chocolate chips.
3. Wetting hands to help prevent sticking, divide batter into eight sections and shape into balls. Flatten into cookie shapes.
4. Bake the cookies for 10 to 12 minutes.
5. Move to a wire rack to cool completely. Refrigerate cookies to store for up to five days.

NUTRITION

Serving: 1 cookie
Calories: 103
Carbohydrates: 19g
Protein: 6.5g
Fat: 6g
Fiber: 6g
Sugar: 1g



HEALTHY Resolutions

If you are ready to make a life-long commitment to healthy weight management, bariatric surgery may be a smart way to kick off the New Year.

For some, shedding excess pounds is more important than getting ready for swimsuit season. When being obese is affecting your life and your health, that is when bariatric or weight-loss surgery can be a valuable tool to tip the scale toward wellness.

Weight-loss surgery is typically an option if you:

- are more than 100 pounds overweight
- have a body mass index (BMI) that is equal to or greater than 40
- have a BMI equal to or greater than 35, along with weight-related health conditions, such as heart disease, hypertension, sleep apnea or Type 2 diabetes

SUCCESS IN NUMBERS

The statistics surrounding bariatric surgery speak for themselves in terms of enhancing health, quality of life and even finances. Specifically, mortality rates associated with some diseases drop significantly in patients who have undergone bariatric surgery.

For example, according to the American Society for Metabolic and Bariatric Surgery (ASMBS), patients experience:

- 50% reduction in heart disease mortality
- 60% reduction in cancer mortality
- 90% reduction in diabetes-related mortality

Plus, the ASMBS reports that 90% of bariatric patients are able to sustain a minimum of 50% of excess weight loss following the procedure.

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



Your weight-loss journey is personal, and our care is, too. If diet and exercise are not enough, start with a consultation to see if a weight-loss procedure is right for you. Call (256) 474-2193 to schedule an appointment.



An estimated 90% of patients who have undergone Roux-en-Y gastric bypass are free from diabetes just one year after the procedure, according to the Obesity Action Coalition.

THE BENEFITS OF BARIATRIC SLEEVE

If you decide weight-loss surgery is right for you, there are several options available, including adjustable gastric band, Roux-en-Y gastric bypass and sleeve gastrectomy: the most popular choice worldwide, according to Columbia University Irving Medical Center.

To perform this minimally invasive operation, surgeons remove part of the stomach to reduce its size to that of a banana. The surgery may also cause hormone changes that lead to a decrease in appetite. As a result, you are likely to eat less food without the long-term risks of other procedures.

Doctors do not need to place a foreign object inside the body, as they do with adjustable gastric band surgery. Additionally, the sleeve gastrectomy is reported to be more effective than the gastric band, according to Columbia University Irving Medical Center, helping people lose approximately 50 to 60% of excess weight after the first five to ten years.



Give healthy skin a hand. Always carry nongreasy hand cream with you to apply after every time you wash your hands.

Taking Care of WINTER SKI

DIY SKIN CREAM

Get back to basics with a skin salve you can whip up at home. Made from just three ingredients, this cream restores moisture without anything extra that might cause skin irritation.

Combine equal parts organic cocoa butter and unrefined shea butter and add half the amount of coconut oil. Melt on the stove or in the microwave, whisking to combine.

Allow the mixture to cool to room temperature. When ready, whip with a whisk, stick blender or food processor. The resulting texture will be smooth and creamy, and the color will turn from yellowy green to white. Store in clean glass jars with lids.



Oh, the weather outside is frightful, and if you aren't careful, it can damage your skin. Resolve your winter skin woes with these tips.

Your skin is your body's largest organ and its first line of defense, according to the National Institute of Arthritis and Musculoskeletal and Skin Diseases. Healthy skin helps regulate body temperature, keeps infection-causing microbes out and prevents dehydration.

When skin loses too much oil and water, it can become dry. Your skin might be in trouble if you experience:

- cracks that may or may not bleed
- flaking or peeling
- itching
- rough texture
- tightness, especially after washing

Not just a winter woe, dry skin can affect people of all ages at any time of year. Learn how to manage three common skin concerns.

1.

CHAPPED LIPS

Keep your lips moisturized with American Academy of Dermatology-recommended lip products that contain:

- castor seed oil
- petrolatum
- hemp seed oil
- shea butter

Other types of lip products can be irritating — avoid products with flavors, fragrance, eucalyptus or menthol. Also, don't lick your lips. The saliva evaporating on your lips can cause them to become drier. Use a thick ointment, such as petroleum jelly (the common name for petrolatum), if your lips are especially cracked.



2.

ELEPHANT ELBOWS

If your elbows (or knees, or anywhere on your skin) feel tight, dry and flaky, there are several remedies you can try.

- Choose fragrance-free detergents, skin care products and soaps to limit potential skin irritation.
- Close the bathroom door and take a short 5- to 10-minute bath or shower using warm water and a gentle cleanser.
- Moisturize your skin with a cream or ointment immediately after you bathe or shower — lotions are less effective and often contain skin-irritating ingredients. Look for products that contain jojoba oil, olive oil or shea butter.

- Use a humidifier to restore moisture to the air in your home and provide relief from the dry air inside and out.
- Wear gloves when you wash dishes, go outdoors or can come in contact with chemicals or other substances.



3.

CRACKED HEELS

Dry skin can happen anywhere on your body, but cracked heels can be especially painful. Cracked skin on your heels is more likely if you wear open-back shoes, stand for long periods — especially on hard floors — or are obese. Protect feet with well-fitted shoes and padded socks, and use cream or ointment on heels when they are clean and dry to lock in moisture.

**HELLO, Hydration**

Hydration helps every part of your body. Drinking enough water allows your body to absorb nutrients, get rid of waste and cushion your joints. If you are not sure that you are consuming enough water, check your skin's elasticity by pinching a small amount so it's tented up and hold for a few seconds. If your skin springs back quickly, you are well hydrated; if it doesn't, try these tips:

- **Choose water.** At home or when eating out, water is the top beverage choice for hydration that can also save you money.
- **Hydrate with your plate.** Your water intake also comes from the foods that you eat. Fruits and vegetables, such as celery, cucumbers, and tomatoes, soups, oatmeal and smoothies can all contribute to your hydration goal.
- **Sip through the day.** The American Academy of Family Physicians recommends drinking six to eight cups of water a day but acknowledges that everyone has different needs. People who are on certain medications or have particular health conditions may need less water. Speak with your primary care provider about your appropriate daily hydration goal.



The weather might be frightful, but your skin doesn't have to be. Visit DeKalbAnytime.com to schedule an appointment with a PCP to discuss any skin-related issues.

WINTER SUNBURN

Sunburn is always a risk to your skin. During the winter, even on overcast days, the sun's ultraviolet rays can go through the clouds. Snow can also reflect the sun's rays. Use a broad-spectrum sunscreen with a sun protection factor (SPF) of 30 or higher. If you are concerned about the chemicals in sunscreen irritating your dry skin, choose a mineral sunscreen made with zinc oxide or titanium dioxide. The AAD recommends these types of sunscreens for those with sensitive skin. Applying sunscreen will also help slow the signs of aging, as sun damage can cause wrinkles and age spots. Apply sunscreen 30 minutes before going outside and reapply every two hours.

CONSULT THE EXPERTS

If dry, flaky skin continues despite at-home remedies, it might be a sign of something more serious. Speak with your primary care provider (PCP) if:

- Pain and itching from dry skin is keeping you awake.
- Scratching has caused open sores or cuts.
- You feel itching without a visible cause.

The SLEEP-HEALTH Connection

More than 30% of U.S. adults say they don't get enough sleep, according to the Centers for Disease Control and Prevention.



Not getting enough sleep can increase your risk of chronic health conditions, including obesity, Type 2 diabetes and stroke. Conversely, living with these conditions can make it difficult to get the sleep you need, causing a vicious cycle that can be hard to break.

Are you getting enough sleep? According to the National Sleep Foundation, adults ages 18 to 64 should sleep between seven and nine hours every night. Older adults need a little less, though they should still aim for a minimum of seven hours.

THE COST OF LOST SLEEP

Sleep helps keep you sharp. Without it, you may forget things or have difficulty paying attention. Limited sleep can also make you groggy, interfere with work responsibilities and make it harder to control your emotions and stress levels. However, lack of sleep doesn't only affect your mind.

Sleep deprivation and its related conditions also take a heavy toll on your heart. Sleep deficiency, obesity and diabetes are all linked to high blood pressure and heart disease. The increased stress from lack of sleep can put further strain on your

heart and make it more likely that you'll experience a heart attack.

SLEEP DISORDERS

Sleep disorders such as insomnia, sleep apnea and restless leg syndrome can keep you from falling asleep and disrupt your sleep patterns during the night. Common symptoms include:

- feeling sleepy during the day
- needing more than 30 minutes to fall asleep
- snoring, gasping, choking or not breathing for periods of time at night
- taking frequent naps
- waking up multiple times during the night

If you notice signs of a sleep disorder, speak with your physician. They can help you get back to a healthy sleep schedule.

NEED ANSWERS? SLEEP ON IT

Obstructive sleep apnea (OSA) is a sleep disorder that describes when your airway collapses multiple times during the night, restricting breathing. Over time, the lack of oxygen can raise your risk for asthma, arrhythmia, cancer, heart disease and other conditions.

If OSA is a concern, your primary care provider can refer you to a specialist who can diagnose your sleep disorder and recommend treatment based on your medical history and a sleep study.

During the overnight test, sleep specialists measure quality of sleep, such as how long it took you to go to sleep, time in sleep cycles, the number of apnea episodes and when they occurred, body movements, breathing, heart rate, snoring, and oxygenation of your blood. Your physician will interpret the results and recommend treatment. Making lifestyle changes or using a continuous positive air pressure (CPAP) machine, implant or mouthpiece can be used to treat OSA.

There are more than 80 types of sleep disorders, including sleep apnea, insomnia and restless leg syndrome, according to the U.S. National Library of Medicine. We understand how these conditions can significantly affect healthy sleep and in turn your overall health, safety and quality of life.

The Sleep Center at DeKalb Regional Medical Center performs sleep studies for adults. Sleep Studies at the Sleep Center take place in comfortable, home-like rooms. For more information, visit DeKalbRegional.com and click on "Services" and "Sleep Disorders Center."

SICK

Etiquette

Mind your manners — and your health — with these tips.

1. Practice Self Care

Every year, get vaccinated against the flu and stay up to date with your immunization schedule. Your primary care doctor can help.

Boost your immune system by:

- drinking alcohol in moderation or not at all
- eating a healthy diet with plenty of vegetables and fruit
- getting 150 minutes of moderate aerobic physical activity every week
- not smoking
- sleeping seven to nine hours every night

2. Keep Your Germs to Yourself

While a slight cough or runny nose may not be enough to skip work or school, make sure you stay home if you:

- are unable to perform your studies or work tasks
- have a fever over 100 F
- have diarrhea or vomit multiple times
- show other symptoms of the flu, such as headache, congestion, dry cough, fatigue and muscle aches

Wait 24 hours after your symptoms subside to return to work or school — you may still be contagious before then.

3. Do Unto Others ...

When you sneeze or cough, cover your mouth and nose with a tissue and throw it away. If you don't have a tissue, cover your face with the bend of your arm.

Whether you are sick or not, wash your hands for 20 seconds with soap and water:

- after sneezing, coughing or blowing your nose
- after touching or petting an animal
- after using the toilet
- before AND after caring for a wound
- before preparing or eating food



It's not too late to get your flu vaccine. Visit DeKalbAnytime.com to find a PCP near you.

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (256) 845-3150.

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. (256) 845-3150.

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Emergency care. Recognized nationally. Available locally.

Ashley Cole, M.D.*

Board-Certified in Emergency Medicine • Emergency Department Medical Director

When you have an emergency, turn to the emergency department at DeKalb Regional Medical Center with confidence.

- **The 30-Minute Pledge** means we will work diligently to have you initially seen by a medical professional within 30 minutes of your arrival.
- As an **American College of Cardiology Accredited Chest Pain Center**, we have achieved a higher level of expertise when caring for patients who arrive with heart attack symptoms.
- We are **Stroke Ready**, as designated by the Alabama Department of Public Health. It means that we have complied with stringent criteria in providing emergency care for stroke patients.

All this, plus specialists in **Cardiology, General Surgery, Orthopedics, and Neurology**, means we are at our best when you need us most.

Current Average ER Wait Time
DeKalbRegional.com


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MEDICAL CENTER
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If you are experiencing a medical emergency, call 911.

Specialists are Employed and Independent Members of the Medical Staff at DeKalb Regional Medical Center.

*Independent Member of the Medical Staff at DeKalb Regional Medical Center.