

your life. **better.**

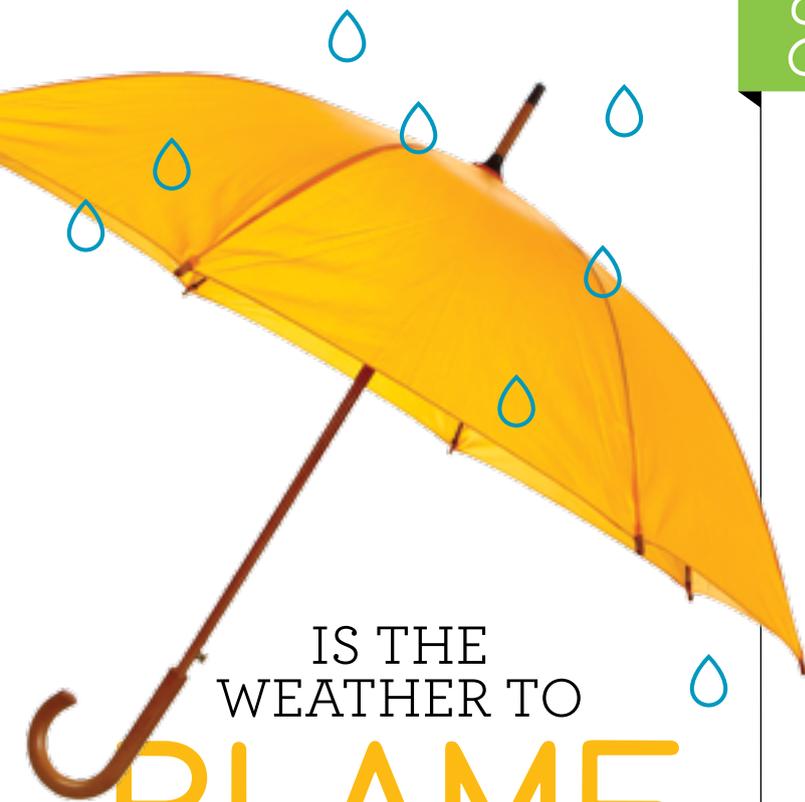
LA PORTE HOSPITAL'S GUIDE TO LIVING WELL

HOW DO YOUR
HEALTH CHOICES
ADD UP?

STRESS LESS
FOR BETTER
HEART HEALTH

Pulses:
**YOUR NEW
SUPERFOOD**

**La Porte
Hospital**
laporte**health.com**



IS THE WEATHER TO BLAME FOR PAIN?

It's long-believed that the weather can trigger adverse symptoms associated with back pain or osteoarthritis. Despite this popular belief, a newly published study from The George Institute for Global Health in New South Wales, Australia, disagrees.

Studying more than 1,300 people with either low back pain or knee osteoarthritis, researchers compared weather parameters when patients initially reported pain with weather conditions one week and one month before the onset of pain. Weather parameters included humidity, air pressure, wind direction, precipitation and temperatures that averaged between 41.7 degrees and 91 degrees Fahrenheit. Surprisingly, the results of the study showed no association between the weather and knee osteoarthritis or lower back pain.

The next time you struggle with low back or knee pain, call your doctor instead of blaming the weather.

The Meat

of the Matter

A new study in the journal *Gut* suggests high consumption of red meat is associated with an increased risk in men for diverticulitis, a painful condition that occurs within the body's digestive system.

Analyzing data from more than 46,000 men ages 40 to 75, researchers examined the risk of the disease and eating different types of meat, including processed and unprocessed red meat, fish and poultry. Compared to men who ate the least amount of red meat, those who consumed the most had an increased associated risk of developing diverticulitis by 58 percent.

To lessen your possible risk, try substituting a portion of red meat with fish or chicken.

According to the results of the study, those who ate fish or poultry instead of one daily portion of red meat saw a lower associated risk for diverticulitis by

20%

DON'T GO STRESSING YOUR HEART



New research published in *The Lancet* strengthened the possible link between stress and cardiovascular disease (CVD). Tracking nearly 300 people for an average of 3.7 years, researchers gave patients PET/CT scans to record data such as brain activity and artery inflammation. Patients who had more activity in the amygdala, an area of the brain involved in processing emotional distress, had a greater risk of CVD than those with lower activity.

The results of the study also found a link between increased amygdala activity and artery inflammation, which could be a reason behind the heightened risk. Although more research is needed to solidify this relationship, properly managing stress may lessen your risk for CVD and other health-related issues.

To manage your stress levels, try meditation, taking a brisk walk once a day or deep breathing.

THE

Fear

FACTOR

You might think if you have a “fear” of something, you have a “phobia,” but the two terms don’t necessarily mean the same thing.

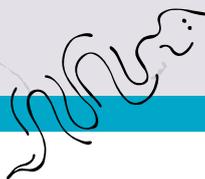
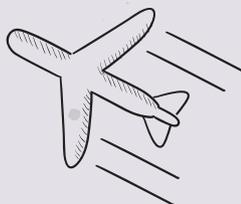
Fear is an inevitable and necessary fact of life. The American Psychological Association defines fear as a **rational** reaction to a potentially dangerous event or object. Fear, for example, may prompt you to take cover during a severe storm. On the other hand, phobias are considered **irrational** fears triggered by either specific or general events or items. In this case, the severity of the fear far outweighs the threat it poses.

The Anxiety and Depression Association of America estimates that 19 million Americans have some sort of phobia. Examples include a fear of:

- animals, such as insects, snakes or spiders
- clowns
- flying in an airplane
- germs
- heights
- public speaking

While fears help people respond appropriately and cautiously to danger, phobias can interfere with adults’ ability to live their lives. When people with a phobia encounter their fear, they may experience reactions ranging from a rapid heartbeat to crippling panic. As a result, they may go out of their way to avoid the phobia’s trigger. For example, people with a public-speaking phobia may turn down a promotion simply because they don’t want to give a presentation.

Fortunately, you don’t have to deal with phobias on your own. If you’re struggling with one, talk with your doctor about potential coping strategies that may help you face and conquer your fears.



Pursue hobbies that provide opportunities to socialize, make connections and support others.

GET A HOBBY!

Doing so yields many mind-body benefits, including:

1 LOWER STRESS LEVELS

People who disconnect from work and other stressors feel less overwhelmed and are better able to approach challenges with renewed perspective, according to the American Psychological Association. Even if you can spare only 15 minutes, give yourself permission to unwind with a favorite activity.

2 A DECREASED RISK OF DEMENTIA

Hobbies are beneficial for people of all ages, but they become even more important during older adulthood. Staying connected with peers, learning new skills and performing activities that are otherwise mentally enriching may lower a person’s risk of Alzheimer’s disease, according to the Alzheimer’s Association. Don’t be afraid to take up a new hobby, such as playing a musical instrument, or join a group dedicated to hiking, gardening or birding.

3 HEALTHIER HABITS

Many hobbies, including gardening and golfing, can help you meet your fitness goals. Even creative, albeit sedentary, pursuits like knitting or writing can improve hand dexterity and help fill time usually spent watching TV or snacking.

Remember, all hobbies can be beneficial as long as you pick something you love. Drawing, reading, yoga, biking or simply enjoying a daily walk on a nature trail are also good choices.



face to face

According to a 2015 survey conducted by the American Academy of Family Physicians, primary care doctors spend a weekly average of **33 hours** in direct encounters with patients.

YOUR PCP HAS IT COVERED

A PARTNER FOR YOUR HEALTH

Primary care doctors can offer advice about which specific cancer and health screenings you need based on your age and family and personal medical history.

Choosing the right provider can be the beginning of a lifelong relationship.

After an initial meeting, ask yourself these questions to get a feel for whether a new doctor is right for you.

Start with questions of style:

- Are you comfortable with how conservative or aggressive the provider is about treatment?
- Do you like his or her level of attention to wellness and prevention?
- Do you like his or her bedside manner and communication style?

Consider convenience:

- Do the office location and appointment hours fit your schedule?
- Is the provider easily accessible?
- Does the office staff return calls quickly?

Remember the issue of coverage:

- Is the provider in your insurance network?

Sure, scheduling an annual physical with your primary care provider (PCP) is a good idea, but there are other reasons to schedule an appointment, too.

Almost half of all visits to healthcare providers in the U.S. are to specialty offices, according to the Centers for Disease Control and Prevention. While specialists are uniquely qualified to help you overcome specific problems, you can save yourself some time, and possibly get treated faster, by first paying a visit to your PCP.

You might be surprised to learn that primary care providers can treat:

- **Mental health issues** — Before you visit a psychiatrist, talk to your PCP if you have feelings of depression or anxiety. Not only can he or she prescribe treatment for you, your PCP can help determine if the condition is tied to an underlying medical problem, such as a vitamin deficiency.
- **Muscle pain** — Whether you're coping with tendinitis or strained your back doing chores, your PCP can help. Even if you don't have pain, your provider can help you identify whether you're at risk for chronic inflammatory diseases, such as rheumatoid arthritis.
- **Skin disorders** — According to a 2014 study in the journal *Cutis*, approximately half of all skin conditions can be treated by primary care providers. Your PCP can be a helpful ally, treating more than the occasional rash or case of poison ivy. He or she can perform skin cancer screenings, get to the root of inflammatory skin conditions, eliminate warts, and help you with acne or rosacea, among dozens of other issues.



An internal medicine or family practice doctor can serve as your primary care provider. For information about primary care options near you, visit LaPorteHealth.com and click on "Find a Doctor."

Daily health choices — good and bad — make a big difference in the course of a year.

Health ADDS UP



BIG SWIGS

WHERE THERE'S SMOKE ...

TAME THE TREATS

Drinking one 16-ounce bottle of soda per day adds

18,980 GRAMS

of sugar to your diet every year.

Smoking one pack of cigarettes per day adds up to

7,300 CIGARETTES

per year.

Eating one chocolate chip cookie a day for a year adds more than

3.5 POUNDS

of fat to your diet.

That means
41.8 LBS.
of sugar each year will pass through your body.

At \$6 a pack, it will cost you
\$2,190
annually.

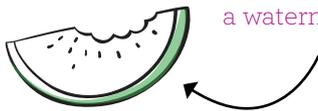
A pint of ice cream every week adds nearly
6.5 LBS.
of sugar to your diet every year.

All those extra calories amount to

10 POUNDS

of body weight,

which is the size of a watermelon.



After one year of quitting smoking, you'll reduce your risk of coronary heart disease by

50%.



Quitting this weekly ice cream binge will reduce your yearly calorie intake by more than

27,000 CALORIES.



STATES OF HEALTH

America is a diverse country, especially when it comes to health habits, according to the United Health Foundation's 2016 "America's Health Ranking" annual report.

Northeast

The Northeast is the healthiest region. Four of its states (Massachusetts, Connecticut, Vermont and New Hampshire) landed in the report's top six healthiest states based on factors such as smoking prevalence and rate of preventable hospitalizations.

Midwest

The Midwest is for meat-lovers. Residents in the Dakotas, Nebraska and Iowa consume more red meat on average than most other states.

Southeast

The Southeast has the largest waistlines in the United States, accounting for four of the five most obese states (Louisiana, Alabama, Mississippi and Kentucky).

West

The West is the most exercise-obsessed part of the country. Oregon, Washington, Utah and Colorado have the highest proportion of residents who report being physically active.



smoking trigger

Alcohol is a common trigger for cigarette cravings, according to the National Institute on Alcohol Abuse and Alcoholism. Consuming less alcohol may make it easier to quit.

Get Creative to KICK BUTTS

You know you should quit smoking, but you're afraid of another failed attempt. This time around, try a different approach.

"Use nicotine patches." "Avoid stress triggers." "Join a support group." You've tried all the usual tips and tricks, but you still can't quit. Perhaps it's time to try something unconventional. When combined with more traditional approaches, these outside-the-box ideas may help you quit once and for all.

SOCIAL MEDIA AT YOUR SERVICE

Why have one accountability partner when you could have 500? Turn your social media followers into an entire accountability network by posting or tweeting how many cigarettes you have each day. Getting all those "likes" for a smoke-free day may not curb your cravings, but it will feel good. Social media is also a great channel for emotional support on difficult days. Seeing your friends light up your phone with encouraging messages can keep you from lighting up that cigarette.

GET TO THE POINT

A review of studies published in the *American Journal of Medicine* suggests the ancient Chinese healing art of acupuncture may be an effective cessation tool. The Academy of Classical Oriental Sciences suggests acupuncture — particularly on the ear — as a way to reduce cravings by stimulating the same brain receptors as nicotine. Acupuncture also reduces tension, which may help you control stress-related smoking urges.

CASHING IN

A 2015 study published in the *New England Journal of Medicine* found that financial incentives can play a powerful role for those attempting to quit. Put a portion of your paycheck at stake by "depositing" it with a trusted family member every month. If you successfully keep your cravings at bay for six months, you can "cash out" and use that money for a personal reward — say, a weekend getaway or a shopping spree.

IS IT TIME FOR A CT LUNG CANCER SCREENING?

If you are a heavy smoker or someone who used to smoke, you may want to discuss getting a CT Lung Cancer Screening with your doctor.

Lung cancer is the No. 1 cause of cancer-related deaths in the United States, according to the Centers for Disease Control and Prevention. La Porte Hospital, recognized as a designated Lung Cancer Screening Center by the American College of Radiology, performs CT scans to help detect lung cancer in its earliest stages, when it's more treatable.

Patients must meet certain criteria for CT lung cancer scans, and most insurance will cover the screening.

Remember: Early detection is the key.



To find out if you meet the criteria for a CT lung cancer screening, visit LaPorteHealth.com and click on "Diagnostic Imaging" under the "Services" tab to download screening information to discuss with your doctor.

ARE YOU Nature-Proof?

With warm weather ahead, you can't wait to hit the trails for a long hike or pack your tackle box for a day at the lake. But does your outdoor prep get a passing grade? Before you head outdoors, put your readiness to the test.

HOW MANY BANDAGES SHOULD BE IN YOUR FIRST-AID KIT?

The American Red Cross recommends having 25 bandages of various sizes in a first-aid kit for a family of four, as well as roller (wrap) bandages and triangular (sling) bandages. Speaking of first-aid kits, when was the last time you checked yours? Antibiotic ointment, pain medicine and batteries can expire. Check dates and replace these items as needed.

WHAT PERCENTAGE OF THE SUN'S RAYS DOES A WHITE T-SHIRT BLOCK?

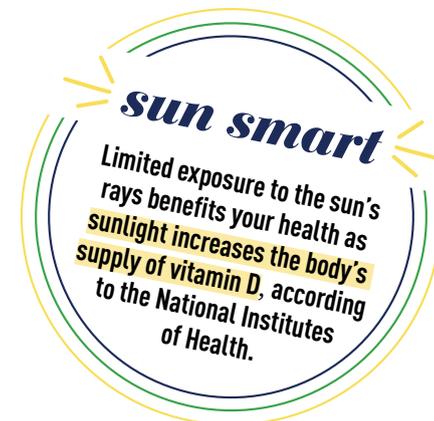
According to the Skin Cancer Foundation, a white T-shirt has an ultraviolet protection factor (UPF) of 5. That means it lets in one-fifth, or 20 percent, of the sun's harmful UV rays — and even more when it gets wet. That much UV exposure can do real damage over several hours. For better protection, wear a shirt with a 50-UPF rating.

HOW LONG CAN GRILLED MEAT SIT AT ROOM TEMP BEFORE IT'S UNSAFE TO EAT?

Raw or cooked meat shouldn't be eaten after two hours of being unrefrigerated, or after one hour if it's kept in an area above 90 degrees Fahrenheit, says the United States Department of Agriculture. If you're grilling out or cooking over a campfire, make sure uncooked meat stays out of the "danger zone" of more than 40 degrees. That may mean throwing away or refrigerating uneaten food.

TRUE OR FALSE: APPLYING NAIL POLISH TO A TICK THAT IS ATTACHED TO THE SKIN IS THE SAFEST WAY TO REMOVE IT.

False. This and other creative methods for getting a tick to detach itself can aggravate the tick and make it latch on more firmly. The Centers for Disease Control and Prevention recommends using needle-nose tweezers to remove as much of the embedded tick as possible as soon as it's found.



Even if you're prepared, medical emergencies can still occur in the outdoors. For information about our emergency services, visit LaPorteHealth.com and click "Emergency Services" under the "Services" tab.

YOU MISSED A SPOT

The sun is one of the biggest outdoor threats to your health. Keep your skin covered from head to toe, including these commonly overlooked areas:

- **Eyes** — Wear sunglasses to protect your eyes and the thin, sensitive skin around them.
- **Lips** — Use lipstick or lip balm with a sun protection factor (SPF) of at least 30.
- **Feet** — If you wear sandals, don't forget to apply sunscreen with an SPF of at least 30 to the tops of your feet.
- **Ears and head** — Apply sunscreen to the tops of your ears and any bald spots, and wear a wide-brimmed hat.



The Couch Potato WORKOUT

Whether you like to see your favorite shows live or prefer binge-watching, the average American sits through five hours of television a day. Instead of sitting still the whole time, try these simple exercises to make TV watching a little healthier.

1

SIT-UPS AND CRUNCHES

Remember to keep your back straight and your arms crossed over your chest. If you can't do a full sit-up, come up as far as you can into a crunch. Do as many as you can during commercial breaks — or before the next episode starts.

2

SQUATS

This move uses your body weight to strengthen your core, glutes and thighs. Stand with feet a little more than shoulder-width apart and your arms in front of you and parallel to the floor. Sink back, like you're sitting in a chair, while pushing your hips back and bending your knees. Slowly rise back up. See how many you can do during a commercial break.

3

PLANKS

This exercise is deceptively hard work. Hold yourself at the top of a push-up (with your toes curled under and your weight resting on your hands or forearms) for at least 30 seconds. See if you can plank the length of a television theme song.

Spotlight on FOOD SAFETY

Preventing foodborne illness involves more than just properly washing hands and surfaces frequently. Keep your family safe with these tips.



Identify cutting boards. Designate one cutting board for produce and one for meat, seafood and poultry. Even when you wash cutting boards between uses, you should still use them for their designated purposes to prevent cross contamination.

Watch the temp. Use a food thermometer to ensure meats, seafood and poultry are cooked to safe internal temperatures. Also, keep an eye on your refrigerator — it should be set at 40 degrees Fahrenheit or below.



Thaw carefully. Never thaw food on the counter. Instead, place food in the refrigerator 24 hours ahead of time, or place frozen food in a plastic package and submerge it in cold water. Food thawed using an ice bath should be cooked before re-freezing.

Store safely. Let containers of leftovers cool completely before placing them in the fridge. Large containers of warm food can raise the temperature of foods nearby on refrigerator shelves. Refrigerate foods within two hours of cooking.



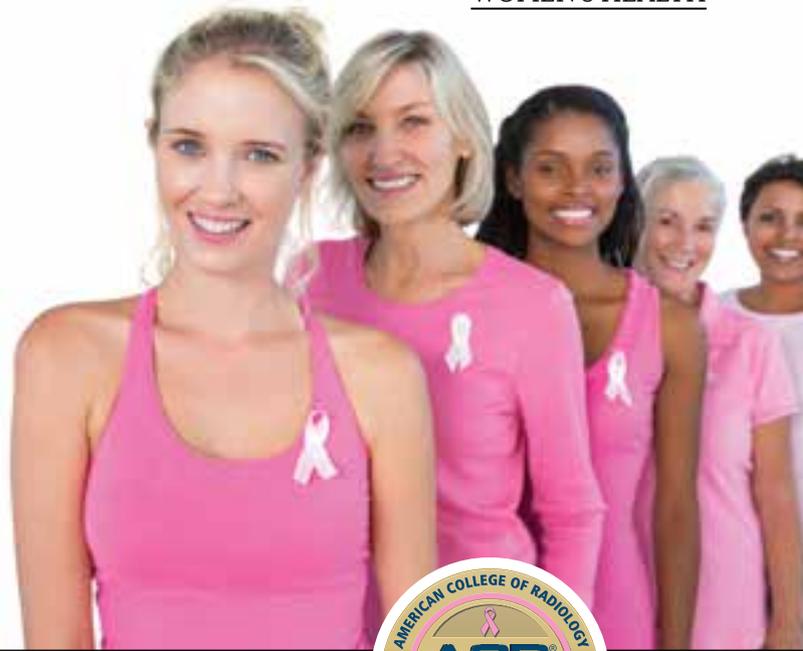
**DON'T
TASTE-TEST:**

If you're concerned your food has spoiled, toss it out. Eating even a small amount of expired or contaminated food can make you sick.

6 Mammogram Excuses

BUSTED!

Breast cancer awareness has grown to new heights over the past 10 years. The message is loud and clear — mammograms are the best method to detect breast cancer early, when it is easier to treat and before it is big enough to feel or cause symptoms, according to the Centers for Disease Control and Prevention.



So why do women still make excuses and put off their mammograms? We asked, and ladies, your excuses are weaker than you may think.

1. BREAST CANCER DOESN'T RUN IN MY FAMILY

While having breast cancer in your family increases your chances of developing breast cancer, **4 out of 5 women diagnosed with breast cancer have no family history of the disease**, according to the American Cancer Society.

2. I'M TOO YOUNG

Although breast cancer is more common in women 55 or older, it strikes women of all ages. In fact, **about 1 in 8 women will be diagnosed with breast cancer during her lifetime**, according to the National Cancer Institute. Check with your doctor if you suspect you are among those at the highest risk and should begin annual mammograms before age 40.

3. I DON'T FEEL ANY LUMPS

That's great — but **a mammogram can detect tumors up to two years before you can feel them**, according to the CDC. The American Cancer Society advises that breast cancers found during a screening mammogram tend to be small and still confined to the breast, increasing the chances they can be treated.

4. I'M AFRAID OF WHAT THEY MIGHT FIND

It's vitally important to find "something" when it's small. **The five-year survival rate is close to 100 percent for those whose cancer is detected before it spreads to the lymph nodes**, according to the American Cancer Society. La Porte's accredited Women's Imaging Center uses digital mammography that produces a sharp, clear computer image and provides more accurate screenings.

5. MY BREASTS ARE TOO DENSE FOR MAMMOGRAMS

If an initial mammogram reveals that your breast tissue is very dense, this may limit the effectiveness of a regular mammogram. **You may then want to consider having a 3-D mammogram, which is coming soon to La Porte Hospital's Women's Imaging Center.** The 3-D technology allows the radiologists to see multiple layers of the breast, much like opening pages of a book. The 3-D process takes only seconds longer than the traditional digital image. La Porte also offers ultrasound and MRI technology to assist in more advanced diagnostic mammography.

6. I'M TOO BUSY

People make time for what's important — and this is very important! To help, make it a social event. Go gather your mom and sisters and do your mammograms around Mother's Day; or use October's Breast Cancer Awareness month or your birthday as a reminder.

BREAST IMAGING CENTER OF EXCELLENCE

Look for the Gold ACR seal and know you are in good hands.

La Porte Hospital Women's Imaging Center is nationally recognized as a Breast Center of Excellence by the American College of Radiology (ACR). The ACR accreditation represents the highest level of image quality and patient safety. According to the ACR, the breast imaging services at La Porte Hospital are fully accredited in mammography, stereotactic breast biopsy, breast ultrasound, breast MRI and ultrasound-guided breast biopsy.



Have you had your annual mammogram? If not, it's time! Schedule your mammogram today by calling (865) 366-4925.

For women of average risk, the American Cancer Society recommends annual mammograms for ages 45-54, and screening every two years for women 55 and up. Different guidelines apply to women at higher risk. A screening mammogram can help detect breast cancer in its earliest and most treatable stages.

Pea IS FOR PULSE

Don't be fooled by their size. Pulses — a class of legume that includes dry beans, dry peas, chickpeas and lentils — may be small in stature, but they pack a mighty nutritional punch. Have you had your pulses today?

Don't Drain the Can!
Chickpea juice can be used as a substitute for egg whites in everything from meringues to mayonnaise!

WHAT THEY ARE:

Chickpeas, also called garbanzo beans, are hearty pulses best known as the star ingredient in hummus, a Middle Eastern dip that enjoys widespread popularity in the United States.

HOW TO USE THEM:

Chickpeas taste great in homemade hummus and as salad toppers. You can also roast them in an oven until they're crispy for a protein-rich snack.

WHY THEY'RE GOOD:

Like all pulses, chickpeas are an excellent source of lean, plant-based protein. An ounce of chickpeas contains 30 percent more protein than an ounce of ground beef. Chickpeas are also abundant in potassium, magnesium and iron, making them a great post-workout recovery snack.

CHOCOLATE SALTED CARAMEL HUMMUS

Ingredients

6 tablespoons extra-virgin olive oil
4 teaspoons dark agave syrup
4 teaspoons dark cocoa powder
2 teaspoons salted caramel extract
10.5 ounces boiled chickpeas

Directions

Add the oil, syrup, cocoa and caramel extract together in a blender bowl and mix with a spoon. Add the chickpeas to the mixture and blend with a hand-held blender until smooth. Serve with pita chips or fresh fruit.

WHAT THEY ARE:

From lending their name to a chart-topping pop group to their status in the South as a New Year's good-luck food, black-eyed peas are one of the more famous pulses. Their signature black spot is where the bean attaches to the pod.

WHY THEY'RE GOOD:

Black-eyed peas are an excellent source of sustained energy because of their high protein content and complex carbohydrates. They also boast a good dose of vitamins A, B and K.

HOW TO USE THEM:

Substitute black-eyed peas for other beans for a unique twist on chili, pork and beans, or burritos. They're also great in "Texas caviar" and other fresh salsas.

Patriotic Pea
 Black-eyed peas were a favorite of George Washington. In 1792, he bought 40 bushels of seeds to plant on his Virginia plantation. He called them "cornfield peas" because they were typically planted between rows of corn.



BLACK-EYED PEAS

2016
 The United Nations officially declared 2016 the International Year of Pulses. Global Pulse Day also occurs every January to celebrate this flavorful (and underappreciated) source of protein.
 For inspiring ideas on incorporating pulses into your cooking, visit Pulses.org/recipes.

AVOCADO SALSA WITH BLACK-EYED PEAS

Ingredients		Directions
2 avocados, diced	¼ cup red wine vinegar	Combine avocados, corn, peas, onion, cilantro and tomatoes in a large bowl. In a separate bowl, whisk together remaining ingredients, pour over the salsa and toss. Refrigerate for 1 hour before serving.
1 can corn, drained	¼ cup olive oil	
1 can black-eyed peas	½ teaspoon ground coriander	
½ white onion, chopped	½ teaspoon chili powder	
½ cup fresh cilantro, chopped	½ teaspoon minced garlic	
1 cup roma tomatoes, diced		

CHICKPEAS

LENTILS

HOW TO USE THEM:

With a mild flavor, lentils readily absorb other flavors and seasonings, making them a great base for soups and stews. Unlike dried beans, lentils do not have to be soaked before cooking them.

WHAT THEY ARE:

Lentils are staples of cuisines across Asia and Africa and come in hundreds of varieties. In fact, they were one of the first domesticated crops in the world. Their name reportedly owes to their shape — they look like an eye lens. Today, many lentils are grown in Canada and the northwestern U.S.

WHY THEY'RE GOOD:

Aside from being rich in folate and potassium, lentils are a particularly good source of dietary fiber. One cup provides more than half the recommended daily value.

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (219) 326-1234 (TTY: (219) 326-2320).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 (219) 326-1234 (TTY: (219) 326-2320)。

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your life. better.

DON'T LOSE THE ABILITY TO GIVE BIG BEAR HUGS.

GET HELP FAST IF YOU
EXPERIENCE SIGNS OF A STROKE.

 The Joint Commission

 American Heart Association

 American Stroke Association

La Porte Hospital

 Affiliate of
Indiana University Health

CERTIFICATION
Meets standards for
Primary Stroke Center

If you are experiencing a medical emergency, call 911.