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LA PORTE HOSPITAL'S GUIDE TO LIVING WELL

A LABOR of

*Love*

COOK SMARTER.  
EAT BETTER.

GET THE  
NUTRITION  
FACTS

**La Porte Hospital**



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# The Healthiest Hearts ON EARTH



The study found that the tribe has the lowest risk of coronary artery disease of any population studied to date, despite having high rates of inflammatory diseases that increase cardiovascular disease risk.

Although about 50 percent of the study participants had high levels of inflammation, roughly 85 percent never experienced hardening of the arteries, which can lead to stroke and heart attacks.



## Mail-Order MEDICAL ADVICE?

In April 2017, the U.S. Food and Drug Administration (FDA) approved the first direct-to-consumer genetic testing kit, which was designed to gauge a person's risk for 10 diseases, including Parkinson's and Alzheimer's. The ruling opens the door for other companies to sell similar services that previously were available only through a doctor or genetic counselor.

With the FDA's approval, it's now easier for Americans to learn their risk for certain inherited conditions. However, the National Institutes of Health warns that other factors related

to lifestyle and environment can affect disease risk, and patients might use these tests and their results to make important health decisions based on incomplete or misunderstood information, if they don't first consult a healthcare provider.

Ultimately, these kits can provide valuable information — but never make a decision based on one test alone without first discussing the results with a doctor.

### *The Dirt*

Thanks to their active lifestyle and healthy diet, the Tsimane, a tribe in the Amazon rainforest, may have the healthiest hearts in the world, according to a recent study in *The Lancet*.

Overall, the adults had lower blood pressure, blood sugar and obesity rates than adults in industrialized countries.

**Their secret?** The Tsimane hunt for or grow virtually everything they eat, providing them with fresh, low-fat food and plenty of physical activity — which is just more evidence that diet and exercise can counteract many risk factors associated with heart disease.



## Break It DOWN

Powering through your day isn't as beneficial as you may think it is.

There's too much to do. You're on a roll. You just want to finish one last thing before your next meeting.

We all have dozens of excuses to avoid breaks when we're mentally focused, but here are just a few reasons why you need to walk, stretch or find some other — screen-free! — way to give your brain a rest.

### 1 YOU'LL BE MORE FOCUSED.

According to a study in the journal *Cognition*, when people spend too much time on a single task, their brains become fatigued and they have a harder time concentrating. Short breaks prevent both, the authors note. The result is better focus, which may even improve the quality of your work.

1

### 2 YOU'LL BE IN A BETTER MOOD.

In a study published in the *International Journal of Behavioral Nutrition and Physical Activity*, taking five-minute breaks to walk on a treadmill over the course of six hours not only improved participants' moods, but those walks also led to fewer food cravings.

2

### 3 YOU'LL HAVE MORE ENERGY OUTSIDE OF THE OFFICE.

A study published in the *Academy of Management Journal* found that office workers who took lunch breaks, and did relaxing activities during those breaks, had more energy at the end of the work day. A lunchtime walk could make both you and your family happier.

3

TACKLE CLUTTER,

## FEEL BETTER

Most people don't consider decluttering part of a wellness plan. But a messy environment has been linked to stress, sleeplessness and overeating — and cleaning up can pay health dividends.

At the heart of the matter is the interconnection between our psyche and our surroundings. Organizational experts often note that getting rid of unused items not only helps their customers feel productive but also gives them energy to take on new projects or tackle new goals.

### SNACK LESS, SLEEP MORE

A study from the Cornell University Food & Brand Lab, published in the journal *Environment and Behavior*, found that stressed-out women left alone in a loud, messy kitchen ate twice as many cookies as those left in a clean, quiet kitchen.



Being in a chaotic environment can lead to people feeling out of control, according to the study's lead author Lenny Vartanian, PhD. Lack of control over your surroundings can make it hard to stick to a healthy diet.

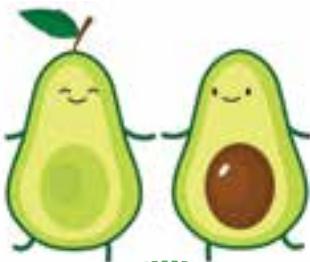
Clutter can affect you even when you aren't awake. A 2017 study in *Sleep* showed that decluttering helped some participants get better quality rest.

"Our results indicate that for some patients, recommendations to tidy the bedroom area may be helpful as a way to improve sleep," the authors write.



### A final thought:

Give your unwanted items to someone in need. It will do your heart good.



# Just the Facts

The nutrition facts label on packaged foods is changing. Here's what's different.

## A Win for Healthy Fats

"Calories from fat" is being removed. Nutrition science shows the type of fat, such as fat from nuts, eggs, avocados and vegetable oil, is more important than the amount.

## ADDED SUGARS REVEALED

The new label tells you how much added sugar is in a serving. Added sugars are less nutritious than sugar that exists naturally in foods such as fruit and milk.

## SERVINGS REDEFINED

Serving sizes will reflect how much people really eat or drink based on updated food consumption data.

## NEW DAILY VALUES

Daily values tell you if a food meets or exceeds the amount of a nutrient you need to consume each day.

Values for sodium, fiber and vitamin D have been updated to reflect the latest evidence on how much people should consume.

## Nutrition Facts

8 Servings per container

**Serving size** 2/3 cup (55g)

Amount per serving

### Calories

**230**

	% Daily Value*
<b>Total Fat</b> 8g	10%
Saturated Fat 1g	5%
Trans fat 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 160mg	7%
<b>Total Carbohydrate</b> 37 g	13%
Dietary fiber 4g	14%
<b>Total Sugars</b> 12g	
includes 10g Added Sugars	20%
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 236mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Why the Change?

Debuting in the coming months, the U.S. Food and Drug Administration's new label makes it easier to assess the overall nutritional value of foods so you can make healthier choices. Look for foods with high daily values of fiber, protein, vitamins and minerals, and avoid foods with high daily values of trans fats and added sugars.

After age 50, moderately active women need about

**1,800 CALORIES**

per day, while sedentary women need about 1,600 calories.

Moderately active men older than 50 need about

**2,200 CALORIES**

per day, while sedentary men are fine with 2,000.

## New Nutrient Lineup

Vitamins A and C won't be required on labels anymore, since deficiencies in these nutrients are rare today. They'll be replaced with vitamin D and potassium, which are lacking in many Americans' diets.

# Ladies, YOU ARE SMACK DAB IN THE MIDDLE OF IT ALL.



Women wear so many hats — wife, mother, daughter, girlfriend, sister, teacher, caregiver — and the list goes on and on. But whatever roles you play, you can't be your best unless you're at your best, and that means recognizing the signs of stress on your body and learning to better deal with it to stay on top of your health.

According to the American Institute of Stress, 75 to 90 percent of visits to the doctor are for problems connected to stress. Catching stress-related problems early can prevent more serious health conditions. Here are some common signs of stress in women:

- **Change in menstrual cycle** — When a woman is under extreme stress, periods may become prolonged, irregular or nonexistent.
- **Upset stomach** — Stress can cause a variety of stomach problems, including cramps, bloating, nausea and irritable bowel syndrome.
- **Skin** — Under stress, women are more prone to acne breakouts and rashes. According to the American

Academy of Dermatology, skin may also become dehydrated, making the body more susceptible to allergic reactions and infections.

- **Sleep** — Inability to fall asleep or stay asleep is a common sign of stress that's important to take care of since the body needs adequate sleep to help cope with a busy schedule.
- **Hair** — Hormone changes resulting from stress often cause hair loss.
- **Heart health** — Higher blood pressure and cholesterol levels can also result from stress and can lead to heart disease.
- **Immune system** — Under stress, it is more difficult for a woman's immune system to fight sickness and disease.

## IS IT TIME FOR YOUR WELL-WOMAN EXAM?

Your annual well-woman exam is more important to your overall health than you may realize. A well-woman visit, essentially a wellness checkup, could include anything from screenings to vaccinations, as well as education on conditions for which you may be at risk.

Make a list of any questions you want to ask your doctor, along with any issues that are concerning you — such as stressors and things you can do to protect your health. A comfortable dialogue with your doctor can be one of the best tools in your arsenal when it comes to your health care.



Ladies, meet the obstetric and gynecologic health providers on our medical staff. They can help you manage your unique health needs and the stressors you face.



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Drs. Ellis, Cluskey, Kirkwood, Miller and VanMeter are members of the medical staff at La Porte Hospital.

# A More Mindful Mammogram

Mammograms can detect breast cancer in the earliest, most treatable stages. That's why the American Cancer Society (ACS) recommends all women ages 45 to 54 get one every year.

However, the initial discomfort of a mammogram may discourage some women from taking time out each year for this extremely important test. To make your next mammogram easier, follow these tips:

**Don't wear deodorant.** Deodorants and other powders can show up as white spots on a mammogram, and that might prompt your doctor to call you in for a second test.

**Schedule smart.** The week before your period, your breasts can be swollen and tender — leading to an uncomfortable mammogram and poor-quality pictures. Avoid scheduling mammograms during this week.



Use these tips to make your next screening easier.

**Leave the dresses on the hanger.** If you wear a dress, you will have to remove it entirely during the mammogram. Wearing a shirt and either a skirt or pants makes your appointment easier.

**Consider medication.** Over-the-counter pain relievers (such as aspirin or acetaminophen) may relieve soreness when taken before a mammogram. Talk to your doctor before taking any medications.

Finally, remember that breast compression during a mammogram lasts only a few seconds — and those few seconds are worth the peace of mind.

Have you had your annual mammogram? If not, it's time! Schedule one today by calling (865) 999-0805.

For a list of risk factors and American Cancer Society recommendations, visit [cancer.org](http://cancer.org). Appointments are on a first-come, first-served basis. An order from a physician or qualified healthcare provider is not required, but the patient must provide a physician/provider name when an appointment is made. If the patient does not have a physician/provider, a list will be provided for the patient's selection. All mammogram reports will be sent to the physician/provider and follow-ups are the responsibility of the patient.

## THE ONE EXERCISE MEN SHOULD TRY

Men from all walks of life, from professional athletes to seniors, may benefit from yoga in numerous ways, including:

### Relief from back pain.

According to the American Physical Therapy Association, men say low-back pain affects their ability to work more than women do. With a focus on posture and breathing, yoga has been shown to improve symptoms of low-back pain.



Whether you're looking to improve physical fitness or would like advice about which screenings you need, a men's health provider can help. To find a doctor who can meet your health needs, visit [LaPorteHealth.com](http://LaPorteHealth.com) and click on "Find a Doctor."

### A calm mind.

Depression doesn't discriminate based on gender. For men dealing with symptoms of depression or anxiety, yoga may lower stress and improve mood.

### Improved flexibility.

For both men and women, flexibility declines with age. The longer you practice yoga, the more flexible you become — and that helps everything from working out at the gym to reaching for the cereal box in your cabinet.

As with any new exercise, take yoga slowly at first and ask your instructor to show you modifications to avoid pain. Furthermore, although yoga can be a very gentle form of exercise, people with certain conditions, such as heart problems or joint injuries, need to avoid some poses. Always discuss a health condition with the instructor before starting a class.





## time to bond

Mom, Dad and Ava were able to bond and enjoy some quiet time in the spacious private family birthing suites at La Porte. "My husband, Zach, was able to stay at the hospital with us the whole time. Having him there helped so much with my recovery after surgery," said new mom Amanda Krachinski.

# A LABOR of Love

Amanda Krachinski of La Porte is nothing short of grateful for the care she received at La Porte Hospital during the birth of her daughter, Ava. She even gave the nurses gift bags while in labor. "I said, 'I appreciate you right now, but this is in case I'm not so nice later,'" she jokes. "Luckily, I never had to apologize."

Thrilled to be pregnant, Amanda was especially conscientious about having a healthy pregnancy and looked forward to her prenatal visits with her obstetrician, Ashley Kirkwood, M.D.

"I never dreaded going to my appointments. I had 99 questions each office visit, and Dr. Kirkwood always stayed in the room with me as long as I needed her. She really cares about people and is just amazing."

During a checkup on a Wednesday in early June, Dr. Kirkwood said it looked like Amanda would deliver the baby on her scheduled due date, which was about a week later. "Dr. Kirkwood let me know that she was going out of town that weekend, so we made a pact that I wouldn't go into labor while she was gone," recalls Amanda. "But my little Ava had a different idea."

In the wee hours of that Saturday morning, Amanda went into labor. And Dr. Kirkwood's

colleague Bethany Cluskey, M.D., was there to assist. "From the moment we checked in, the nurses and Dr. Cluskey put us at ease. I never doubted that we were in good hands."

Like many moms, Amanda had a birth plan, but things didn't go quite as she had planned. After more than 24 hours of labor, little Ava still wasn't here yet.

"That's when I asked Dr. Cluskey what would be the safest thing for the baby, and what she would do if it was her," recalls Amanda.

Dr. Cluskey said it was time for a C-section. "I was so full of anxiety, but I trusted my doctor and nurses. They kept everything under control for me, and I was as comfortable as I could be."

Little Ava was born on June 11, weighing 7 pounds and 9 ounces. "My daughter is completely healthy and perfect because of the doctors and nurses at La Porte Hospital. We couldn't have asked for better care."

## FINDING THE RIGHT OB

If you are pregnant or considering having a baby, you will have to make many decisions. Two of the most important are choosing an obstetrician you feel comfortable with and where to have your baby. Our OB physicians are all members of the medical staff at La Porte Hospital. They entrust their patients to our hospital because of the dedicated and compassionate staff who care for new moms and babies in our warm, hotel-like family birthing suites — where mother and baby remain during their entire stay.

To find an OB to partner with during your pregnancy, visit [LaPorteHealth.com](http://LaPorteHealth.com). To schedule a private tour of La Porte Hospital's family birthing suites, call (865) 999-0805.

Drs. Kirkwood and Cluskey are members of the medical staff at La Porte Hospital.

# 5 STEPS to Cook Smarter, **Eat Better**

When you're busy, hungry and in a rush, a trip to the grocery store can quickly turn into a series of impulse buys, leaving you with unhealthy junk food or too many perishable items that might wind up in the garbage. Want to keep those impulses — and your weight — under control? Try this five-step program.

**1**

## Set your budget.

According to the U.S. Department of Agriculture, Americans on average spend

9.6 percent of their income on food, and that includes both groceries (5.5 percent) and eating out (about 4 percent). Check how much you spend on groceries and restaurants and use those numbers as a starting point to shift more of your spending to healthier home-cooked meals.

**2**

## Plan a menu.

This not only answers that stressful question, what's for dinner?, but menu planning also allows you to use up what's already in your fridge and gives you a good outline of what you need to buy for the week. You'll be less prone to impulse purchases — which makes it easier to stick to a budget. Be sure to include a leftovers night in your meal planning to eat up odds and ends of previous meals. Waste-free Wednesday or free-for-all Friday, anyone?





3

### Prep for the week.

Spending an hour or two each weekend on meal preparation makes it much easier to create healthy meals on busy weekdays. Slice carrot and celery sticks, or bake a batch of whole-wheat mini muffins for snacks. Wash and chop salad greens for quick sides or lunches. Cook time-consuming foods, such as dried beans (which are cheaper and allow you to limit sodium from canned beans) and brown rice.

4

### Be a frugal chef.

Not every meal needs to be a five-course affair. You can make a quick dinner by mixing precooked grains with roasted vegetables and a lean protein, or by making an omelet with your prepped veggies. You can also jump on the "sheet pan dinner" trend: Toss some fresh veggies and a lean protein with your favorite spice blend, place on a cookie sheet, and roast until your protein is thoroughly cooked, generally about 20 to 40 minutes.

5

### Freeze!

If, despite your careful planning, you end the week with extra ingredients that may go bad, freeze them. Berries, mashed avocados and bananas, chopped and blanched fresh vegetables, and even baked sweet potatoes can go in the freezer (in airtight containers) for easy meals at a later date, according to the National Center for Food Preservation. Freeze them in portions needed for meals, and label each storage bag or container with the food's name and the date you froze it to avoid mysteries.

## THE DATING GAME

Contrary to popular belief, "best by," "sell by" and "use by" dates on food packages don't have anything to do with food safety. Food producers set these dates to indicate when a food is of the best quality, according to the U.S. Department of Agriculture, not that a food is unsafe to eat after that date. Only infant formula is required by law to have a "use by" date, and in that case, it's meant to ensure nutrient levels remain as advertised.

Foods can spoil long before — or remain edible for days to weeks after — a "best by" date. You can use these dates as a general guideline to measure how good a food will taste. However, to save money and reduce waste, the USDA advises using your senses to determine if something is safe to eat: If food, particularly meat, has a bad odor or feels sticky or slimy, toss it. If a food has simply changed color, it's likely still safe. Oxidation can cause color changes during storage, and it doesn't necessarily indicate spoilage.



## PAPER OR PLASTIC?

If you find yourself succumbing to unhealthy temptations when you go grocery shopping, plan to pay for your purchases in cash. A study published in the *Journal of Consumer Research* found that people were more likely to buy healthier food if they paid with cash rather than a credit card.



American consumers toss

**21%**

of the food they buy, on average, and food waste makes up the **largest percentage of garbage in landfills.**

— U.S. Department of Agriculture and Environmental Protection Agency



## TRY BEFORE YOU BUY (TOO MUCH)

Grocery store bulk bins offer a variety of foods that let you buy as much, or as little, as you need, providing a good opportunity to experiment with foods you've never had and aren't sure you'd like. Some stores also sell loose spices in their bulk sections, so you can buy just the amount you need instead of an entire jar you may never finish.





# Walk Away FROM A COLD

Looking for an all-natural way to prevent colds or flu? Exercise more.

Given the myriad benefits of exercise, it may not come as a surprise that this “magic medicine” may help you fight off common infections.

Women who exercised five times a week for a year had fewer colds than another group who only stretched once a week, according to one study from *The American Journal of Medicine*. In another, from *Scientific Reports*, male mice subjected to regular intense exercise were better able to fight off infections than sedentary mice.

Exactly how exercise boosts your immunity remains a mystery, but there are a few theories, according to the U.S. National Library of Medicine. Exercise raises your body temperature, which may stop bacteria from growing, and it also boosts circulation of infection-fighting white blood cells. It could also be that physical activity simply rids your lungs and airways of harmful bacteria.

## TOO MUCH OF A GOOD THING?

There is some evidence that really intense exercise, like marathon running and hard-core gym workouts, can actually increase your risk for respiratory infections. So it's important to strike a balance.

A daily 20- to 30-minute walk or a leisurely bike ride a few times a week are two forms of moderate intensity exercise that appear to fight off infections.

Need  
more  
ideas?

Ask your doctor for suggestions or before starting a new exercise routine.



HOW TO

# FUEL YOUR FITNESS



Eating well throughout your day is vital to a successful, energizing exercise routine.



## FOR THE EARLY BIRDS

Low-intensity, early morning workouts don't require eating much food beforehand, according to the Academy of Nutrition and Dietetics (AND). Just drink some water and, if you need an energy boost, have a high-carbohydrate snack, such as a granola bar or banana, before you begin.

## POWER LUNCH OR POST-WORK SWEAT SESSIONS

About four hours before a workout, eat a meal containing carbohydrates and protein but little fat and fiber. Avoid heavy meals one to two hours pre-workout, as they can make you feel sluggish. Instead, have a small snack, such as a piece of fruit or a low-sugar energy bar.



## REFUEL TO RECHARGE

Regardless of when you exercise, try to eat something within 20 minutes, advises the AND. It should have a combination of carbohydrates, which re-energize your muscles, and protein, which helps repair muscle damage. If you aren't able to eat a full meal, have a snack, such as carrots and hummus or a fruit smoothie with protein powder.



## DRINK UP

Hydration makes a huge difference in your energy levels. Drink water throughout the day so you're well hydrated whenever you exercise.

Depending on your medical history and the intensity of your workouts, your nutritional needs may differ. Talk to your doctor before making substantial changes to your diet.

# Life in the SLOW LANE

Gym-goers who've devoted themselves to high-intensity interval training and other forms of physically demanding strength conditioning programs are now, it seems, slowing down.

Gyms in trend-setting metropolitan areas have begun offering "slow exercise" classes, which focus mainly on stretching and using tools such as foam rollers, to help dedicated exercisers overcome soreness and improve recovery.

Even if you don't spend your days testing your limits on the bench press or training for a marathon, you can benefit from this slow-exercise movement.

One form of slow exercise, called low-intensity steady state cardio (LISS), gets you moving but at a speed you can maintain for a longer period of time, according to the American Council on Exercise. Walking is one type of LISS, and because LISS exercises can be more enjoyable, it's more likely that you'll stick with one in the long run.



I LOVE YOGA.  
TORTOISE POSE IS  
MY FAVORITE!



A different kind of café is helping everyone from new parents to those dealing with grief find comfort in friendships.

During informal support groups, called "cafés," people in similar circumstances come together to socialize and discuss their feelings, usually in coffee shops or other public spaces.

Memory Cafés, for people with varying degrees of memory loss, have existed since 1997, and Death Cafés, where anyone can meet to discuss grief and mortality, were launched in 2011. However, in recent years, the idea has spread to others in need of support and social networks. In early 2017, a British department store launched "Frazzled Cafés," where people can meet to talk about mental health and the pressures of daily life.

Search online for support cafés near you, as there isn't a single cohesive list. A simple search could lead you to a greater sense of well-being.

## THE UGLY DUCKLING OF DAIRY

Only  
120  
calories!

Though you may think of it as a relic of the 1970s, cottage cheese is making a comeback. It's become a darling of food startups looking for "the next Greek yogurt," according to the food-industry publication *Food Navigator*, and has even attracted a multi-million dollar investment by at least one major food manufacturer.

There's good reason for this high-protein, low-calorie dairy food to have another day in the sun. Though modern brands still contain high levels of sodium, one 5.3-ounce container of 2-percent cottage cheese contains 120 calories, a whopping 19 grams of protein (more than Greek yogurt) and only 4 grams of sugar. It's also a good source of calcium.

If you're looking for a little morning variety, try cottage cheese with fruit slices. It also makes an excellent dip for vegetables.

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## Less waiting for emergency care (and a lot more care, if you need it).

In a medical emergency, every minute matters. So, at our hospital, you'll find faster care in the emergency room. We work diligently to have you initially seen by a medical professional\* in 30 minutes – or less. And, with a team of dedicated medical specialists, we can provide a lot more care, if you need it.

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For average wait times in the emergency room, visit [LaPorteHealth.com](#).

\*Medical professionals may include physicians, physician assistants and nurse practitioners.