

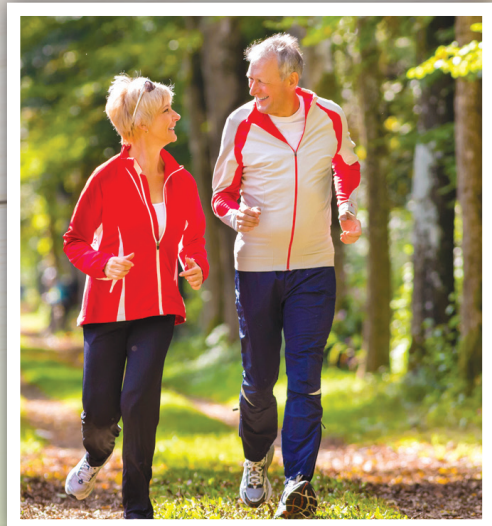
Healthcare Guide

WINTER/SPRING 2024



Infant Safety

Creating a safe sleep environment



Make the change

Fill up on healthy food options

On the Move

How cardio benefits your body



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How your nutritional needs change with age

Healthy eating is important at any age and can set the course for a life of vitality and wellness. Sufficient nutrition can help prevent chronic illnesses and make sure that growing bodies develop properly.

As one ages, various changes take place in the body, making healthy eating even more essential.

According to Healthline, nutritional deficiencies can effect aging individuals,

with age, it's important to pack as much nutrition into the calories a person does consume. That means finding nutrient-rich foods like whole grains, fruits, nuts, beans, vegetables, fish, and lean cuts of meat.

- **Consume more lean protein:** Muscle loss and loss of strength can develop as a person ages. Healthline says the average adult loses 3 to 8 percent of their muscle mass each decade after age 30. Eating more protein could help aging bodies maintain muscle.

- **Eat fortified cereals and grains:** The ability to absorb vitamin B12 can decrease as one gets older and with the use of certain medicines. Many health professionals recommend patients get more vitamin B12 by consuming foods enriched with this vitamin. Vitamin supplements may be needed in addition to food.

- **Drink more fluids:** Health.com says sensation of thirst declines with age. Drinking water and other fluids becomes a priority to stay hydrated. It also helps with digestion.

- **Prioritize bone health:** Osteoporosis is a concern for older adults, particularly women who have reached menopause. Osteoporosis occurs when bones become brittle and can break from only the slightest bump or fall, says the Mayo Clinic. Vitamin D and calcium help strengthen bones, and older adults may need more of these nutrients.

Individuals should speak with their health care providers and nutritionists for further insight into their changing nutritional needs. Such professionals can help customize diets to address specific health concerns.



EAT HEALTHIER. Individuals should pay attention to their vitamin and mineral intake at various ages so they do not miss out on important nutrients.

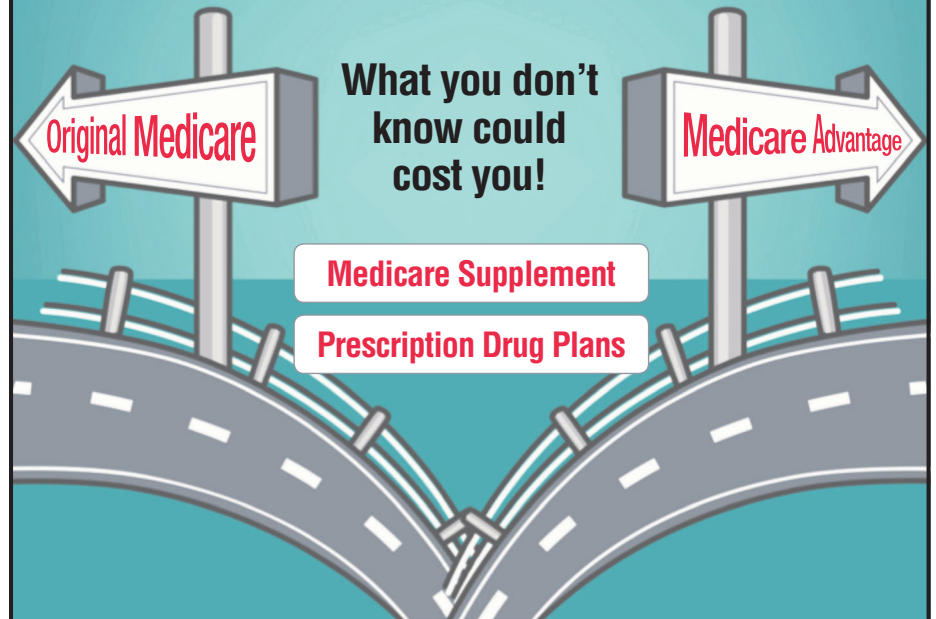
which can decrease quality of life and lead to poor health outcomes. Individuals should pay attention to their vitamin and mineral intake at various ages so they do not miss out on important nutrients. As a person ages, here are some approaches to consider.

- **Consume fewer calories:** According to Connie Bales, PhD, RD, associate director of the Geriatric Research, Education, and Clinical Center at Durham VA Medical Center, people need fewer calories every decade. That's because individuals are moving around less and have less muscle. This causes a decline in metabolic rate.

- **Include more nutrient-dense foods:** Even though caloric needs go down

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How cardio benefits your body

Physical activity is a key component of a healthy lifestyle, and an effective fitness regimen is one that combines strength training with cardiovascular exercise.

Recommendations from the U.S. Department of Health and Human Services urge adults to get at least 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous aerobic activity each week. Aerobic activity includes cardiovascular exercises like hiking, running, dancing, cycling, or other activities that increase the heart rate and improve cardiorespiratory fitness.

Though cardiovascular exercise is often discussed in terms of its heart healthy benefits, the Cleveland Clinic reports that aerobic activities benefit various parts of the body, including the heart but also the brain, the joints, skin, and muscles.

Cardio and your heart

Routine cardiovascular exercise leads to a decrease in resting blood pressure and heart rate. That's beneficial



GET MOVING. Adding cardio exercise to your routine is good for your body.

for the heart because it ensures the heart does not have to work unnecessarily hard. Cardiovascular exercise also improves good cholesterol levels and lowers blood fats, each of which also helps to improve heart health.

Cardio and your brain

The Alzheimer's Society reports that studies have shown that exercise that increases heart rate in middle-aged or older adults has led to improvements in thinking and memory and lower rates of dementia. The Cleveland Clinic notes that cardio also decreases stroke risk by increasing blood flow to the brain.

Cardio and your joints

Osteoporosis is a condition in which bones become brittle and fragile from a loss of tissue. That tissue loss can be a side effect of aging, but even though the National Osteoporosis Foundation estimates that half of all women over 50 will develop osteoporosis, older adults are not helpless against the condition.

The Cleveland Clinic notes that cardiovascular exercise can help fight osteoporosis and reduce risk for hip fractures. It's also important to note that men are not immune to osteoporosis, which has long been considered a more significant concern for women than men. Though women's risk for osteoporosis is greater than men's, UC San Diego Health reports that between 20 and 25 percent of all hip fractures occur in men.

Cardio and your skin

Physical activity increases circulation, which the Cleveland Clinic reports leads to clearer, healthier skin. Cardio promotes better blood flow to the skin cells on the face, which can reduce signs of aging and improve complexion.

Cardio and your muscles

Cardio increases oxygen supply to the entire body, and the Cleveland Clinic notes that allows muscles throughout the body to work harder and more efficiently. In addition, routine cardiovascular exercise allows muscles to adapt to an increased workload, which can improve daily life by making routine physical activities easier.

Cardiovascular exercise is a key component of an effective fitness regimen. By committing to cardio, adults can benefit various parts of their bodies.

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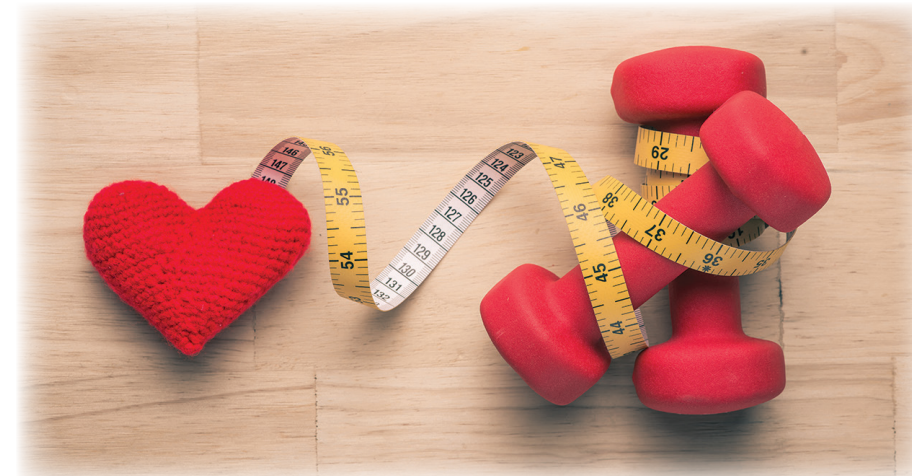
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Activities to strengthen the heart

The heart is a vital component of the human body. Without a functional heart, life is simply not possible. As with other muscles in the body, it is important to give the heart a workout to improve its strength and vitality. Intermountain Health says an individual who does not exercise is more than twice as likely to get heart disease as someone who does. UCI Health says heart disease is the No. 1 cause of death worldwide.

Exercise is an ideal way to strengthen the heart and reduce your risk for heart disease and other conditions. Certain activities are prime for boosting heart health.

- **Aerobic exercise:** Aerobic exercise raises heart rate and gets the blood pumping throughout the body. Aerobic activity improves circulation, and over time it ensures the heart does not have to work as hard to pump blood, thus potentially lowering blood pressure. Also, aerobic exercise can reduce the risk for type 2 diabetes and can help those with diabetes to control blood glucose more readily. Aerobic exercises include brisk walking, running, swim-



ming, cycling, playing tennis, and other activities that get the heart pumping. Aim for 30 minutes each day, for at least five days a week.

- **Resistance/weight training:** Building muscle can help the body burn fat and boost metabolism. This type of training can use weights or the body's own resistance. Improving muscle mass while

reducing body fat and excess weight are heart-healthy steps to take. Strength training can be incorporated into a routine two to three days a week.

- **Balance and flexibility exercises:** A person may wonder what flexibility and balance has to do with heart health. While there isn't a direct correlation to how the heart works, these types of activities will

help reduce the risk of falls or injuries to muscles and joints while working out. Inactivity is dangerous for the heart, so ensuring that physical activity can continue is important. Flexibility and balance exercises keep the body limber, and can be incorporated into daily workouts. Stretching, tai chi, yoga, and pilates can be included two or three times a week.

- **Healthy eating:** The foods people eat can affect heart health. Opt for lean protein sources and foods that include healthy fats. Salmon, avocados and olives are some options. Balance these foods with whole grains that are full of fiber, which can help a person feel fuller longer. Fiber also is essential for preventing atherosclerosis, a condition that causes hardening of the arteries.

- **Meditation:** Slowing down, performing deep-breathing exercises and meditation can reduce stress. That, in turn, can help prevent damage to the heart.

Strengthening the heart and maintaining its health involves various activities that can be incorporated into daily routines.

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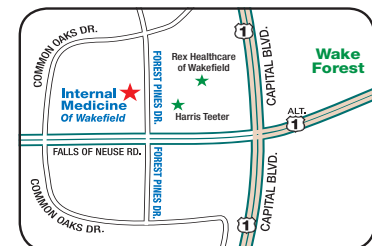


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Fill up on healthy food options

Diet and exercise are the key components of maintaining a healthy weight and protecting yourself against chronic disease. According to the Missouri Department of Health & Senior Services, eating smart and being active have similar effects, including reducing risk for heart disease, high blood pressure, stroke, some cancers, and diabetes. In addition, these healthy living strategies can improve personal appearance and improve overall well-being — helping people live longer and maintain their independence.

People may wonder how to eat better when faced with many diets, each of which promises great results. It can be confusing when navigating all of the options, and there is no magic formula to eating better. Common sense can come into play when attempting to eat better, and individuals also can consider these strategies to make diet work for them as they seek to live healthier.

- Eat colorful, varied, nutritionally

dense foods. Medical News Today says each meal should be 50 percent fruit and vegetables, 25 percent whole grains, and 25 percent protein. Select an array of colorful foods that will provide most of the nutrients needed.

- Choose fiber-rich foods. Fresh fruits



EAT MORE FISH. Fish is an excellent source of “good” fats and protein.

and vegetables, whole grains, nuts, and legumes are good sources of fiber. Fiber helps people maintain digestive health and can help you to feel fuller longer, reducing the potential for overeating, according to the Centers for Disease Control and Prevention.

- Note how you feel after eating. Create a food journal where you jot down notes about how you feel after eating certain foods. If you notice that certain foods or ingredients trigger adverse reactions, it may be worth avoiding that type of food or looking for an alternative. Stomach upset or bloating after eating dairy, for example, may indicate an intolerance for lactose.

- Explore the Mediterranean diet. While you should avoid fad diets that often produce short-term but unsustainable results, a Mediterranean diet has stood the test of time. According to the authors of a new study published in JAMA Network Open in October 2023, middle-aged and older adults with overweight or

obesity and metabolic syndrome lost visceral fat (belly fat) and showed a greater reduction in the percentage of total fat while adhering to a Mediterranean diet. They also had delayed loss of lean body mass, which often comes with aging. Mediterranean diets prioritize legumes, seafood, vegetables, and “good” fats like olive oil.

- Control portion sizes. Sometimes it’s not what you eat but how much you eat that affects health. Weighing and measuring food can help you control portions and understand how many calories you’re consuming each day. The National Institutes of Health says eating plans that favor 1,200 to 1,500 calories per day for women and 1,500 to 1,800 for men are good targets to lose weight at a healthy pace when combined with moderate exercise.

Balanced eating is a major component of a healthy lifestyle. While there are many fad diets, eating plans with a proven track record that are supported by the medical community may be your best bet.

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Simple ways to cut your cancer risk

Cancer affects people from all walks of life. According to the World Cancer Research Fund International, there were an estimated 18.1 million cancer cases around the world in 2020, and the breakdown was almost even among men (9.3 million) and women (8.8 million).

Great strides have been made in cancer research in the twenty-first century, and that has led to countless lives being saved. Cancer prevention strategies are another potentially lifesaving tool in the fight against the disease. A significant percentage of cancer deaths could be prevented. In fact, the Prevent Cancer® Foundation reports that research indicates about 50 percent of cancer deaths are preventable with the knowledge individuals have today.

Perhaps the most comforting aspect of cancer prevention is that many of the strategies that can reduce instances of the disease are simple. That means individuals won't have to go to great lengths to include these strategies in their approach to cancer prevention.

- **Avoid tobacco.** The link between



tobacco use and cancer has been known for a long time, and the good news is the message touting the importance of avoiding tobacco is working. The American Cancer Society reports that cigarette smoking rates had reached historic lows in 2019. While that's great news, it might not tell the whole story, as consumers now

have many other ways to use tobacco, each of which have been linked to cancer. So it's not simply avoiding cigarettes, but also cigars, hookahs, chewing tobacco, vaping products, and more, that is necessary to reduce cancer risk.

- **Shield your skin from the sun.** The PCF notes that exposure to the sun's ultraviolet rays causes the most skin cancers. The WCRFI reports that melanoma of the skin is the thirteenth most common cancer in men and the fifteenth most common cancer in women across the globe. Protecting the

skin from the sun is as simple as applying a sunscreen with a minimum sun protection factor (SPF) of 30 and covering up when spending long periods of time in the sun. The PCF urges individuals to avoid tanning beds and protect their skin year-round, including in winter.

- **Utilize fruits and vegetables in your fight against cancer.** The popularity of plant-based diets is on the rise. In fact, retail sales of plant-based foods in the United States increased by 11 percent in a single year between 2018 and 2019, according to data from the Plant Based Foods Association. A greater reliance on plant-based diets could go a long way toward reducing cancer deaths, as the PCF notes a 2021 study found that three servings of vegetables and two servings of fruit each day reduced the risk of cancer death by 10 percent.

- **Avoid excessive alcohol consumption.** The PCF notes that alcohol has been linked to cancers of the breast, liver, esophagus, and colon.

When consuming alcohol, women are urged to limit their consumption to one drink or fewer each day, while men should limit their consumption to two or fewer alcoholic beverages per day. The science is simple: the more alcohol a person drinks, the greater his or her risk for cancer.

Cancer prevention is a vital component of a healthy lifestyle, and there are many simply ways people can cut their cancer risk.

Did you know?

Family history is considered a risk factor for various diseases, and breast cancer is no exception. According to Cancer Research UK, having a first degree relative, which includes a mother, sister or daughter, diagnosed with breast cancer approximately doubles a woman's risk for breast cancer. However, the American Cancer Society notes that only about 5 to 10 percent of breast cancer cases are thought to be hereditary. Hereditary cases of breast cancer are those that result directly from gene mutations passed on from a parent. The relatively small percentage of hereditary cases is important to note, as it means that the vast majority of women who are diagnosed with the disease have no family history of breast cancer.



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Benefits and risks of caffeine to your body

Around 80 percent of the United States population consumes caffeine regularly, according to data from the U.S. Food & Drug Administration. Caffeine is found in coffee, tea, energy drinks, and some headache medications.

The National Center for Biotechnology Information says caffeine is the most widely consumed nervous system stimulant. Caffeine is considered a psychoactive drug. That means it alters the mind. Caffeine can change the way people think and feel. Healthline says the stimulating effects of caffeine contribute to its popularity. Caffeine will cause immediate alertness and temporarily relieve fatigue. Caffeine also may help enhance mood, and Healthline reports that one study found caffeine was linked to a 45 percent reduced risk of suicide in participants.

Moderate amounts of caffeine may help increase focus and attention, according to the mental health and substance abuse resource Here to Help. It also may help boost endurance while playing sports or engaging in other physical activities.

Generally speaking, when caffeine is used in low to moderate amounts, it could prove beneficial. It's when too much caffeine is consumed that people can get in trouble. The following are some of the detrimental effects of caffeine.

- Confusion and overstimulation can occur.
- Headaches can happen from too much caffeine or from withdrawal.



PROS AND CONS. Be aware of both positive and negative impacts of caffeine.

• Irritability also may be a symptom of withdrawal when the body becomes accustomed to caffeine.

• Caffeine may help keep a person regular, but too much can do the opposite and lead to diarrhea.

• Excessive caffeine can prevent calcium absorption in the bones, which may increase risk for osteoporosis and bone fractures.

• Some women who consume too much caffeine may have trouble conceiving a

baby, and if caffeine is consumed in high amounts during pregnancy, there's a risk of developmental issues in newborns or possibly miscarriage.

• Increased blood pressure also may result from consuming caffeine in high amounts.

Caffeine can have many effects on the body. It's important to understand both the positive and negative impact of caffeine on the body and brain.



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Eight things women should know about stress

Stress can be difficult to understand. A certain amount of stress can motivate people to get things done. But having too much can cause a person to resist doing anything at all. The Cleveland Clinic says stress is the body's response to daily events that occur in life. When stress becomes chronic, it can be negative and destructive, making it hard to adapt and cope.

Chronic stress is a concern for many women. The Office on Women's Health says women are more likely than men to report symptoms of stress, including headaches and upset stomach. They're also more likely to have mental health conditions that are exacerbated by stress, including anxiety and depression.

Learning the facts about stress can help women care for their mental well-being. Here are eight things to know.

1. Stress can manifest in emotional, cognitive or physical symptoms.

Notable physical symptoms include muscle tension and headaches as well as fatigue and low energy. Emotional symptoms may include increased worry, mood swings or irritability.

2. Stress can lead to unhealthy habits. Women have higher risk of overeating due to stress, and may become inactive or smoke to cope with stress, says the American Heart Association.

3. Common causes of long-term stress include poverty and financial worries. Women in poverty who care for children or other family members may develop more severe stress, says the Office of Assistant Secretary for Health.

4. Women respond to stress

differently. Healthline indicates women have a higher percentage of perception of stress than men, and also are more apt to realize they must manage it. Seventy percent of women have tried to reduce stress over the past five years.

5. Research reported on by the American Psychological Association says women are more likely to internalize stress, leading more readily to both physical and mental disorders. Men tend to be better at disassociating from stress.

6. Women are more likely to cancel plans due to stress than men, despite realizing they could use more social support.

7. Stress can disrupt hormonal balance in women, leading to menstrual irregularities.

8. Stress can trigger increased pain sensitivity, making women



KEEP YOUR COOL. Don't let stress get out of control, as it can take a serious turn in a hurry.

more prone to tension headaches and migraine attacks.

Stress can take its toll on anyone, including women. Rec-

ognizing help is needed, setting measurable targets and being realistic about managing stress can help women feel better.



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Warning signs of developing mental health issues

Various mental illnesses are more common among women than men, including depression and anxiety. The Mayo Clinic says it's common to have mental health concerns from time to time, but when one of those concerns becomes frequent or affects one's ability to function, it becomes an illness.

According to Clearview Treatment Programs, women often live with mental illness for months, even years before seeking treatment. Individuals may not realize the severity of their conditions, or they may mistake mental illness for stress or feeling overwhelmed. Even though the stigma surrounding mental health issues has decreased considerably in recent years, women still face societal barriers, says McLean Mass General Brigham Hospital. Women may not be inclined to discuss their issues and, in

turn, fail to receive prompt care.

Signs of mental illness vary, depending on the disorder and additional variables. A condition may affect a person's emotions, behaviors and thoughts. Some signs of a burgeoning mental illness include:

- Significant changes in sleep habits, which may include sleeping more or not at all.
- Changes in eating behaviors, which may include binge eating or going without food.
- Women tend to internalize mental illness, and symptoms can include ruminating, withdrawal from activities and generally retreating from life.
- Physical conditions that cannot be explained, such as headaches, stomach aches, chronic pain, and even high blood

pressure.

- Emotional lability, which means rapid mood swings from happiness to anger and sadness.
- Confused thinking or a reduced ability to concentrate.
- Excessive fears or worries.
- Detachment from reality, resulting in delusions.
- Trouble relating to situations and people.
- Changes to sex drive.
- Excessive anger or hostility.
- Suicidal thoughts or attempts.

Mental illness can affect anyone. According to research, women may have a higher propensity to develop certain mental health conditions and thus need to be aware of



WARNING SIGNS. Be aware of signs of developing mental health issues.

the symptoms of those disorders. Anyone in crisis should call 911 or their local emergency number immediately. In the United States and Canada, women can call or text 988 to reach suicide and crisis support.

Creating a safe sleep haven for your little one

Sudden Infant Death Syndrome (SIDS) is a tragic and unexplained phenomenon that affects infants under one year old during their sleep. While the cause of SIDS remains unknown, research indicates that babies born with brain defects or abnormalities may be at a higher risk. However, other contribut-

ing factors can increase the risk of SIDS, such as placing the baby on their stomach, overheating during sleep, maternal smoking during pregnancy, or sleeping with parents who have smoked or consumed alcohol.

The Infant Safe Sleep program aims to empower caregivers with tips and

actions to reduce the risk of SIDS. To create a safe sleeping environment for your child, consider the following tips:

- Room Sharing: Ensure your baby has their own sleeping space, separate from your bed.
- Surface: Use a firm, level surface with only a fitted sheet.
- Remove Hazards: Clear the sleeping area of toys, blankets, and other objects.
- Wearable Blanket: Opt for a wearable blanket like a baby sleep sack instead of a traditional blanket.
- Back Sleeping: Always place babies on their backs for naps and bedtime.
- Avoid Couch Sleeping: Do not let your child sleep alone or lie on a couch



FOLLOW GUIDELINES. Help keep your baby safe by following the Infant Safe Sleep plan.

unattended.

For more information on SIDS and safe sleeping habits, visit Safe to Sleep.

Article Courtesy Franklin Co. Health Dept.

Benefits of breastfeeding

Breastfeeding offers a myriad of nutritional benefits for both babies and mothers. Breast milk adapts to meet the evolving needs of a growing baby, with early milk (colostrum) providing essential antibodies and nutrition. Breastfeeding promotes easy digestion, leading to reduced cramping and gas, resulting in less crying for the baby. Mothers also experience benefits, including uterine contraction and reduced bleeding after birth, cost savings on baby food, and increased spacing before the next pregnancy.

The Franklin County Health Department provides support and resources for mothers interested in breastfeeding. Here are some basic breastfeeding tips:

- Frequent Feeding: Begin feeding your baby every one to three hours from birth.

- Consultation: As your baby grows, consult with a lactation consultant or doctor to understand changing nutritional needs.

- Adaptable Eating Patterns: Your baby's eating patterns may change daily; follow their lead to build your milk supply.

- Exclusive Breastfeeding: Exclusive breastfeeding is recommended for the first six months, followed by continued breastfeeding with complementary foods for one year or more.

Breastfeeding requires practice, time, and support. Be patient with yourself and your baby as you both learn. Seek support from friends, family, and your healthcare team. Remember, it gets easier after the initial days and weeks.

Article Courtesy Franklin Co. Health Dept.

Breastfeeding Support Services

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