

Health & Wellness

Spring 2023 A Special Supplement to

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to support your
wellness goals



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How To Enjoy A Healthy Summer

Colds might not be as common in summer as they are in winter, but anyone who has ever had a cold when the weather outside is warm and inviting knows just how unpleasant a runny nose, sore throat and lack of energy can be when everyone else seems to be outside soaking up the sun. Indeed, there's no substitute for feeling fit and healthy in summer.

A healthy summer is one when individuals avoid illness and make the most of a time of year when no one wants to battle colds or other issues that affect their well-being. The following are a handful of strategies that can help people enjoy a healthy summer.

- **Protect your skin from the sun.** The Centers for Disease Control and Prevention recommends individuals apply a broad-spectrum sunscreen with a sun-protection factor (SPF) of 15 or higher before going outside. Sunscreen should then be reapplied as necessary and especially after swimming or excessive sweating. The American Cancer Society notes that sunburn that blisters can increase risk for skin cancer, but sunburns affect short-term health as well. Studies have shown that sunburn adversely affects immune system response, which could make people more vulnerable to viruses like COVID-19 or the common cold.

- **Limit alcohol consumption.** Social schedules tend to fill up in summer, as seemingly everyone wants to host a backyard barbecue. The party vibe synonymous with summer leads to increased opportunities to drink alcohol, but excessive amounts of alcohol and summer sun are a bad combination. According to the National Institute on Alcohol Abuse and Alcoholism, hot summer days increase fluid loss through perspiration, while alcohol contributes to fluid loss through an increased need to urinate. Significant fluid loss can lead to dehydration and heat stroke.

- **Eat the right foods.** Summer is not typically as hectic a time of year as other seasons, particularly for parents accustomed to driving kids from one activity to another during the school year. But come summer, weekends filled with social engagements and

a greater desire to be active outdoors can prove exhausting. The CDC notes that a diet filled with colorful fruits and vegetables supports muscles, strengthens bones and boosts immunity. That can make it easier to handle a physically active summer regimen and ensure that the immune system is in better position to fight off anything that may want to get in the way of summer fun.



- **Get adequate sleep.** What's better than a midday summertime nap? The answer to that is better sleep overnight. Adults should aspire to get between seven and eight hours of sleep each night, which can fortify their immune system and ensure they don't miss out on any summertime fun. According to the Mayo Clinic, sleep deprivation can lead to decreased production of proteins known as cytokines, which are vital to fighting infection and inflammation.

A healthy summer makes for a more enjoyable summer. By embracing various immune-boosting strategies, individuals can make this summer even more fun.



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Dos And Don'ts Of Healthy Weight Loss

Maintaining a healthy weight promotes long-term health. Being overweight or obese are risk factors for various conditions, including type 2 diabetes and cardiovascular disease. The World Health Organization reports that the worldwide obesity rate has tripled since 1975. In 2016, more than 1.9 billion adults were overweight. Of these, more than 650 million were obese.

Health issues related to obesity are largely preventable. Losing weight in a healthy manner is essential for safe and lasting results. Individuals aspiring to lose weight can follow these guidelines on what to do and what not to do.

DO add lean protein sources to your diet. Healthline indicates the body burns calories when digesting and metabolizing protein, so a high-protein diet can help to shed up to 80 to 100 calories per day. Protein also helps you to feel full, reducing the propensity to overeat.

DON'T get hung up on numbers early on. The Centers for Disease Control and Prevention advises that even modest weight loss of 5 to 10 percent of your total body weight is bound to produce health benefits, such as improvements in blood sugar levels, cholesterol and blood pressure. Start small and gradually build up.

DO eat at least four servings of vegetables and three servings of fruits daily. Produce

contains an abundance of vital nutrients and is often fiber-rich and low in calories, which helps you to feel full.

DON'T overlook the impact of beverages on weight loss. The calories in sugary beverages, including some all-natural fruit juices, can add up quickly. Stick to water, tea or other unsweetened beverages to help with weight loss.

DO get moving more. The Mayo Clinic notes that while it is possible to lose weight without exercise, getting moving can help burn off the excess calories you can't cut through diet alone. Exercise boosts metabolism and benefits mood and strengthens muscles and the cardiovascular system as well.

DON'T go shopping while hungry. If you do, you may make impulse buys that compromise healthy eating plans.

DO speak with a doctor if you are vetting diet and exercise plans. A healthcare professional can assist you by indicating if a particular diet or fitness routine is acceptable for your age, goals and current health status.

DON'T forget to track eating. Most healthy diets involve some sort of calorie-counting, whether they actually require you to document your intake or use a formula to attribute "points" or another measure related to what you eat. Writing or tracking the foods and beverages you consume will provide the most honest assessment of habits that could affect weight loss.

DO include foods you enjoy. Completely restricting access to occasional treats may cause you to resent healthy eating, which can derail weight loss goals. The principle of moderation can apply to healthy weight loss as long as you account for the more calorie-dense foods.

Losing weight in a healthy manner is achievable when you seek guidance and follow some time-tested techniques.

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The Health Benefits Of Hobbies

Maintaining physical and mental health often requires a multi-faceted approach. Eating well, exercising and reducing stress are part of a healthy regimen, but those are not the only components of a healthy lifestyle.

Hobbies can have a positive impact on just how healthy hobbies can be. In fact, it is essential to carve out time for hobbies because they can be so beneficial.

According to a study published in Aging Clinical and Experimental Research, participation in leisure activities positively influences self-perceived well-being and depressive symptoms. “The blue zone” refers to the areas of the world that have the longest-living people on the planet, which include Okinawa, Japan; Sardinia, Italy; and Ikaria, Greece, among others. Participation in activities that bring out a creative side leads to an increased sense of well-being that is good for long-term health. They also can reduce cortisol levels. Cortisol is known as the stress hormone, and it can negatively affect energy, mood and sleep.

While most leisure activities regularly engaged in can have positive effects on health, those that focus on a combination of physical and mental stimulation are most beneficial. Women looking to change their daily routines may want to focus on these health-boosting hobbies.

- **Dancing:** Laugh, sweat and learn some footwork in a dance class. It can make exercise fun for those who find traditional exercise does not keep their attention.
- **Kayaking:** There’s something serene about being on the water away from the hustle of life on land. Kayaking strengthens the body, but the calm of taking in the water and scenery nourishes the mind. Experts agree that outdoor hobbies add another benefit since sunlight helps the body release neuroreceptors that trigger more positive thoughts.
- **Gardening:** Gardening is physical, requires planning, involves spending time outdoors, and yields tangible results through thriving plants. These are all factors that promote good health.
- **Fostering animals:** Fostering animals offers them an opportunity to spend time in domestic settings before being adopted by permanent owners. For the foster person, having a dog involves going out on walks and play sessions in the backyard. A sense of purpose comes from helping out needy animals, and this hobby also taps into physical wellness.
- **Volunteering:** Being a presence in your community can foster social engagement and boost emotional health. It also can keep you physically active.

Various hobbies can be good for the mind and body, which makes it worth anyone’s effort to make more time for recreation and leisure.





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Kids Can Set The Pace For Longterm Health

Long-term health is not something that many young people routinely consider. After all, it's easy to feel invincible during one's childhood and adolescence. But the steps that young people take early on can affect their health as they get older.

According to the Centers for Disease Control and Prevention, establishing healthy behaviors during childhood and adolescence is more beneficial to long-term health than trying to change poor behaviors in adulthood. The following are some ways young people can set the course for healthy outcomes throughout life.

Prioritize healthy foods

According to the childhood recreation group Mountain Kids, habits and actions performed subconsciously are hard to break because repeat habits trigger dopamine in the brain, causing pleasurable feelings that reinforce the behavior. So grabbing a slice of cake after school for a snack becomes rote. Instead, stocking the refrigerator and pantry with sliced fruits and vegetables, low-fat yogurt, lean protein like hummus and whole wheat dipping crackers can set the course for more responsible eating behaviors.

Eat meals and shop together

Kids can learn what healthy eating and portion control looks like if it is modeled by their parents. Children should be involved with reading nutrition labels and understanding the ingredients that comprise the



foods they commonly eat. When dining out, choose restaurants that utilize menus that indicate the caloric content of meals. Children will learn to recognize and embrace nutritious foods and that can continue into adulthood.

Eating as a family also benefits mental health. Stanford Children's Health says eating together as a family can encourage children's

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confidence in themselves and improve communication. Children who regularly converse and interact with their parents may be less likely to engage in substance abuse or act out at school.

Increase physical activity

The CDC says 21 percent of adolescents aged 12 to 19 are obese, and two in five students have a chronic health condition. A sedentary lifestyle may be one contributor to these statistics. At home and in school, adults can encourage physical activity as an effective means to prevent obesity. The Department of Health and Human Service recommends that children and adolescents age six and older get at least one hour a day of moderate or vigorous aerobic activity, such as running or biking. Muscle- and bone-strengthening activities also are recommended. Kids who learn early on to appreciate physical activity reap long-term benefits that extend well into adulthood.

Avoid tobacco

Tobacco and nicotine vaping products can contribute to many negative health conditions. Youngsters who avoid these products throughout their lives may improve longevity and reduce their risk for various illnesses.

Children who learn healthy behaviors at a young age are more likely to continue those good habits into adulthood, which ultimately benefits their long-term health.



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3 Fun And Effective Outdoor Exercises For Seniors

The benefits of spending time in the great outdoors are significant. According to the Centers for Disease Control and Prevention, spending time outdoors may improve mental health and help to reduce stress, and the vitamin D the body absorbs while outside can have a positive effect on blood cells and the immune system.

Seniors can benefit from the great outdoors as much as anyone. Vitamin D helps the body absorb calcium, which strengthens bones. That's especially beneficial for seniors, as the National Council on Aging notes that bone density often decreases after age 50, which can increase the risk of fractures. That's especially so in women over the age of 50, as a 2021 report from Amgen, Inc., indicated women can lose up to 20 percent of their bone density within five to seven years of menopause.

Spending time in the great outdoors also provides a social benefit, encouraging individuals from all walks of life, including seniors, to get out of their homes and spend time with other people.

With so much to gain from spending time outside, seniors can consider these three outdoor exercises as they seek to maintain or improve their overall health.

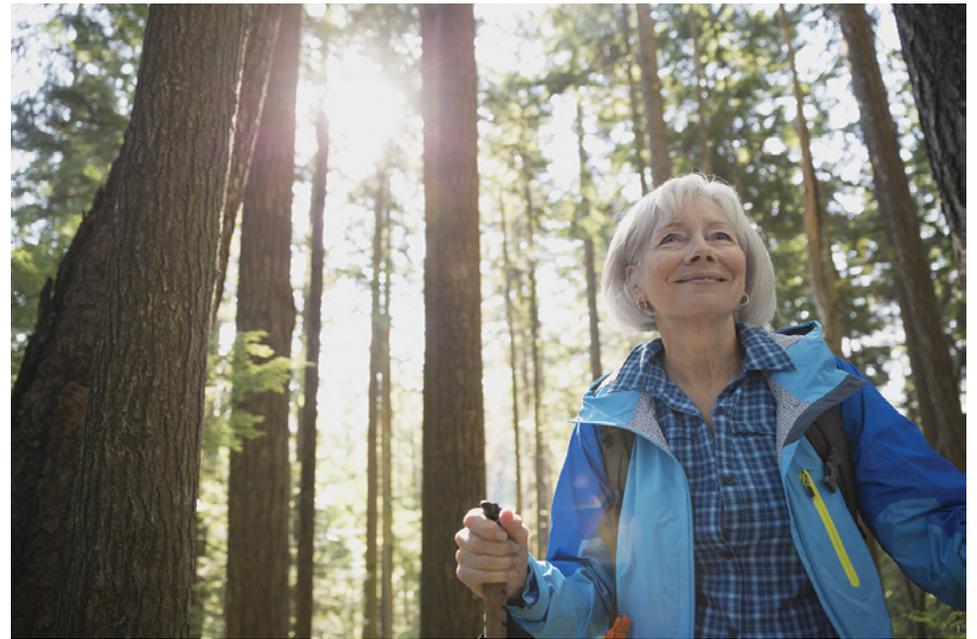
1. Walking: Walking is free and effective. In fact, WebMD notes that a brisk 30-minute walk can improve blood flow, contribute to a stronger heart, strengthen bones, and even help people sleep better at night. In addition, a 2022 study published in the journal JAMA Neurology found that people between the ages of 40 and 79 who walked about 9,800 steps per day were 51 percent less likely to develop dementia than people who didn't walk much at all.

2. Cycling: Riding a bike is both fun and a great form of outdoor exercise. Though many studies regarding the health effects of cycling have looked at the value of riding a bike to work, a scenario that does not apply to retirees, the results of such studies still offer insight into just how valuable it can be to ride a bike. For example, a 2020 study published in the journal The Lancet found that people who cycled to work were 24 percent less likely to die of heart disease and 11 percent less likely to develop cancer. Seniors, whether they are still working or retired, can incorporate cycling into their daily routines and enjoy all the fun and health benefits that riding a bike provides.

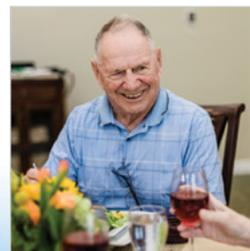
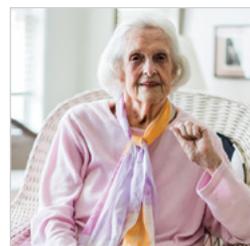
3. Hiking: Hiking is a bit more strenuous than walking, particularly when individuals choose to traverse steep and/or rocky terrain. WebMD notes that hiking after age 60 can help people reduce their risk of falls and fractures; lower their risk for a host of ailments, including coronary heart disease, colon cancer and diabetes; reduce blood pressure, even in adults who have already been diagnosed with hypertension; and maintain healthy bones and joints. Hiking is not a one-size-fits-all activity, so seniors, especially those who would characterize themselves as

novice hikers, are urged to speak with their physicians prior to hiking trails that are not flat.

Seniors can consider these three fun activities and others as they answer the call of the great outdoors. Walking, cycling and hiking offer a great reason to get out of the house and reap the health-related benefits of spending time outside.



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8 Facts About Women's Health And Fitness

Various issues affect women's health and wellness. Certain conditions are unique to women, while others are more likely to affect women than men. The following are eight facts about women's health and fitness that any woman can utilize to improve her overall health.

1. Women bear a physical and emotional burden of caregiving. Women primarily are tasked with being caregivers to their own families and potentially elder parents or other relatives, and that takes a toll. According to the Centers for Disease Control and Prevention, women who are caregivers are at greater risk for poor physical and mental health, including anxiety and depression. Women may have to work a little harder to maintain healthy behaviors that can curtail stress, including good sleep habits and regular exercise.

2. Heart disease is a significant women's health issue. Even though heart disease and heart attacks are thought to be primarily men's health issues, heart disease is the leading cause of death for women, according to the American Heart Association. Shortness of breath, pain or discomfort in the chest, fullness or pressure in the center of the chest that lasts or goes away and returns, and nausea or lightheadedness all may be symptoms of a heart attack in women.

3. Women are vulnerable to eating disorders. Teenage girls and young women are more likely than teenage boys and young men to have anorexia or bulimia, according to the Mayo Clinic. Eating disorders tend to develop in people in their early 20s. Family history, other mental health disorders, dieting/starvation, and stress all contribute to the formation of an eating disorder.

4. Menstrual bleeding is a common health concern. Many women do not openly discuss menstrual issues with others, but they should. The CDC says menorrhagia, or heavy menstrual bleeding, affects more than 10 million American women each year. This condition may be the first indication of an overall bleeding disorder.

5. Intimate partner violence includes various forms of abuse. Intimate partner violence can include one episode or repeated episodes. The Office on Women's Health reports that IPV can include physical, sexual or emotional abuse, as well as sexual coercion and stalking. It affects millions of women each year.

6. The majority of Al-

zheimer's patients are women. Almost two-thirds of Americans with Alzheimer's disease are women, says the Alzheimer's Association. Women in their 60s are more than twice as likely to develop Alzheimer's over the rest of their lives than they are to develop breast cancer.



7. Young women are vulnerable to HIV infection. The World Health Organization reports that women now bear the brunt of new HIV infections. A large number of young women struggle to protect themselves and receive required treatment.

8. Women need to exercise with greater frequency. Mana Health Associates says fewer than half of all women over age 18 meet the federal physical activity guidelines for aerobic exercise, which is 150 to 300 minutes of moderate-intensity aerobic activity, like brisk walking or fast dancing, each week.



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How To Pair Food With Exercise

Food pairing is often discussed in terms of which wines best complement particular dishes. But pairing food with exercise merits consideration, as it can create the balance needed for overall health.

Food plays an important role in workouts, giving individuals the energy necessary to perform at their peak. Timing meals appropriately and knowing what to eat before or after a workout can make a difference.

CREATINE BENEFITS WEIGHT LIFTING

Creatine is an organic acid that is an important ingredient for short duration, high-intensity exercises, such as weight lifting. According to Kelly Pritchett, Ph.D., RDN, director of the nutrition graduate program and assistant professor of nutrition and exercise science at Central Washington University, foods rich in protein from meat, poultry and fish can help optimize stores of creatine. Creatine also may be found in foods and beverages targeted to athletes, like protein shakes and snacks.



PRE-WORKOUT MIXES INCLUDE PROTEIN AND CARBOHYDRATES

A snack or mini meal one to three hours before a workout is ideal so that digestive issues don't occur during a workout when the body directs more blood to muscles than digestion. Food pairings that include a high quality carbohydrate, like whole grain bread or oatmeal, with a protein source, such as peanut butter or milk, can be key. Blood sugar will stay steady with whole grain carbs, and the protein will help you to feel full and avoid overeating after a workout.

GLUCOSE, GLYCOGEN AND RUNNING

Distance running or other exercises that require endurance, such as skating or biking, require ample energy stores. Although low-carbohydrate diets are popular for people looking to lose weight, they're not ideal for people who engage in endurance sports and need carbohydrates for energy, states Johns Hopkins Medicine. Endurance athletes need more carbs than those who aren't training. These activities use both glucose in the blood and glycogen, which is sugar stored in the liver and muscles. Eating plenty of healthy carbs helps bolster energy stores. Whole fruits and grains are good sources of carbohydrates.

BENEFITS OF BANANAS

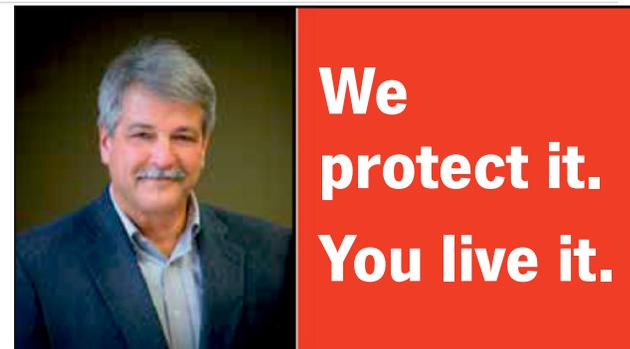
For those with limited time to grab a bite before a workout, bananas might be the perfect option. According to WebMD, bananas have easily digestible carbs that will not weigh you down. The potassium in bananas also may help prevent muscle cramps during and after workouts.

POWER UP WITH POTATOES

Potatoes are whole foods, meaning they contain a balance of all the essential amino acids, despite being low in whole protein. They're also rich in vitamin B6, which is critical to protein metabolism, says Mark Anthony, Ph.D., adjunct professor of science and nutrition at St. Edwards University, Austin. Potatoes also contain the right mix of sodium and potassium to maintain an electrolyte balance in the body.

RECOVER RIGHT

A mix of carbohydrates and lean proteins also is ideal for exercise recovery. Mix in good fats like avocado and olive oil. Carbs will help replenish depleted levels of glycogen and high-quality protein will help build and repair muscle. Don't forget to drink plenty of fluids to replace what was lost while working out.



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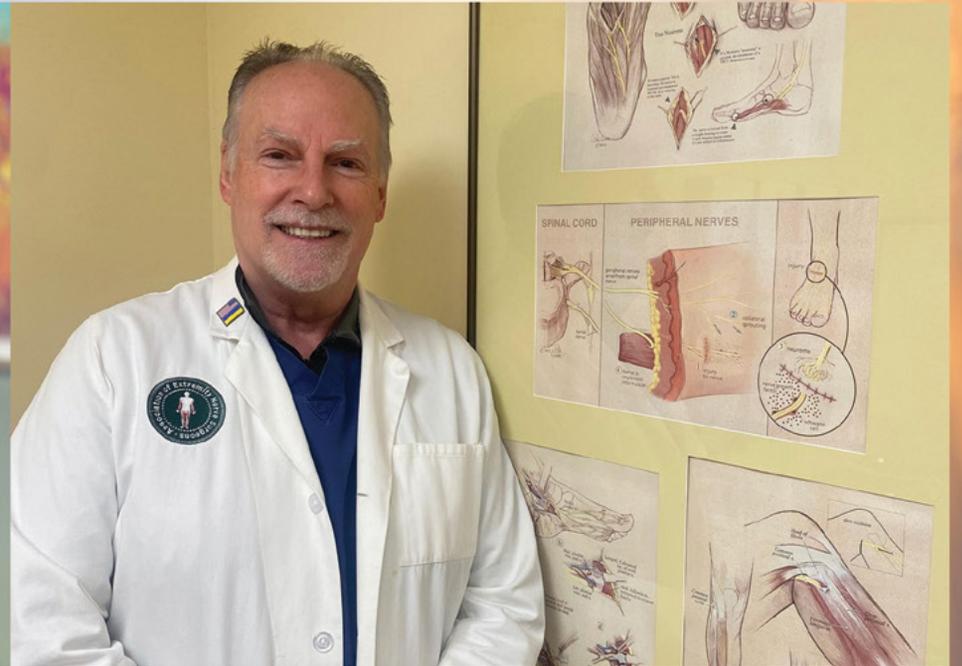
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YOUR HEALTH. YOUR COMMUNITY. YOUR HOSPITAL.



Dr. Marlene Sarkis, Primary Care Provider

Dr. James P. Wilton, Podiatrist and Surgeon

For almost 120 years, Cottage Hospital has served the Upper Valley and beyond. We are proud to offer a variety of healthcare services close to home that you can trust, including:

- Orthopaedics
- Designated Level IV Trauma Center
- Critical Care
- Inpatient Care
- Diagnostic Imaging
- Laboratory
- Rehabilitative Therapy
- Surgical Services
- Ray of Hope Inpatient Geriatric Mental Health

Rowe Health Center

- Primary Care
- Cardiology
- Gastroenterology
- Mental Health
- General Surgery
- Endocrinology
- Podiatry



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