

HEALTH

& Wellness

Fall 2021

A Special Supplement to



Exercising Safely After Recovering From COVID-19

Get Back To Your Daily Activities
Including Exercising

Shake Up A Stale Workout

Routinely Switching Things
Up Can Keep Workouts
Fresh And Exciting.



How To Eat To Improve Your Energy Levels



HEALTH & Wellness

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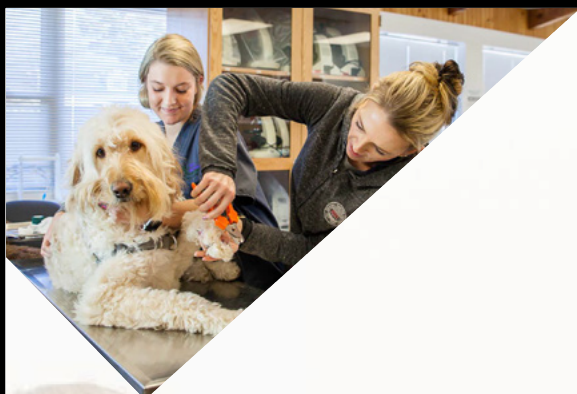
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What's So Great About Whole Grains?

Grains are an important component of most people's diets. All grains begin as "whole grains," but processing often alters grain products, resulting in foods that don't pack the nutritional punch they once did.

Whole grains consist of three key edible parts, says The Whole Grains Council. This includes the bran, germ and endosperm. The bran is the multi-layered outer skin of the edible grain kernel. The germ is the embryo, which can sprout into a new plant. The endosperm is the food and energy source for the germ. The endosperm is the largest component of the grain kernel and has starchy carbohydrates, proteins and small amounts of minerals and vitamins. Conversely, the bran has fiber and B vitamins, while the germ contains healthy fats, protein, many B vitamins, and minerals.

During the refining process, typically the bran and germ are stripped away. That greatly reduces the nutrient profile of the kernel, removing protein and essential nutrients. Some may be restored by enriching refined grains, but refined products can't compete with the healthy wholesomeness of whole grains.

Whole grains are preferential for a variety of reasons.

- Whole grains contain fiber, which is known to help control blood sugar, lower LDL cholesterol and reduce colon cancer risk. Oats, bulgar and barley have the most fiber.
- Lactic acid, which promotes good bacteria in the large intestines, can be found in whole grains. These bacteria can improve digestion and promote better nutrient absorption, advises Health magazine.
- Whole grains may help a person feel fuller. That can cut down on overeating and help control weight.
- Health experts say that eating whole grains can leave a person with less belly fat, also known as "central adiposity." This is important for reducing risk of diabetes and other health issues.
- These are just some of the reasons to select whole grains over refined, processed ones. Whole grains should provide the majority of grains in a person's diet.

Shake Up A Stale Workout



Eating less and moving more are the hallmarks of many fitness regimens, especially those designed for people who want to lose weight. Maintaining a healthy weight can help reduce risk factors for many illnesses, making weight loss a worthy goal for those who can afford to shed a few pounds.

While people have good intentions when designing

their exercise regimens, over time hitting the treadmill or doing a weight circuit can lose its appeal. When exercise routines become stale, people may be put off from doing something that is essential to their overall health. Routinely switching things up can keep workouts fresh and exciting.

TRY A TRENDY WORKOUT

Experiment with a new fitness trend to see if you like it. Start by talking with a personal trainer or group exercise captain at your fitness center. Chances are they've already implemented novel workouts for their clients and they can walk you through some of the offerings.

So whether it's barre classes that make you feel like a prima ballerina or renegade rowing to emulate a crew team, new exercises can help to banish boredom.

CUT DOWN ON WORKOUT TIME

It's easy to lose interest in a lengthy workout. High-intensity workouts can streamline exercise to 30 min-

utes or less and produce the same results as longer, less intense regimens. High intensity interval training, or HIIT, is a popular regimen that pairs bursts of maximum-output moves with short recoveries to streamline efforts.

BRING A FRIEND ALONG

A buddy to exercise alongside can make a regimen fun even if you've done the same things over and over. Plus, a healthy dose of lighthearted competition may motivate you to keep going.

CHANGE SMALL COMPONENTS

Apart from preventing boredom, changes to a routine also benefit your body. If exercise regimens are never altered, and you keep doing the same number of reps and sets, your body can adapt to these workouts and make it difficult to break plateaus. Lack of variation also may decrease focus, which can make it hard to achieve your fitness goals. A consultation with a personal trainer can help you adapt your routine or find an entirely new one.



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Where Does Lost Weight Go?

Obesity is a significant threat to public health. The World Health Organization says global obesity rates have nearly tripled since 1975. There are now more than one billion overweight adults across the globe, and at least 300 million people are classified as clinically obese.

Many people want to lose weight and unhealthy fat for personal reasons or at the suggestions of their doctors. Weight loss often involves a combination of increasing exercise and decreasing calorie consumption. As excess weight starts being shed, it becomes evident that a biological process is taking place. Many people refer to it as burning calories. But fat loss is a complicated process that's spawned various misconceptions.

BREATHING TO LOSE WEIGHT?

Many people may not know that a lot of the fat lost during weight loss efforts occurs through simple breathing. According to Live Science and a 2014 study from researchers at the University of New South Wales, the body stores excess protein or carbohydrates in a person's diet in the form of fat,

specifically triglycerides, which consist elementally of hydrogen, carbon and oxygen. When people lose weight, triglycerides are breaking up into these building block elements through oxidation. The researchers found that, during oxidation, triglycerides are used up in a process that consumes many molecules of oxygen while producing carbon dioxide and water as waste products. The study found that, during weight loss, 84 percent of the triglyceride fat that is lost turns into carbon dioxide and leaves the body through the lungs. The remaining water may be excreted as sweat, breath or tears, or come out in urine — water excretion is the lesser-known component of the biological process.

Researchers who authored the University of New South Wales study determined that, when 22 pounds of fat are oxidized, 18.5 pounds of it leaves the body as

exhaled carbon. The amount of carbon that is lost can be increased through exercise, according to Medical News Today. By substituting one hour of moderate exercise (like jogging) for one hour of rest, a person can increase his or her metabolic rate of triglyceride usage sevenfold.

Carbon excretion also occurs during sleep, while sitting and doing daily activities. However, the amount excreted during these activities is minimal and can be offset by eating too much food. Simply breathing more and faster during regular activities is not recommended, either, as doing so increases the risk for hyperventilation.



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Sticking To A Diet While Eating Out

What to do when dining out is a challenge dieters know well. It's easy to control ingredients and portion sizes at home, but not nearly as easy when dining out.

Harvard Health Publishing says the average American eats out about five times a week, and that means figuring out how to stick to diets. Rest assured there are plenty of ways to socialize and enjoy meals away from home without compromising a diet.

- Do your research. Many establishments post their menus online and dieters can use that to their advantage. Prior to booking a reservation, review a restaurant's menu online to ensure there's something on there that won't compromise your diet. If you need further clarification, call the restaurant and see if substitutions can be made.
- Have a go-to dish. Many restaurants offer at least one diet-friendly item like a Cobb salad. Dieters can choose a go-to healthy dish that won't compromise their meals and then look for it when dining out.
- Drink water. Don't drink your calories. Alcoholic beverages or sweetened soft drinks can be heavy in

calories. Instead of using your calorie allotment on liquids, save these indulgences for food.

- Look for healthy cooking methods. Scan the menu for foods that are steamed, grilled, baked, and stir-fried. These cooking methods generally use very little oil or butter. Steer clear of heavy gravies or cream-based sauces as well. If there is a sauce, ask for it on the side.
- Choose the right food order. According to BodyBuilding.com, eat protein first, followed by vegetables, and leave carbohydrates for last. The protein and vegetables should slow down digestion, leaving you feeling fuller, faster. That means you'll be less likely to over-indulge on bread, potatoes or a sugary dessert.
- Be forthright with dietary needs. Share with your server or party host what you can and cannot eat. Most establishments or individuals are happy to help customers stick to a particular diet. You're not being "a pain" or

"picky" by being frank about what you need to eat to be healthy.

• Check out favorite dishes. You may not know what you're eating unless you investigate. U.S. federal law now requires all restaurants with more than 20 locations to provide nutritional information for menu items. Search CalorieKing for data on foods from hundreds of popular nationwide chains.

• Snack before you leave home. Don't arrive at a restaurant feeling famished. Eat a small snack before leaving home or bring a few safe items you can use as backups so you'll have something to eat if the menu does not have much healthy fare.



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How Active Seniors Can Protect Their Vision

Retirement may be seen as a time to slow down and enjoy some well-earned rest and relaxation, but today's seniors clearly did not get the memo. Modern seniors look and act a lot different than traditional depictions of retirees.

The shift in attitudes regarding aging is noticeable in the growth of active retirement communities, which are designed for aging men and women who want to engage in activities where no chairs are required. Active seniors may not fit outdated stereotypes of cardigan-clad grandparents shuffling about dusty retirement homes, but even the most energetic retirees may still be vulnerable to age-related health complications. For example, the American Optometric Association notes that men and women over the age of 60 may be vulnerable to age-related vision problems. A certain degree of vision loss is natural as men and women age, but that doesn't mean active seniors have to sit idly by. In fact, there are many ways for active seniors to protect their vision so they can continue to get up and go without having to worry about losing their eyesight.

- Make your diet work for you. The AOA notes that a number of eye diseases can develop after an individual turns 60, and some of these conditions can be minimized with wise lifestyle choices. For example, a healthy, nutrient-rich diet can protect vision over the

long haul. The National Council On Aging notes that studies have found that omega-3 fatty acids, which can be found in foods like spinach, kale and salmon, can reduce individuals' risk for age-related eye diseases. Seniors can speak with their physicians about other ways to utilize diet to combat age-related vision problems.

- Protect your eyes and look cool at the same time. Active seniors spend lots of time outdoors, and that may have an adverse effect on their vision. The NCOA notes that lengthy exposure to the sun's ultraviolet rays can cause both short- and long-term eye damage. Thankfully, such issues are easily avoided if seniors wear sunglasses with UV protection when going outside. Brimmed hats also can protect the eyes from harmful UV rays.

- Be mindful of screen time. Much has been made of how much screen time is healthy for young people. But seniors also are not immune to the potentially harmful effects of spending too much time

staring at their phones and other devices. The NCOA recommends seniors employ the 20-20-20 rule in regard to screen usage. Every 20 minutes, look about 20 feet away for 20 seconds. This quick exercise can reduce eye strain.



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Staying Active May Lower Glaucoma Risk

By: Laura Karle, OD

As if we need one more reason to hop on that treadmill, studies show that exercise can help lower eye pressure. So, what is eye pressure and why does it matter? Intraocular (eye) pressure is an important force needed to help the eye maintain its shape. However, if this pressure gets too high, it can have harmful effects especially on the optic nerve. The optic nerve is a bundle of more than 1 million nerve fibers that transmits sensory information for vision from the eye to the brain. Elevated eye pressure can cause stress on these nerve fibers and lead to damage of the optic nerve itself. This condition is known as glaucoma and, when left untreated, it can lead to gradual, peripheral vision loss. The good news is that glaucoma treatment is usually very simple, especially in the early stages. The mainstay method to prevent vision loss from glaucoma is to lower the eye pressure, which is achieved by eye drops used on a daily basis. Interestingly enough, recent studies have shown that cardiovascular activity can also help lower eye pressure. And since elevated eye pressure is the leading risk factor for glaucoma, reducing pressure in the eye through exercise can not only treat glaucoma but may help prevent it as well.

So, how does physical activity change the pressure in our eyes? It all has to do with blood flow. As blood flow increases, eye pressure decreases. So, when you're jogging around the park, sprinting for that tennis ball, or finishing a lap in the pool, blood flow to your body is increased and your eye pressure is transiently lowered. A recent study found that the most physically active people had a 73 percent lower risk of glaucoma when compared to the least active people. Specifically, cardiovascular activity has shown to be the best at reducing eye pressure. Thirty minutes of aerobic exercise five days per week decreases glaucoma risk by 50 percent when compared to those with a sedentary lifestyle. Physical activity has been shown to lower eye pressure not only in the post-exercise phase, but also during the resting phase if routine exercise is maintained. Additionally, higher intensity workouts were shown to have the greatest effect on eye pressure. So, a faster paced walk or jog will lower intraocular pressure more than a slow stroll.

It is important to note that not all exercise is created equal when it comes to lowering eye pressure. For example, any exercise that causes the head or body to become inverted will actually cause an *increase* in eye pressure. Research has found that eye pressure can actually double in these positions. Yoga is a common exercise with frequent inverted postures, like downward facing dog, forward folding and head stands. These types of exercises should be limited in patients with glaucoma and cautioned in those at higher risk of glaucoma. Additionally, some heavy weight lifting routines may also cause an increase in eye pressure. If you are questioning whether a certain exercise is right for you, ask your eye care provider. Checking eye pressure and assessing for glaucoma risk factors, like optic nerve health, is part of a comprehensive eye exam, which eye care providers recommend on a yearly basis.

It goes without saying, exercise is an important part of a healthy life and reducing the risk of glaucoma is just one more benefit to being active. Moreover, if you have glaucoma, the right exercise can help you take control of your disease. Exercise cannot replace eye

drops, but it can help augment their use. So, whether you have glaucoma and want to take an active role in your condition or you want to lower your risk of developing glaucoma, exercise is on your side. So get out there and get active; your eyes and your body will thank you!

Dr. Laura Karle is a primary eye care provider at [Littleton Eye Care Center](#) and [Woodsville Eye Care Center](#).

Dr. Karle is a recipient of the prestigious *Dr. William M. Eisenberg Memorial Award for Excellence in Ocular Disease* and completed her residency at the Erie Veterans Affairs Medical Center, with a focus in Ocular Disease and Primary Care.

Her specialty interests include management and treatment of glaucoma, corneal disease, age-related macular degeneration, dry eye syndrome, visual issues relating to traumatic brain injury, low vision services, and contact lens care. She is also interested in optometric outreach and has been on international service trips to Grenada and Guatemala to provide eye care to underdeveloped areas.

Dr. Karle likes to spend her time outdoors. She enjoys hiking, skiing, camping, biking and running. She lives in Lyman, NH with her husband, Sam, and their dog, Winnie.

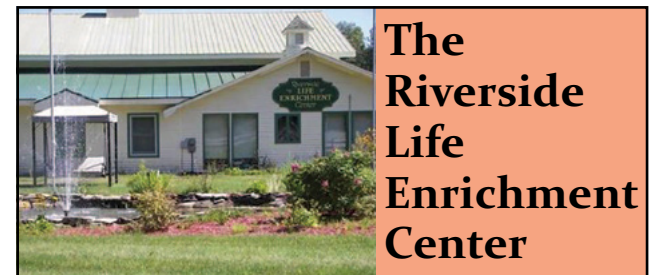


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Exercising Safely After Recovering From COVID-19



31 million people in the United States have had confirmed coronavirus infections, and Canada reported 1,087,158 confirmed cases with 80,204 considered active at that time. Thousands of new cases are reported daily nationwide, and many others have occurred around the world.

Even though COVID-19 is widespread and highly contagious, the silver lining is that a very high percentage of people recover from the disease. WebMD says that recovery rates fluctuate between 97 and 99.75 percent. However, COVID-19 can affect various parts of the body and produce long-lasting side effects.

A study from the Korea Disease Control and Prevention Agency found that 91 percent of people who recovered from COVID-19 reported at least one long-lasting symptom, and fatigue and trouble concentrating were the most common. With this in mind, individuals

who have recovered from the illness and want to get back to their daily activities — including exercising — may need to be especially careful.

Health experts recommend a slow, phased approach to resuming exercise after recovering from COVID-19. It's also worth noting that it may take some time to regain pre-illness fitness levels, so individuals are urged to go easy on themselves if they cannot meet certain milestones.

David Salman, Ph.D., a clinical fellow in primary care at the Imperial College London, was lead author of a report published in the British Medical Journal that aimed to answer questions about returning to exercise. One of his recommendations is to wait for seven days after major symptoms have stopped before beginning to slowly build up physical activity. One should start with light-intensity exercises, such as walking or yoga. Gradually, more challenging activities, including brisk walking, swimming or light resistance training, can be introduced. Each

The number of people who have been infected by the novel coronavirus COVID-19 is difficult to determine, as millions of people may have had the virus but been asymptomatic. But as of April 2021, the Center for Systems Science and Engineering at Johns Hopkins University reported that more than

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phase should be maintained for at least seven days.

People should be mindful of getting out of breath or feeling too fatigued by exercise. If this occurs, they should move back a phase until exercise feels comfortable. Pay attention to body cues while doing normal daily activities, as these can help determine if you need to rest.

The University of Colorado Boulder Health and Wellness Services says exercise should not continue if people experience chest pain, difficulty breathing, shortness of breath, abnormal heartbeats, or lightheadedness. Individuals are urged to consult with their doctors if these symptoms appear.

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Being overweight or obese is a serious medical condition that can affect people of all ages. Carrying around too many pounds can be especially problematic for children because it may put them on the path to health problems that once generally only affected adults. Such issues include diabetes, high blood pressure and high cholesterol. The Mayo Clinic advises that childhood obesity can contribute to poor self-esteem and depression. Fortunately, improving kids' eating habits, such as ensuring kids eat nutrient-dense, low-calorie foods, and increasing physical activity are two ways to help kids maintain healthy weights. Parents who have concerns about their children's weight should consult with a pediatrician, who may recommend a body mass index test.



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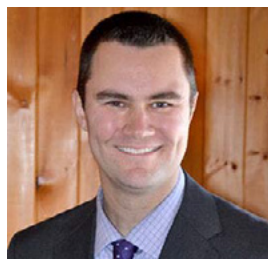
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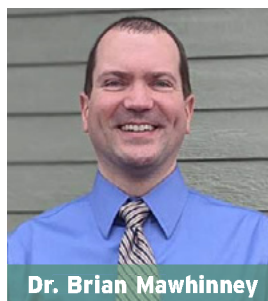
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How To Eat To Improve Your Energy Levels

A little extra energy during the day could benefit just about anyone. Late morning mental fatigue and the post-lunch yawns may seem unavoidable, but there are plenty of ways to improve energy levels throughout the day. One such means to getting an extra hop in your step involves utilizing food.

The health care experts at Kaiser Permanente® note that every part of the body, including the brain and heart, require energy to work. The body gets that energy from food. According to the National Health Service, the publicly funded health care system of the United Kingdom, a healthy, balanced diet is the best way to maintain sufficient energy levels throughout the day. A dietary approach rooted in eating to energize can change the way people eat, potentially helping them avoid unhealthy foods that won't give them the boost they need.

The American Academy of Nutrition and Dietetics echoes the sentiments of the NHS, noting that eating better is an effective way to improve energy levels. The AAND also recommends additional strategies for people looking to foods to provide an energy boost.

- **Eat every three to four hours.** The AAND notes that eating every three to four hours helps to fuel a healthy metabolism. This approach also can prevent the between-meal hunger pangs that compel many people to reach for whatever food is readily available, even if it's unhealthy. When eating every three to four hours, remember to prepare smaller portions than you would if you were eating three meals per day. The AAND points out that feeling comfortably full but not stuffed is a good indicator that you've eaten enough.

- **Aim for balance.** A balanced plate should include foods from multiple food groups. The AAND notes that even a small amount of fat can find its way onto your plate, which should include a combination of whole grains, lean protein, fiber-rich fruits and vegetables, and fat-free or low-fat dairy. If that's too much for a single sitting, ensure these food groups are represented on your plate at some point during the day.

- **Avoid added sugars.** Added sugars can adversely affect energy levels. In addition, the Centers for Disease Control and Prevention notes that consuming too many added sugars, which are found in sugar-sweetened beverages like soda and iced tea and sweet snacks

like candy, increases a person's risk for obesity, type 2 diabetes and heart disease. The AAND notes that the energy provided by foods with added sugars is typically misleading, as it wears off quickly and ultimately leads to an energy crash. If you're looking to eat and drink for energy, then choose water or low-fat milk instead of coffee and soda and replace sweet snacks with fruit.

- **Choose the right snacks.** The AAND recommends snacks have lean protein and fiber-rich carbohydrates. Low-fat Greek yogurt, apples, a handful of unsalted nuts, and carrots are some examples of healthy snacks that will provide an energy boost between meals.

How people eat can help them overcome fatigue or exacerbate existing energy issues.



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The Risks Of An Overly Sedentary Lifestyle

Health experts call it “sitting disease.” It refers to when people spend more of their time behind a desk or steering wheel of a car or planted in front of a television than they do engaging in physical activity. According to the American Heart Association, sedentary jobs have increased by 83 percent since 1950, and technology has reduced many people’s need to get up and move. Inactivity is taking a considerable toll on public health.

A study from the University of Cambridge equated inactivity with being obese. The Mayo Clinic advises that research has linked sedentary behavior to a host of health concerns, and found those who sat for more than eight hours a day with no physical activity had a risk of dying similar to the risks of fatality linked to obesity and smoking. Increased blood pressure, high blood sugar, abnormal cholesterol levels, and excess body fat all can be attributed to inactivity.

Mental health can be adversely affected by a sedentary lifestyle as well. Australian researchers surveyed more than 3,300 government employees and found men who sat for more than six hours a day at work were 90 percent more likely to feel moderate psychological distress, such as restlessness, nervousness or hopelessness, than those who sat for less than three hours a day.

In addition, a sedentary lifestyle can significantly increase a person’s risk for various types of cancer. A German meta-analysis of 43 studies involving four million people indicated those who sit the most have higher propensities to develop colon cancer, endometrial cancer and lung cancer.

Johns Hopkins Medical Center says research shows that high levels of exercise at some point in the day can lessen some risk, but it’s not entirely effective if most of the rest of the day a person is inactive. Risk for cardiovascular disease increases significantly for people who spend 10 hours or more sitting each day. Various medical organizations recommend individuals get up and move at any opportunity to help reduce risks of inactivity. Erin Michos, M.D., M.H.S., associate director of preventive cardiology at the Ciccarone Center for the Prevention of Heart Disease, advises people who are very sedentary to aim for 4,000 steps per day. Such individuals can then build up to a target of 10,000 steps daily.

The Mayo Clinic recommends these strategies to reduce the amount of time you spend sitting.

- Stand while talking on the phone or watching television
- Invest in a standing desk
- Get up from sitting every 30 minutes
- Walk at lunch or during meetings



Headaches & Migraines

Understanding the Types, Triggers and Treatment

Written by: Jamie Wagner, APRN, AGPCCP-BC

There are over 150 types of headaches, all of which can be broken down into 2 main groups: primary and secondary headache disorders.

A Primary headache disorder is when the headache is not caused by an underlying disease or condition. Many people worry that the pain they are feeling in their head means something is wrong with their brain. The brain itself cannot feel pain. The pain experienced usually comes from inflammation surrounding nerves, blood vessels, or muscles in and around the neck and head. Examples of primary headache disorders include but are not limited to: migraines, tension type headaches, and trigeminal autonomic cephalgias.

Secondary headaches are caused by another condition triggering the same areas in the head and neck. Often warning signs of more serious systemic disease such as: infections, aneurysms, elevated blood pressure, or brain tumors, these can be more serious than primary type headaches.

Primary Headache: Migraines In the United States, there are more than 26 million migraine sufferers, with statistically higher rates in women than men. Migraine symptoms can vary depending on the type. Of the many types, migraines with aura and without aura are the two most common. Migraines without aura typically have specific features and associated symptoms. They can be diagnosed to a varying degree when attacks last between 4 and 72 hours, are generally located to one side of the head (but can occur on both), have a pulsating or throbbing quality, be aggravated by physical activity, associated nausea and/or vomiting, and light and/or sound sensitivity.

Migraine with aura is characterized by neurological symptoms that usually precede or accompany the headache. These usually consist of visual and/or sensory symptoms (tingling, blind spots, flashes or zigzags of light, tunnel vision) and/or speech/language symptoms (slurred, mumbling speech, trouble finding words). To complicate matters more there are even some type of migraines with aura that have minimal or no preceding headache at all, meaning a person can see zigzagging or flashes of light in their field of vision, but have either a very small headache or no headache at all. This can be very confusing, particularly when it occurs for the very first time. Some patients will also have what is called a prodromal phase, where they can experience symptoms hours or days before headache onset. Alternatively similar symptoms occur during apostdromal phase, after the headache has resolved. These symptoms can include: depression, cravings for particular foods, repetitive yawning, fatigue, neck stiffness or pain.

Triggers Migraines, whether with or without aura, can be life altering. Whether they occur frequently or occasionally they can make it hard cognitively to function, limit your socialization, and also affect your mental health. I am aware that many people do not like to take medication, if you can find a triggering factor for your migraine and eliminate it, you may be able to avoid medications. For instance, some triggers are dietary such as

wine, chocolate, aged cheese, cured meats and artificial sweeteners. Keeping a food diary along with a headache diary can help with discovering triggers and allow the opportunity to avoid them and migraines altogether.

Skipping meals and allowing blood sugar drops can be a common trigger. Eating small meals throughout the day can help avoid those triggering drops. Dehydration can also be a trigger, this is easily avoidable by drinking enough water. Regular sleep schedules and exercise routines are also associated with less frequent migraine headaches.

Stress and depression can manifest physically with symptoms like a headache, talking to someone you trust (family, friends, clergyman, or therapist) can help. Stress treatments include mind and body activities such as Yoga, meditation or walking outdoors.

Caffeine can be helpful for migraines, but like pain-relieving medications (Tylenol, NSAIDs, narcotics), its overuse can trigger headaches. This reaction causes rebound headaches stemming from withdrawal. This can become a cycle, a patient takes medication to relieve the headache and then as the medication wears off it triggers a headache, so medication is taken again and so on.

When to seek treatment If logging and tracking headaches does not lead to any known triggers, seeking treatment may be the next step. It is good to see your healthcare professional about a headache if it is occurring 5 or more times a month and/or you have concerns about associated symptoms. Headaches that are new or unusual for you and are associated with symptoms such as fever, weakness, vision loss, double vision, or confusion warrants an emergency room visit and could be a sign of a secondary type headache.

Treatment There are many treatment options available to choose from. Speaking with your provider about any other health conditions or concerns you have can be helpful in the selection of a headache prevention medication. Preventative medication is generally recommended when you suffer from 5 or more headaches a month. Headache preventative treatment, often dependent on the type, can be taken either daily, month, or quarterly. Preventative medication should reduce the monthly frequency, sometimes to the point they are rare yearly occurrences. When headaches breakthrough preventative treatment or you suffer from less than 5 migraines a month, abortive therapy may be a more appropriate option. Abortive headache medications are taken episodically to treat acute migraine headaches and can include over-the-counter or prescription options.

This article has been a very small glimpse at certain types of headaches. If you ever have concerns or want to know more about if what you are experiencing is normal or if you are tired of your life being limited due to headache pain, it is best to seek out a medical professional to discuss what is going on and what options you may have. Remember if you are limiting the way you are living due to headache pain this is a problem that can usually be improved.



Jamie L. Wagner, APRN, AGPCCP-BC, primary care provider at Rowe Health Center received her education at Walden University in Minneapolis, MN. She prides herself on patient-centered relationships. Her special practice interests include neurological conditions, holistic approaches, and geriatric care. Jamie is accepting new patients. Call (603) 747-2900 to establish as a new patient.

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Beware The Threat Of Overuse Injuries

Momentum can be a valuable asset as people pursue their fitness goals. Once a fitness routine picks up steam and begins to produce results, the resulting momentum can make it easier for individuals to fully commit to exercise and ultimately achieve, if not exceed, their initial goals.



A successful fitness regimen includes various components, not the least of which is sufficient rest. As individuals gain momentum and inch closer to their fitness goals, it can be tempting to skip off days. But rest is vital, allowing the body to recover and thus reducing athletes' risk for various injuries, including overuse injuries.

What is an overuse injury?

All physical activities carry a certain measure of risk. Athletes and fitness enthusiasts suffer injuries each day that have nothing to do with overuse. Such injuries often aren't preventable, but overuse injuries are. According to the Mayo Clinic, overuse injuries are caused by repetitive trauma. These injuries affect muscles or joints, and may be caused by training errors or mistakes with technique. Training errors include exercising for too long or doing too much of a certain activity. The resulting strain caused by overuse leads to injury. One common example of a technique error that can cause an overuse injury is improper form when performing strength training exercises. That's one reason why it's vital for anyone beginning a new fitness regimen to consult with a coach or personal trainer prior to starting. Coaches and personal trainers can illustrate proper techniques when using strength training equipment or lifting free weights. Such instruction can greatly reduce athletes' risk for overuse injuries.

Can other factors contribute to overuse injuries?

Athletes should know that overuse injuries are not always a result of errors with their training or technique. A 2014 study published in the British Journal of Sports Medicine noted that certain intrinsic and extrinsic risk factors can increase athletes' risk for overuse injuries. Intrinsic risk factors for overuse injury include misalignment issues, leg length discrepancy, muscle imbalance, muscle weakness, and body composition. Adults and parents of young athletes should discuss fitness regimens with their physicians or children's pediatricians prior to beginning a routine. Such a discussion may uncover intrinsic risk factors athletes are unaware they have.

Extrinsic risk factors for overuse injuries include surfaces; equipment, including shoes; environmental conditions; and nutrition. Athletes can act as their own watchdogs to prevent overuse injuries caused by extrinsic factors, examining equipment and playing surfaces to ensure they're functional and safe, and eating a well-balanced, nutritious diet.

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