

Healthy Living

January 2020
A Special Supplement to

Gallipolis Daily Tribune
Point Pleasant Register
The Daily Sentinel

Taking Control of Your Health

The relationship between the Mediterranean diet and mental health

Hitting the Gym

Why you might be better off exercising at a gym than at home

The Easy Road to a Healthier You

3 simple ways to get healthier every day

DISPOSABLE NITRILE EXAMINAT

- Latex free
- Powder free
- Ambidextrous
- Single use only

10 PIECES



Taking Health & Wellness to a New Level

The Holzer Therapy and Wellness Center is a comprehensive wellness center that offers an integrated program of total healthcare services. Programming goes well beyond a typical fitness center by incorporating the expertise of healthcare professionals providing the medical fitness difference with personalized health assessments for each enrollee.

The Wellness Center features include:

- » a walking/running track
- » state-of-the-art exercise equipment
- » sauna
- » shower and locker area
- » vending services
- » a multipurpose meeting room for a variety of fitness classes and educational programs

Healthcare services available include:

- » physical therapy
- » occupational therapy
- » speech therapy
- » massage therapies
- » individualized health risk assessments
- » supervised fitness plans

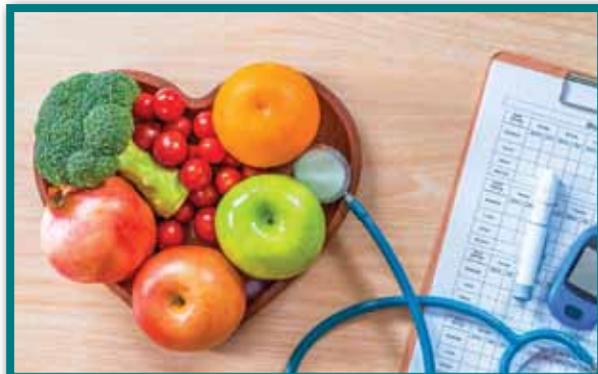


HOURS: Monday - Friday: 5:30 a.m. to 9:30 p.m.
Saturday: 8 a.m. to 4 p.m. | Sunday: Noon to 4 p.m.

Phone: 740-446-5502 • Location: 735 Second Avenue, Gallipolis, OH 45631

Healthy Living

- 3 The relationship between the Mediterranean diet and mental health
- 5 Why you might be better off exercising at a gym than at home
- 5 The role screening should play before starting an exercise regimen
- 6 How to approach nutrition when feeding children away from home
- 6 How handwashing helps fight infection
- 7 3 simple ways to eat healthier every day
- 7 What is body mass index?

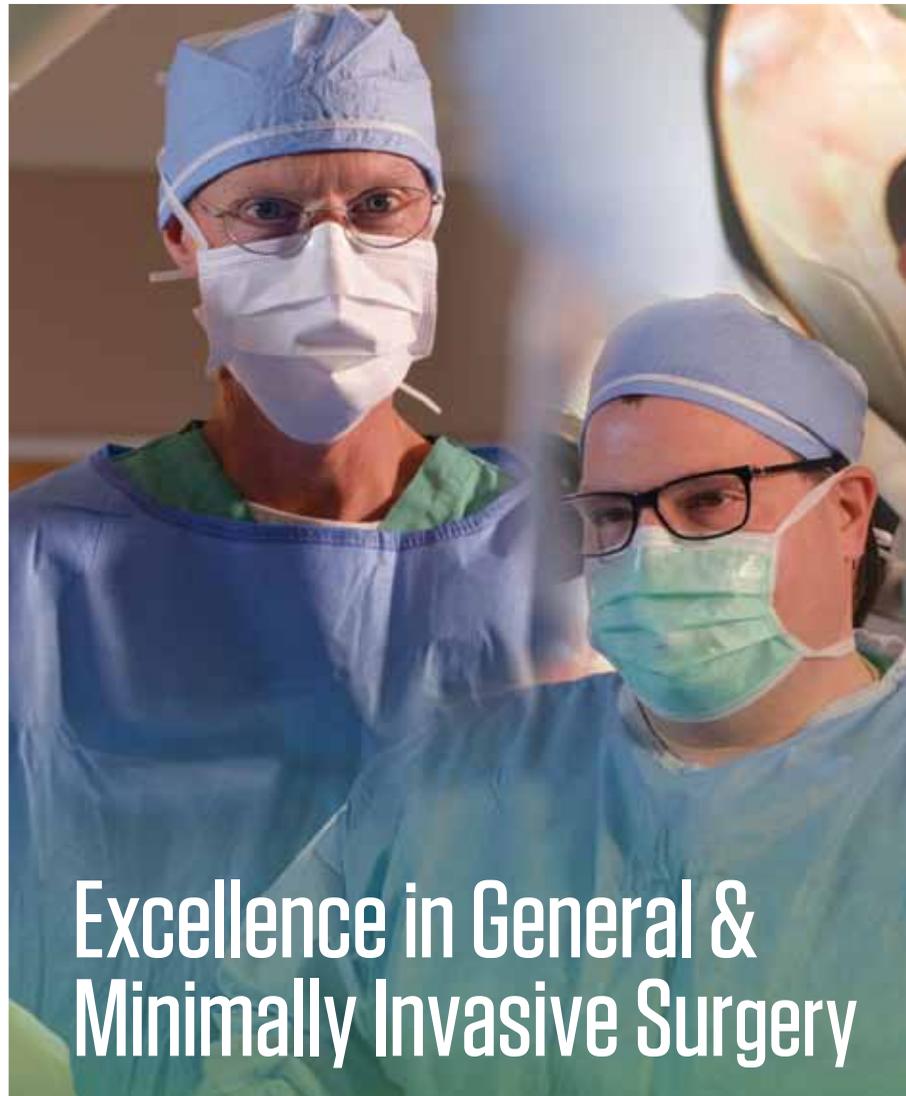


The relationship between the Mediterranean diet and mental health



Nutritious diets have long been touted as essential components of healthy lifestyles. Many people have a tendency to view diet as something that's purely physical, associating the foods they eat with how they look and how much energy they have. While accurate, it doesn't paint the full picture of just how big and positive an impact healthy diets can have on overall health. In regard to healthy diets, it's hard to dispute the effectiveness of the Mediterranean diet. The Mediterranean diet focuses on plant-based foods and, as a result, includes lots of fruits, vegetables, legumes, nuts, and olive oil. The diet is so healthy that the World Health Organization even recognizes it as a healthy, sustainable dietary pattern. Long touted for its ability to promote heart health and reduce risk for heart disease, which the WHO notes is the number one cause of death across the globe, the Mediterranean diet has also been found to protect against cancer and type 2 diabetes. Each of those benefits makes the Mediterranean diet worthy of consideration at the very least, but the benefits of this approach to eating don't stop there. In fact, people unfamiliar with the Mediterranean diet, or even those who subscribe to it,

may not realize that the diet can have a positive effect on mental wellness. A 2015 study published in the scientific journal *Ageing Research Reviews* found that strong adherence to the Mediterranean diet was associated with a 40 percent reduced risk for cognitive impairment. Another study from researchers in Spain found that older adults who supplemented their Mediterranean diets with extra olive oil or nuts had superior cognitive function, including better memory and thinking skills, than those who ate low-fat diets. Reasoning, attention and language were better among the former group as well. In addition to improving cognitive function, the Mediterranean diet also may improve mental wellness by reducing adherents' risk of developing depression. A 2013 study published in the *Journal of Nutrition, Health and Aging* found that people who followed the Mediterranean diet most closely were nearly 99 percent less likely to develop depression than those who followed the diet the least closely. While diet is often thought of in physical terms, the Mediterranean diet can benefit mental wellness while also helping people maintain healthy weights.



Excellence in General & Minimally Invasive Surgery

Surgical Capabilities:

- Appendectomy
- Breast Surgery (stereotactic biopsy, breast conserving surgery, sentinel lymph node biopsy)
- Gallbladder Surgery
- Chronic Wound Care
- Colon Surgery
- Colonoscopy and EGD
- Feeding Tube Placement
- Hernia Repair
- Minimally Invasive Surgery
- Port Placement
- Skin Lesions, Abscesses and Cyst Removals
- Soft Tissue Masses

Capable, quality surgical care. You don't have to travel to find it. At Pleasant Valley Hospital, we realize that there's no substitute for a community having confidence in its local hospital. We provide that confidence by offering exceptional care from exceptional general surgeons Dr. Ronn Grandia and Dr. Jonathan Sedeyn. When given a quality surgical choice, it's true. There's no place like home. Our doctors welcome your call for a consultation today.

Ronn Grandia, MD, FACS
Jonathan Sedeyn, DO, PhD
(304) 675-1666



Pleasant Valley Hospital




Pleasant Valley Hospital

Your life can change in a heartbeat.

Schedule your screening today. 304.675.6257

ADVANCED CARDIOVASCULAR/ STROKE RISK ASSESSMENT

~~\$129~~ **\$99** During February - March | Valued at \$4,500

- Aortic ultrasound for abdominal aortic aneurysm
- EKG for Atrial fibrillation (heart rhythm)
- ABI (ankle brachial index) for peripheral artery disease
- Carotid ultrasound for artery disease
- Blood test to determine the risk for heart disease
- Blood test to check cholesterol levels

CORONARY ARTERY CALCIUM SCORE

~~\$75~~ **\$65** During February - March | Valued at \$189

A CT Calcium Score is a noninvasive test using a CAT scan to evaluate your risk for a heart attack. The scan takes less than sixty seconds.

2520 Valley Drive • Point Pleasant, WV 25550 • 304.675.3257 • pvalley.org

Why you might be better off exercising at a gym than at home



Routine exercise benefits minds and bodies in various ways. Studies have shown that physical activity can improve mood and lower people's risk for various diseases, including heart disease and diabetes.

As beneficial as exercise can be, many people simply don't make physical activity part of their regular routines. Recent studies and reports from the United States' National Center for Health Statistics and Statistics Canada, conducted separately from each other, found that roughly 80 percent of adults in both the U.S. and Canada are not meeting the minimum physical activity requirements recommended by their respective governments. While a host of factors can influence a person's decisions on physical activity, where to exercise is one factor that could go a long way toward determining just how much adults exercise. Basements, attics, spare bedrooms, or two-car garages may seem like the perfect places to create home gyms. However, the benefits of working out at a gym may outweigh the convenience of working out at home.

Workout partners and/or other gym members may improve your chances of losing weight. People who exercise at home tend to work out alone. In so doing, they may be removing a potentially strong motivator that could keep them exercising. A 2016 study published in the research journal *Obesity* found that increasing contacts and interactions with thinner individuals, and declining contacts and interactions with heavier individuals, were linked to actual weight loss. In other words, working out with a fit friend or simply

interacting with fellow gym members who maintain healthy weights can benefit people who are trying to lose weight through exercise.

Gym memberships have a way of paying for themselves. The cost of a gym membership is one factor many people cite as a reason for not exercising more. However, many health insurance plans now offer sweat equity rebates that reward policy holders for working out. Such rebates can greatly reduce the cost of a gym membership, if not remove it entirely. For example, a sweat equity program that offers a \$200 rebate every six months for policy holders who exercise 50 times during that period can make a \$30 monthly gym membership free. In that example, gym members would pay \$180 for six months but get all of that money back if they work out 50 times in a six-month period.

Gyms can make it easier to diversify your workouts. Exercise boredom is something even the most ardent fitness enthusiast can relate to. Exercise boredom refers to the disinterest that can develop over time as people do the same workouts for weeks, months or years at a time. A home gym may not be spacious enough to include too many machines, whereas gyms typically include enough machines and classes to allow people to diversify their workouts as often as they'd like.

Working out at home may be convenient, but people looking to make exercise part of their daily routines may get better results by exercising at a nearby gym.

The role screening should play before starting an exercise regimen

Exercise plays a significant role in disease prevention. According to the Centers for Disease Control and Prevention's National Center for Chronic Disease Prevention and Health Promotion, physical activity helps to reduce individuals' risk of chronic conditions, including type 2 diabetes, heart disease, various types of cancer, and dementia.

As vital as exercise is to a healthy lifestyle, many people simply are not getting enough of it. A 2018 report from the National Center for Health Statistics found that only about 23 percent of American adults between the ages of 18 and 64 are meeting the benchmarks for physical activity guidelines set forth by the U.S. Department of Health and Human Services. And that problem is not unique to the United States. A recent study from Statistics Canada found that only about 17 percent of adults in Canada were meeting the minimum guidelines for weekly physical activity established by the Canadian

Society for Exercise Physiology. Such figures illustrate the emphasis that many adults must place on getting more physical activity. But returning to physical activity after a long layoff or becoming physically active for the first time are not as simple as lacing up a pair of running shoes and hitting the road. In fact, the American College of Sports Medicine notes the importance of preparticipation health screening for adults about to engage in physical activity after a period of inactivity.

What is a preparticipation health screening?

A preparticipation health screening is an examination conducted by a physician that looks for particular issues that may interfere with one's ability to exercise. Doctors will likely ask patients about their medical histories and their family histories as well, as each of these factors can be used to determine whether a person is ready for

physical activity or any restrictions need to be put in place to protect them.

What happens after a preparticipation health screening?

Once a physician conducts a health screening, he or she will conclude if an individual can exercise and how much he or she can exercise. Adults who are cleared to exercise but have never been physically active or have gone years without exercising will likely be advised to take it slowly at first. Doctors may provide specific exercise recommendations or refer patients to a sports medicine professional who can help them devise an appropriate workout regimen. Doctors also may recommend followup appointments to track patients' progress. Such appointments can be invaluable, as they can help people whose overall health has improved after limited exercise ramp up the intensity of their workouts, which can help them continue



on the course to a healthier life. However, it's important that people consult their physicians before increasing the intensity of their workouts. A second screening might even be worthwhile, helping people and their physicians alter workout regimens that reflect their improved overall health. Many people aspire to exercise more. In many instances, a preparticipation screening is a vital component for people looking to become more physically active after a long layoff.

How to approach nutrition when feeding children away from home

Children can be picky eaters. Parents know that getting kids to eat anything, much less healthy foods, can sometimes make the dinner table feel more like a battlefield than a place to break bread. That's especially so when the dinner table is in a restaurant, where savvy youngsters might know less nutritious dishes like macaroni and cheese or fried chicken fingers are on the menu. But the benefits of a healthy, balanced diet are so numerous for youngsters that it's worth doing whatever it takes to get kids to embrace nutrient-rich foods, both at home and when dining out.

The American Academy of Family Physicians notes that a healthy diet can stabilize children's energy levels, help them maintain healthy weights and potentially prevent mental health conditions, including anxiety and attention deficit hyperactivity disorder, or ADHD.

But recognizing the importance of a healthy diet and getting kids to embrace one are two different things, especially when kids are dining out and being tempted by unhealthy alternatives. In recognition of that, the American Academy of Pediatrics recommends the following strategies to parents who want their kids to eat healthy when they're away from home.

Make meals all-inclusive. When preparing school lunches or taking youngsters out for a night on the town, make sure to offer a mix of foods from the five food groups. The AAP recommends parents offer vegetables, fruit, grains, low-fat dairy, and/or quality protein sources, which can include meat, fish, nuts, seeds, and eggs. Offering each of these foods at every meal may not be feasible, but kids should eat foods selected from the major food groups at every meal.

Avoid highly processed foods. The National Institutes of Health notes that studies have suggested there's a link between highly processed foods and health problems. Such foods, which typically contain ingredients such as hydrogenated oils, high-fructose corn syrup and flavoring agents, are typically high in calories, salt, sugar, and fat. While highly processed foods tend to be easier to make and readily available at restaurants, serving them to youngsters can start kids down the road to poor dietary habits, potentially increasing their risk for obesity and diseases like heart disease and diabetes. When packing snacks for school lunches or taking kids out to restaurants, be sure to include or bring along healthy whole foods, such as fruits and vegetables. This can ensure kids get some healthy fare during mealtime.

Enhance foods if necessary. While high amounts of sugar, salt and fat can jeopardize the health of adults and youngsters alike, the AAP notes that small amounts of these substances can be used to enhance kids' enjoyment of healthy foods and increase the likelihood that they will eat them. Parents may not have much control over what their children eat while away from home. But a handful of strategies can increase the likelihood that kids enjoy healthy fare when eating at school or at restaurants.



How handwashing helps fight infection



There are many ways to avoid infection, but few might be as simultaneously simple and effective as handwashing.

According to the Centers for Disease Control and Prevention, keeping hands clean is one of the most important steps a person can take to avoid getting sick and spreading germs to others. While skeptics might question just how big an impact handwashing can have, the science behind washing hands paints a pretty strong picture of just how beneficial this particular component of personal hygiene can be.

How germs get you sick

The CDC notes that feces from people and animals are considerable sources of germs, including salmonella and E. coli. These germs can get onto people's hands after they use the toilet or change a diaper. People who handle raw meats also be exposed to such germs, as these foods can contain invisible amounts of animal feces on them. The amount of germs contained in small amounts of feces may come as a shock. Research published in the journal *Applied and Environmental Microbiology* found that a single gram of human feces weighing about as much as a paper clip can

contain one trillion germs.

What does handwashing do?

With so many germs floating around, it may seem as though something as simple as handwashing couldn't be nearly as effective as it's said to be. But the CDC notes that handwashing removes germs from hands, thereby removing an easy way for germs to enter the body and be passed on to others. For instance, many people habitually touch their eyes, nose and mouth without thinking twice, and doing so provides an easy way for germs to enter the body via the hands. By washing their hands, people can cut off this easy entryway for germs. Handwashing also presents germs from entering the body while eating. Germs from unwashed hands can get into people's food and drinks, and can even multiply in some foods and beverages, potentially contributing to illness. Washing hands also prevents the spread of germs by preventing them from being transferred from hands to handrails, table tops or toys, where they can then spread to other people's hands. Handwashing is a simple yet effective way to stop the spread of germs. And it just might be the simplest way to avoid illnesses.



3 simple ways to eat healthier every day

Diets can be difficult to navigate. Since no two people are the same, a healthy diet that satisfies one person won't necessarily satisfy another. Vegetarians might be perfectly happy without chicken or steak, while some people might shudder at the notion of never indulging in the occasional filet mignon.



While the most effective diets tend to be those that emphasize nutrition while still allowing individuals to indulge in some of their favorite dishes in moderation, the following are three ways that everyone, regardless of their personal preference, can eat healthy every day.

1. Eat lots of whole-grain carbohydrates.

Fad diets tend to paint carbs as the enemy, but various studies have shown just how integral carbohydrates, particularly whole-grain varieties, are to a healthy diet. One such study published in 2018 in the medical journal *The Lancet Public Health* found that diets that got between 50 and 55 percent of their calories from plant-based carbohydrates like whole grains were associated with a lower risk of mortality than low-carb diets that favored animal-derived protein sources. When buying carbs at the grocery store, shoppers can opt for whole-grain varieties, including whole-grain pastas, brown rice and cereals. That won't require sacrific-

ing flavor and makes for a simple way to eat healthier every day.

2. Make a concerted effort to eat more fruits and vegetables.

The United Kingdom-based National Health Service, which is the largest single-payer healthcare system in the world, recommends eating at least five portions of fruits and vegetables every day. That may sound like a lot, but it's pretty easy to incorporate all those healthy fruits and veggies into a diet. For example, add a serving of antioxidant-rich blueberries to your cereal bowl each morning. At dinner time, allow vegetables to take up the most real estate on your plate. The Centers for Disease Control and Prevention note that diets rich in fruits and veggies can help people control their weight and may even reduce their risk for certain diseases, including cancer.

3. Kick added sugars to the curb.

Avoiding added sugars is another way anyone, regardless of their food preferences,

can eat healthier every day. Healthy foods such as fruit contain natural sugars, and these don't pose a threat to overall health. However, added sugars, which the Harvard Medical School notes are found in many foods and can include honey, molasses and corn syrup, can increase a person's risk for various conditions and diseases, including obesity, heart disease and diabetes. Fruit contains fiber that slows the absorption of natural sugars, but the body digests added sugars much more quickly, leading to an uptick in blood sugar levels that can ultimately contribute to diabetes. Added sugars can be found in a host of foods and beverages, including some that aren't generally considered unhealthy, like bread, certain breakfast cereals and pasta sauces. When shopping, consumers should read nutrition labels and avoid products with excessive amounts of sugar.

Eating healthy does not require people to abandon their favorite foods. A few simple adjustments can be all it takes to improve the nutritional value of your diet.

What is body mass index?



People who are attempting to improve their physical fitness may hear a lot about body mass index, or BMI, and wonder just how important a good BMI is to their overall health. That can be hard to determine, especially for people who are unsure just what BMI measures. According to the Centers for Disease Control and Prevention, BMI is a person's weight in kilograms divided by the square of his or her height in meters. For those unfamiliar with the metric system, that explanation of BMI might not be too helpful. So how is BMI

used and what purpose does it serve? BMI might be most useful in a screening capacity, as the CDC notes it is an inexpensive and easily performed method of screening for weight category. For example, by calculating a patient's BMI, doctors can quickly determine if the patient is underweight, has a normal or healthy weight, or is overweight or obese. Conditions associated with being overweight include heart disease and diabetes, so an easily calculated index determining if a person is overweight (or underweight or obese) can

be an effective tool in combatting some potentially dangerous conditions. But physicians won't base their opinions on patients' overall health based on BMI alone. In fact, if physicians determine a BMI is a health risk, they will likely perform further assessments, including skinfold thickness measurements and evaluations of things like eating habits, physical activity and family history. So while BMI might be somewhat confusing, it can still be a valuable tool for people looking to determine just how healthy or unhealthy they are.



SWISHER & LOHSE
PHARMACY

SHOP LOCAL
AND SAVE AT
SWISHER & LOHSE
PHARMACY!

FAST, FRIENDLY AND
COMPETITIVELY PRICED
PRESCRIPTIONS.

DRIVE-THRU SERVICE
& FREE LOCAL DELIVERY.

AUTOMATIC REFILLS
WITH TEXT ALERTS.

TELL YOUR PHYSICIAN TO SEND
YOUR PRESCRIPTIONS TO SWISHER
& LOHSE PHARMACY OR CALL
(740) 992-2955 TO TRANSFER YOUR
PRESCRIPTIONS TODAY!

SWISHER & LOHSE PHARMACY
636 EAST MAIN STREET
POMEROY, OH 45769
WWW.SWISHERANDLOHSE.COM
(740) 992-2955

