

HEALTH MATTERS

YOUR HEALTH, YOUR LIFE

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GOT SLEEP?
COFFEE AND
YOUR HEALTH

Better Health in
15 MINUTES

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 **NORTHWEST**
HEALTH SYSTEM

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Spring Cleaning and

ASTHMA



If you or a loved one suffer from asthma, clearing dust from your home may seem like a good idea. But what you clean your home with can make all the difference.

Many cleaning supplies contain chemicals, including volatile organic compounds (VOCs), that can aggravate asthma and other respiratory illnesses. VOCs can be found in chlorine bleach, detergent, rug and upholstery cleaners, and furniture and floor polish.

How can you clean your home and keep your lungs safe? The American Lung Association recommends using baking soda for scrubbing and a mix of vinegar and water to clean glass and other surfaces. Looking for organic cleaning products? The Environmental Working Group offers a "Guide to Healthy Cleaning" at ewg.org/guides/cleaners.

BREWING *Health Benefits*



Good news for coffee lovers — regular consumption of coffee may provide significant health benefits, including:

- **Decreased risk of depression.** A study by the National Institutes of Health found those who drink four or more cups of coffee daily are 10 percent less likely to be depressed.
- **Delayed Alzheimer's disease onset.** Researchers from the University of South Florida and the University of Miami found that people older than 65 who consumed higher levels of caffeine develop Alzheimer's disease two to four years later than those with lower caffeine intake.
- **Reduced risk of cancer.** According to the Harvard School of Public Health, coffee drinkers are less likely to develop liver, breast, colon and rectal cancers.

Silencing Your WORST CRITIC

WE'RE EACH OUR OWN HARSH JUDGE, BUT CHANGING THAT MENTALITY CAN BE EASIER THAN IT SEEMS.

Who hasn't heard that voice in the back of their head questioning if they really can be successful or if they're worthy of being where they are? Everyone deals with self-doubt, especially when faced with unfamiliar tasks, stressors or surroundings. Here are suggestions for banishing that tiny, discouraging voice.

- **Identify your strengths.** Start with just one, no matter how big or small. Say it aloud. Hearing it will help you believe it. The strength can be related to work, family, hobbies — anything goes.
- **Set goals,** even just a few simple ones. A goal gives you direction and purpose — something specific to work toward and the feeling of satisfaction when you accomplish it.
- Finally, and perhaps most importantly, **think** about whether your best friend would say the things about you that you're saying about yourself. Often, putting your own words in the hypothetical mouth of a loved one allows you to see just how hard you're being on yourself. If you can't imagine your best friend making the comment you've made, or if you can't imagine saying it about her, don't say it to yourself.

1. Identify
2. Set Goals
3. Think



THE GIFT OF GRATITUDE

BEING GRATEFUL CAN HAVE A SURPRISING AND POSITIVE EFFECT ON YOUR HEALTH.

Giving thanks isn't just for Thanksgiving. A multitude of studies have linked being grateful with both physical and mental health benefits.

One benefit of practicing gratitude is improved sleep quality, which can actually be more positive for your health than simply getting more sleep. As with many things, the quality of your sleep is more important than the quantity — getting a higher quality of sleep has actually been linked to lower levels of anxiety and depression. A 2003 study in the *Journal of Personality and Social Psychology* showed a correlation between keeping a gratitude journal and a 25 percent increase in sleep quality for participants. Other benefits discovered included a 19 percent increase in time spent exercising and 16 percent fewer physical health symptoms.

Cultivating gratitude is easier than you might think. Your brain is wired for confirmation bias — the tendency people have to look for information that confirms something that they already believe — so once you start finding things to be grateful for, it becomes easier to see more!

When Your Joints Are a

PAIN



MORE THAN 1 MILLION AMERICANS HAVE HIP OR KNEE REPLACEMENT EACH YEAR, ACCORDING TO THE NATIONAL INSTITUTES OF HEALTH. ARE YOU A CANDIDATE?

As you age, your joints (particularly the knee, hip and shoulder) can grow stiff, swollen or painful. This pain is often caused by osteoarthritis, when the cartilage that normally cushions your bones begins to break down.

Total joint replacement may be a solution for joint pain and discomfort. During this procedure, worn-out cartilage is removed and both ends of the joint are resurfaced. The cartilage is replaced with a metal implant that works similarly to your natural joint. Many patients who have their hip, knee or shoulder replaced feel immediate relief after years of aches and pains.

While joint replacement isn't for everyone, it may be right for you if:

- **You have tried everything else.** Supplements, over-the-counter medication, joint injections — you name it, you've tried it, and your joints still hurt.
- **Everyday tasks are becoming more difficult.** Even something as simple as getting out of bed makes you ache, much less walking up and down stairs, being moderately physically active, or keeping up with your children or grandchildren.
- **You are otherwise in good health.** Age is not usually a consideration when choosing whether or not to have a joint replaced — there is no upper age limit, and younger patients may find that their new joint is a lifelong solution to arthritis pain. The most important concern is whether you are healthy enough to undergo the surgical procedure, which typically has a relatively low rate of complications.

We offer a wide range of orthopedic services designed to meet your health needs. For more information, visit NorthwestHealth.com and click "Services" then "Orthopedic Services."



George "BJ" Deimel, M.D.

PLAN A

There are nonoperative options, such as regular, moderate exercise, over-the-counter and prescription pain medications, and injections, and minimally invasive treatments that can reduce discomfort and may help lead to quick recovery, according to George "BJ" Deimel, M.D., a board-certified physical medicine and rehabilitation doctor at Northwest Sports, Spine and Physical Medicine.

For more information or to schedule an appointment with Dr. Deimel, call (479) 757-5052. Dr. Deimel is a member of the medical staff at Northwest Health System.

THE SECRET TO A Good Night's Sleep

DEEP, RESTORATIVE SLEEP DOESN'T HAVE TO BE ELUSIVE.

We're a nation of toss-and-turners. According to the National Sleep Foundation (NSF), more than half of American adults say they have trouble falling asleep or frequently wake during the night several nights a week. Even those whose sleep is peaceful aren't getting enough of it. A 2013 Gallup poll found that 40 percent of Americans slept an average of six hours or fewer each night, less than the seven to eight hours recommended by the NSF.

If you're restless and easily awoken at night, or frequently wake up in the morning feeling groggy, you may have poor sleep habits. Think back on your previous seven nights of sleep — or start a sleep diary for the coming week — and use this checklist to identify any sleep improvements you can make:

- I slept at least seven hours most nights.
- I consistently went to bed and woke up at the same times.
- I went to bed when I started feeling sleepy but before I was overly sleepy.
- I stopped looking at screens (TV, phone, computer, tablet) at least an hour before bed.
- I performed my usual sleep "cues" (brushing teeth, putting on pajamas, light reading, etc.) each night.
- I stopped drinking caffeine after lunch and alcohol after dinner.
- I exercised for at least 30 minutes each day.
- I didn't have any stressful or negative emotional interactions before bed.
- I didn't snack before bed.



4 in 10

AMERICANS DON'T GET ENOUGH SLEEP.

1/3

OF PEOPLE BLAME BEDROOM TEMPERATURE FOR NOT GETTING A GOOD NIGHT'S SLEEP.



Wired Awake

PERCENT OF ADULTS WHO SOMETIMES LEAVE ELECTRONICS ON AT NIGHT IN THEIR BEDROOM:



TELEVISION

34%



COMPUTER

10%



SMARTPHONE OR TABLET

28%



MP3 OR OTHER MUSIC PLAYER

21%

Did you know?

SEVENTY

According to the Centers for Disease Control and Prevention, there are more than 70 known sleep disorders.

We choose Northwest. Healthcare you can trust.

Whether it's a simple stomachache or something more serious, you can trust these primary care and specialty care professionals with your family's well-being. Partnered with Northwest Health System, they provide comprehensive care for the residents of Northwest Arkansas, with services ranging from annual wellness checkups to the management of chronic conditions.

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Shaun Senter, M.D.,
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Northwest Gastroenterology – Bentonville

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Allan Weston, M.D.

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General Surgery

Surgical Associates at NW – Bentonville

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Bentonville, AR 72712
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Infectious Diseases

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2900 Medical Center Parkway, Suite 240A
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Maternal-Fetal Medicine Center of Northwest Arkansas

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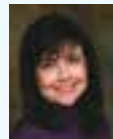
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Women's Health Associates

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Pediatrics

Best Start Pediatric Clinic

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Springdale, AR 72762
479-575-9359



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Staci Graber, APN



Megan Kumpke, APN

The Children's Clinic at Har-Ber Meadows

6636 W. Sunset Ave., Springdale, AR 72762
479-306-4242



Mark Lovell, M.D.

The Children's Clinic at Springdale

3057 Springdale Ave.
Springdale, AR 72762
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Laurie Anderson, M.D.



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Craig Keever, M.D.

Physical Medicine & Rehab

Northwest Sports, Spine & Physical Medicine

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Springdale, AR 72764 • 479-757-5052



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Northwest Family Care – Westside

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Robert Wilson III, M.D.



Lucy Jones, APN



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Carlos Rodriguez, M.D.
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Lowell, AR 72745 • 479-757-5054



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Ryan Hueter, D.O.



Scott Musick, D.O.



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Northwest Family Medicine – Tuscany Square

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Madhu Kalyan, M.D.

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Members of the Medical Staff or Allied Health Staff of Northwest Medical Center-Bentonville or Northwest Medical Center-Springdale

The Protein PREDICAMENT

ALTHOUGH MOST PEOPLE GET PLENTY OF PROTEIN, OLDER ADULTS AND VEGETARIANS HAVE SPECIAL NEEDS THAT AREN'T ALWAYS MET WITH THEIR DIETS.



Protein — an essential nutrient for growth and health maintenance — comes in two varieties:

- **Complete proteins** should be eaten daily and provide amino acids essential to our diets. Meat, fish, poultry and dairy products are all sources of complete proteins.
- **Complementary proteins** should be eaten in the same day as complete proteins and include beans, nuts, peas, quinoa and soy products such as tofu.

If you have a protein deficiency, you might notice shrinkage of muscle tissue; swelling in the feet, hands and ankles; and anemia, which can cause fatigue, weakness and dizziness.

HOW MUCH?

The Centers for Disease Control and Prevention recommends obtaining 10–35 percent of your daily calories from protein — 46 grams per day for women and 56 grams for men. Daily recommendations are set for people with an average level of physical activity. If you're particularly active, talk with your doctor or a dietitian about how much protein you should eat.

MAINTAINING STRENGTH

At about age 50, people begin to lose skeletal muscle. Eating enough protein can help the body maintain strength and is important to help reduce the risk of injuries from falls. Eating high-quality protein in small amounts at every meal is the most effective way to ensure you're getting the right amount of protein.

THE BEST OF THE BEST PROTEINS

FINDING HIGH-PROTEIN FOODS THAT AREN'T HIGH IN CALORIES, FAT OR SODIUM DOESN'T HAVE TO BE DIFFICULT.

Red meat and poultry are common sources of protein in the American diet. If they're regulars in your diet, choose lean cuts and make sure they're trimmed of excess fat.

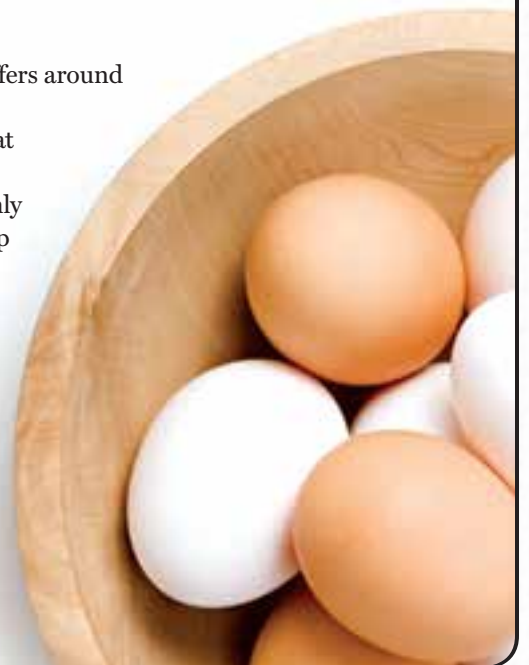
To add variety to your dinner menu, try substituting protein-rich seafood. Bake or grill salmon, trout or tuna fillets for a hefty dose of protein (more than 20 grams per three-ounce serving) with fewer calories than meat. Some fish, including salmon, are slightly higher in fat, but it's the kind that's good for your heart and brain — omega-3 fatty acids.

Need a dinner option for Meatless Monday? There are plenty of nonmeat protein sources. Fiber-rich beans — including kidney, white, lima and black — pack around 15 grams of protein per cup and can replace calorie-heavy side dishes.

Tofu, a common meat substitute, offers around 10 grams of protein per half cup.

Get your day started with protein at breakfast. One large egg contains 6 grams of protein — scramble up only the egg white for a 4-gram dose. Amp up your morning toast with two tablespoons of peanut butter, which contain 8 grams of protein. Grab a container of plain, nonfat Greek yogurt and flavor it with honey or berries for around 12 grams of protein per container.

Add a few of these alternatives to your family's meal rotation for a punch of protein without all the extras.

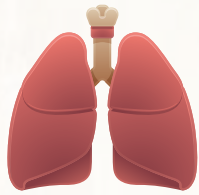


4

TOP REASONS

People Visit the ER

WHEN YOU FEEL SOMETHING IS WRONG WITH YOUR BODY, IT'S TIME TO GO TO THE EMERGENCY ROOM (ER). LEARN WHAT DRIVES MORE THAN 131 MILLION AMERICANS TO VISIT THE ER EVERY YEAR.



More than
1.6 MILLION
infants and adults older than age 45 are admitted to the ER due to **respiratory conditions**, including bronchitis, pneumonia and asthma.

More than
2.2 MILLION
adults older than age 45 visit the ER for **nonspecific chest pain**.



Ear infections and fever are two of the most common reasons patients younger than age 18 go to the ER, accounting for almost

10 PERCENT
of all visits.



4.5 MILLION
adults younger than age 85 seek care from the ER for **abdominal and stomach pain**.

READY TO GO

Northwest Health System offers emergency care services when you need them most. We are the first and only in the area to offer the 30-Minutes-or-Less Emergency Room (ER) Service Pledge, assuring our ER patients at our Springdale and Bentonville hospital ERs are triaged and seen by a clinical professional within 30 minutes of arrival.

During a medical emergency, remembering to take everything you need to the ER can be difficult. Keep the following information on hand:

- list of medications for every person in your family, including prescriptions, over-the-counter drugs, any vitamins or supplements, and dosage and directions
- preexisting illnesses and allergies, as these could cause life-threatening reactions to treatment
- your doctor's address and phone number, to make follow-up care and communication more seamless

If you're experiencing a medical emergency, call 911. For more information about our emergency services, visit NorthwestHealth.com and click "Services" then "Emergency Department."

The ER wait time represents the time it takes from arrival until a patient is initially seen by a clinical professional (doctor, physician assistant or advanced practice nurse). Patients are triaged upon their arrival in the ER. They are then seen by a clinical professional in an order based on their complaint, condition and the reason for their visit. While many patients are initially seen by a clinical professional within 30 minutes of their arrival, during some peak times when the number of patients and/or trauma situations exceeds the number of providers or beds, some patients are not initially seen within 30 minutes of their noted arrival.

* Source of all statistics: Agency for Healthcare Research and Quality

15 Minutes of HEALTH

BUSY, BUSY, BUSY. THAT SEEMS TO BE AMERICA'S MANTRA. WITH OUR CONSTANT RACE AGAINST THE CLOCK, HOW CAN ANYONE FIND TIME FOR HEALTH? TRY THESE IDEAS TO BOOST YOUR PHYSICAL AND MENTAL WELL-BEING IN 15 MINUTES OR LESS.



AT HOME

EAT

HAVE BREAKFAST OUTDOORS.

We all know eating a well-balanced breakfast is crucial to your health, but why outside? A 2014 study by researchers at Northwestern University found that people who are exposed to bright morning sunlight have lower body mass indexes (BMIs) than those who aren't. Researchers believe morning light exposure keeps your metabolism in sync, helping you burn more fat throughout the day.

PLAY

TOUCH YOUR TOES.

Stretching increases blood flow to your whole body, helping you feel more awake and alert. Staying loose also helps counteract your physical response to stressors so you can remain relaxed and pain-free as the day wears on. To get the most benefit, follow the American College of Sports Medicine's guidelines for static stretching: Hold each stretch for between 15 and 30 seconds, repeating three to five times on both sides of the body.

RELAX

MIND YOUR Xs AND Os.

Giving your spouse a hug and a kiss when you get home from work isn't just good for your marriage. It's also great for your physical and mental health. Affectionate physical contact lowers blood pressure and heart rate and releases feel-good hormones that kill stress and negative feelings. Showing affection to any loved one can have the same effect, so give a bear hug to your kids, your friends — even your neighbors.

FACE FIRST

YOU MAY HAVE YOUR DAD'S EYES, YOUR MOM'S SMILE AND YOUR GREAT UNCLE BERNIE'S NOSE, BUT HOW YOU TAKE CARE OF YOUR FEATURES IS ALL YOU. TRY THESE TIPS TO KEEP YOUR FACE HAPPY AND HEALTHY:



The American Optometric Association recommends turning your eyes away from your screen every 20 minutes and focusing on objects farther away for 20 seconds. This reduces your risk for eyestrain and computer vision syndrome.



Nosebleeds become more common after age 50. To prevent them, the American Academy of Otolaryngology – Head and Neck Surgery recommends swabbing the lining of your nose three times a day with petroleum jelly.



Regular flossing helps prevent gum disease, which — according to the American Dental Association (ADA) — is associated with a lower risk of cardiovascular disease. Yet only half of Americans floss every day, according to the ADA. To help you remember, keep your floss on your nightstand rather than in your medicine cabinet.

AT WORK

STOCK YOUR SNACK STASH.

It's hard to resist that box of doughnuts in the conference room, especially when it's 3 p.m. and your stomach is growling. Keep healthy snacks in your desk drawer to satisfy your urge to indulge. Your snack stash can include unsalted mixed nuts, granola bars, or peanut butter and whole-wheat crackers. To avoid weight gain, keep your snacking to 150 calories or less in the morning and afternoon.

TAKE A STAND.

Researchers at the Lawrence Berkeley National Laboratory found that moderate-intensity walking reduced people's risk for hypertension, high cholesterol and diabetes nearly as much as vigorous running did. Getting up from your desk, stretching and walking around for 10 minutes is one of the easiest things you can do to prevent long-term health problems.

JUST BREATHE.

One of our first physiological responses to stress is shallow breathing. You may not even notice yourself doing it, which is why it's important to perform breathing checks throughout your workday. Remind yourself to take deep, slow breaths, inhaling through your nose and exhaling through your mouth.

AT PLAY

TAKE A SALAD DETOUR.

When dining out, order a healthy salad as your side and pause midway through your main meal to eat it — taking care to eat as slowly as possible. According to the Academy of Nutrition and Dietetics, it takes about 20 minutes for your stomach to tell your brain it's full. Stopping halfway through dinner to crunch on your greens will give your brain more time to catch up. After your salad, you may just decide to save the second half of that burger for a takeout box.

DON'T PARK IT AT THE PARK.

When you take your kids or grandkids to the playground, don't let them have all the fun. If allowed, swing, climb and slide along with them, or go for a brisk stroll around the perimeter of the park while they play. For people who weigh around 150 pounds, every 15 minutes of vigorous walking burns approximately 115 calories. The more you weigh, the more you'll burn.

LAUGH OUT LOUD.

Listen to a podcast of your favorite comedian when you're walking or driving. Aside from reducing stress, research shows that laughing can temporarily increase antibodies in the mucous lining the nose and respiratory passages. More antibodies mean a stronger immune system, which can help protect you from seasonal illness.

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YOUR HOSPITAL INFORMATION, *at Your Fingertips...*

MY HEALTH HOME PATIENT PORTAL

It's free, easy-to-use and secure.

Sign up to access health records related to inpatient hospital stays, including instructions for after-discharge care.

Visit NorthwestHealth.com and click "Learn More" under "My Health Home Patient Portal" for more information, including how to register.

