

HEALTH *Connections*

YOUR HEALTH, YOUR LIFE

Winter Health **GUIDE**

MAKING SENSE
OF LABELS

DANGERS OF
DISTRACTED DRIVING



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 **MIMBRES**
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DON'T BE BLUE: *Frozen Is Fine*



Love blueberries and want to eat them year-round, but you're worried that frozen fruit may pack less of an antioxidant punch? Don't be. A recent study found freezing preserves the fruit's healthy qualities, while water leaching out into ice crystals actually increases the concentration of antioxidants.

Anthocyanin — the antioxidant that gives blueberries their color — helps your body reduce cell damage. So mix a handful of fresh or frozen blueberries into your cereal, smoothie or pancakes.



Have you noticed that your favorite foods are beginning to have words such as “whole grain” or “organic” on their packaging? Just because the packaging contains health-related wording doesn't mean the food inside is good for you. Researchers at the University of Houston found that consumers receive a “false sense of health” from nutritional claims featured on product labels. You can trust the nutrition facts label and ingredient list on the back panel to help you make an informed choice. Select items that contain a small number of familiar ingredients and those low in fat, calories, sugar and salt.

Have Joint Pain and Stiffness?



Eat Fish!

Recent research found that omega-3 fatty acids, found in several species of fish, such as salmon, trout and tuna, can help reduce joint pain and stiffness. Omega-3 fatty acids also increase the effectiveness of anti-inflammatory medications, which are used to ease discomfort. Your body does not produce these fatty acids on its own. To up your intake of essential fatty acids, add fish into your diet two or three times a week. One helpful tip: Choose wild salmon, which contains higher levels of omega-3 than the farmed variety. Not a fan of fish? Sprinkle walnuts or flaxseed on your salad or add them into a smoothie.

[Flu VS. Cold]



THIS WINTER, KNOW THE DIFFERENCE BETWEEN THE COMMON COLD AND A CASE OF THE FLU.

You wake up with a pounding head, a runny nose and uncontrollable sneezing. You're pretty sure it's just a head cold, but you didn't have a flu shot this year, and you're worried it's the flu. What's the difference between these two common conditions?

Look for these telltale signs of the flu:

- **A severe fever.** When you have a cold, you may have a low-grade fever below 100 degrees Fahrenheit. If you have a fever above 101 degrees, it's probably the flu.
- **Severe symptoms that come on fast.** While a cold and the flu have similar symptoms, flu symptoms are often more severe. The flu also has a quick onset, while colds are more likely to develop over time. If symptoms appear almost overnight and last for as long as a week without getting any better, it's probably the flu.
- **Achy-breaky body.** While the cold and the flu both leave you tired, the flu results in severe exhaustion and body aches. If you feel exhausted, worn-out and achy, it's probably the flu.
- **No running.** A mild cough is common in both illnesses, but the flu rarely results in a runny nose. If you do not have a runny nose (but do have other symptoms), it's probably the flu.

If you suspect that you or a family member has the flu, go to a doctor right away — unlike colds, the flu can lead to multiple serious complications, including pneumonia, encephalitis and seizures. Your doctor will perform a flu test to determine whether it's truly the flu, and he or she may prescribe antiviral drugs to get you back on your feet faster or offer advice to lessen symptoms.

Need a flu shot? Contact Deming Family Practice at (575) 543-7200 to make an appointment.

AN OUNCE OF PREVENTION

The best way to avoid the full body aches, chills and exhaustion caused by the flu is to prevent getting it in the first place. The Centers for Disease Control and Prevention says these measures can stop flu before it starts:

- **Get vaccinated.** Everyone age 6 months and older should be vaccinated against the flu. As an alternative to the traditional injection, a nasal spray vaccine is available for those between ages 2 and 49.
- **Wash, avoid, repeat.** Washing your hands is one of the best ways to prevent the spread of illness. Avoid unnecessary contact with sick people, and cover your mouth and nose with a tissue whenever you cough or sneeze.
- **Take antivirals,** if you need them. If you have a preexisting condition that puts you at high risk of complications, your doctor may prescribe antiviral medication. Antiviral drug therapy can mean the difference between a mild illness and a hospital stay for some people.



STAYING AT YOUR BEST

During the Winter



WITH FEWER HOURS OF SUNLIGHT, STAYING POSITIVE IN THE WINTER CAN BE CHALLENGING FOR MANY PEOPLE. THESE **THREE STEPS** CAN HELP KEEP YOU ON TOP OF YOUR GAME THIS SEASON.

Step 1: BOOST YOUR OVERALL IMMUNITY.

Keeping your immune system healthy is your best defense against colds, influenza (flu) and other respiratory infections common during the winter months. A strong immune system can also help you recover faster if you do become sick.

As you age, your immunity can waver, so keep it at optimal levels by looking for ways to balance your life. Adults need seven to nine hours of sleep each night. Try going to bed earlier if you've been skimping on sleep.

The stress of holiday plans and gatherings can leave you overwhelmed and under the weather. Make time for the events that matter the most, but schedule some time to relax and reflect, too.

Eating well is also an important part of maintaining a healthy immune system. Add yogurt or kefir, which contain good forms of bacteria, to your diet to reduce infections while improving digestion. Rely on whole foods, such

as fresh fruits and vegetables, low-fat dairy, lean proteins, and whole-grain carbohydrates, to nourish your body. Stay away from processed foods whenever possible. Other ways to keep your immune system happy include:

- **Enjoy tea time.** Whether you prefer Earl Grey or chamomile, tea's natural antioxidants can give your immune system an extra kick. Wind down after a busy day with decaffeinated tea — just limit your sugar and cream intake.
- **Start your meal with a bowl of soup.** A broth- or veggie-based soup can help keep your respiratory system running well and banish bad bacteria. If your soup contains tomato, you get the added benefit of lycopene, an antioxidant that has been shown to lower risk of certain types of cancer.

THE BASICS OF A HEALTHY WINTER GETAWAY

If travel is on your agenda, protect your health with these simple tips.

- 1. Keep germs at bay** — Two weeks before you embark on your winter adventure or business trip, get your flu vaccination if you haven't already. While traveling, avoid touching your face, and wash your hands before meals and after contact with frequently shared surfaces. Use hand sanitizer to keep your hands clean in crowded airports and on flights.
- 2. Fit in exercise** — Long periods of sitting during travel can sap your energy and even contribute to blood clots. Once you arrive at your hotel, make use of the fitness center or perform a few stretches and jumping jacks in your room. Combine physical activity and sightseeing by exploring your destination on foot or strolling through an indoor local attraction if it's too cold for outdoor exercise.

3. Stop SAD before it starts — Seasonal affective disorder (SAD) is a form of depression that typically affects people during the fall and winter months when shorter days equal less sunlight. Even those who live in areas with ample year-round sunshine may travel to regions where colder, shorter days leave you feeling a little blue. Talk with your doctor if you develop SAD symptoms, such as anxiety, sadness, or feelings of emptiness or guilt.

4. Manage jet lag — According to the National Heart, Lung and Blood Institute, jet lag, which often occurs when you change time zones during travel, can cause fatigue, nausea, irritability, poor concentration and insomnia. Help prevent jet lag by gradually adjusting your sleep schedule before leaving for your trip. En route, drink plenty of water to avoid dehydration — a common side effect of flying that can worsen jet lag symptoms — and limit caffeine and alcohol both on the plane and during your stay to improve sleep quality.



Step 2: DO THE NECK CHECK.

Feeling under the weather before a workout? Do a neck check. When you have a regular exercise routine, skipping out when you're feeling sick could actually make you feel worse in the long run. If your symptoms are above the neck — runny nose or sore throat — feel free to head to the gym, but take the intensity down a notch or two. Moderate exercise, such as walking, can help loosen sinus congestion and increase energy levels.

Experts suggest skipping a workout and resting if you have any digestive issues, chest congestion or a fever. If you have a fever, physical activity can lead to a dangerous spike in body temperature.

Once you're feeling better, gradually work your way into your exercise routine. Depending on the severity of your illness, you may need to work out for a shorter time or at a lower intensity for a few days.

Step 3: STAY ACTIVE INDOORS AND OUT.

Changes in weather and temperature can affect how you exercise during the winter. Dress appropriately in layers. The layers closest to your skin — including your socks — should be made of moisture-wicking materials to keep skin dry, while exterior layers should be wind- and water-resistant. Apply sunscreen to your face and neck before heading outdoors. Don't think you need sunscreen in winter? According to the American Melanoma Foundation, 80 percent of the sun's ultraviolet rays pass through even on cloudy, cooler days. Also, put on sunglasses that protect against 99 to 100 percent of UV rays.

Don't discount non-exercise physical activity (NEPA), typically defined as a physical activity that doesn't involve raising the heart rate. A recent study published in the *British Journal of Sports Medicine* found that when people older than age 60 stay active — whether or not they make time for cardiovascular exercise — they tend to have better heart health. So what counts as NEPA? Performing light yard work, hunting, washing the car or doing small repairs around the house are a few examples. If you're having trouble making time for regular exercise, have a set schedule of chores or activities that keep you moving.

MEN: Take Depression SERIOUSLY

GUYS, IT'S OK TO SAY THE "D" WORD.
DEPRESSION AFFECTS BOTH GENDERS.

FLIPPING THE SCRIPT

A 2013 study published in *JAMA Psychiatry* found that men suffer from depression more than they may think and often don't believe they have the condition because they experience less well-known symptoms.

Researchers used two sets of symptoms to evaluate approximately 5,700 men and women for depression. One list included both gender-neutral and typically male-associated signs, and another featured only indicators usually found in men, such as testiness and rash behavior.

When evaluating the blended criteria, results revealed that slightly more women than men — 33.3 percent to 30.6 percent — had dealt with depression. However, when the "male symptoms" list was evaluated, 26.3 percent of men reported having experienced depression compared to 21.9 percent of women.

Depression manifests itself in many ways, and it's crucial to know how to spot it. If you do, don't ignore it.

Many men think they should power through extreme fatigue, push aside feeling unhealthy or unhappy as something everyone experiences, and not share when they feel sad — in other words, ignore the symptoms of depression. It's an attitude that leads to a lot of emotional pain.

More than 6 million American men experience significant depression each year, according to the National Alliance on Mental Illness. Men are more reluctant to seek help than women because they fear the stigma of speaking up about something they think is a sign of weakness — a perception that can harm health and quality of life, and even lead to suicide.

WHAT DOES MALE DEPRESSION FEEL LIKE?

The short answer: both similar and dissimilar to depression in women. Both genders may experience:

- changes in mood
- disinterest in formerly enjoyable activities
- disruptions in energy and appetite
- hopelessness

Men, however, are more likely to attempt to cope with their feelings by using drugs and alcohol and express their feelings by lashing out at others or putting themselves in dangerous situations.

GIVE HELP A CHANCE

Don't let depression fool you into thinking there's no hope of getting better — 80 percent of depressed individuals improve with treatment, according to the National Alliance on Mental Illness. The first step: Speak with your doctor, who can rule out other causes for your symptoms. He or she may recommend antidepressant medications or refer you for one-on-one psychotherapy with a mental health professional so you can better understand your symptoms and how to manage them.

When you seek help, you're not waving a white flag at depression — you're taking a stand for the people you love, and most importantly, for yourself.

It's time to bring male depression out of the shadows. To find a doctor with whom to start the conversation, visit MimbresMemorial.com or talk with your family doctor.

Distracted Driving = DANGER



WHEN DRIVERS ARE PREOCCUPIED, EVERYONE ON THE ROAD IS IN JEOPARDY.

3,328

people in 2012 were killed in accidents related to distracted driving.

50%

of high schoolers age 16 or older text or email while driving.

660,000

drivers at any given moment are using a cell phone while driving.

10 percent

OF ALL DRIVERS

YOUNGER THAN AGE 20

WHO WERE INVOLVED IN A FATAL CRASH WERE DISTRACTED AT THE TIME OF THE ACCIDENT.



The average text is read in 4.6 seconds. Driving at 55 miles per hour, five seconds of driving is equal to 100 yards, nearly the length of a football field.

You may already know the danger of using cell phones and other electronic devices while driving, but distracted driving is defined as anything that takes your eyes off the road, your hands off the wheel or your mind off driving.

Other common driving distractions include:

- adjusting the music
- eating and drinking
- grooming or putting on makeup
- interacting with other passengers
- texting

Young and inexperienced drivers are the most likely to be involved in a distracted driving accident, but no drivers are immune to the dangers. Studies have shown that texting while driving impairs your

ability to drive as much as — or even worse than — being drunk behind the wheel.

STAYING FOCUSED, STAYING SAFE

Thankfully, distracted driving accidents are completely preventable. If you have a new driver in your family, talk about the risks of all forms of distracted driving, not just texting or talking on the phone. Encourage everyone in your family to leave their smartphones in the glove compartment or another inaccessible place to avoid the temptation to check while on the road.

Don't be afraid to call out distracted drivers who are putting you and others danger. Offer to read or send a text for him, or suggest she pull over to make a phone call.

* Statistics from distraction.gov (National Highway Traffic Safety Administration)



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Not Caring for Your Bones? *Your Loss*



THINK IT'S TOO LATE TO BEGIN STRENGTHENING YOUR BONES? THINK AGAIN.

You've hit middle age, and you're slowly losing bone mass. For women, the process accelerates after menopause. Weakening bones can lead to low bone density and osteoporosis — 54 million Americans have the conditions, according to the National Osteoporosis Foundation.

The good news: You can do plenty to fortify your bones, regardless of your age. Follow these steps:

- **Dine with bone health in mind.** Include plenty of calcium- and vitamin D-rich foods in your diet, and ask your doctor if you might benefit from taking supplements.
- **Don't wait for a break to break the news.** Many individuals learn they have osteoporosis when a fracture occurs. If you're a woman older than 65 or a man older than 70, follow the National Institute on Aging's recommendation and have a bone density screening.
- **Think outside the aerobic exercise box.** Cardiovascular exercises that use the legs double as weight-bearing work — good news for your bones. However, you should incorporate resistance activities into your regimen for additional benefits.

If you're overdue for a bone density screening, call (575) 546-5892 to schedule your exam and attend our seminars. Call Marion Kleber at (575) 546-5842 to learn more.

YOU'RE ONLY AS STRONG AS YOUR WEAKEST MEAL

As you age, your bones need sufficient amounts of calcium and vitamin D to be as powerful as possible.

Women older than age 50 need 1,200 milligrams of calcium daily, and men between ages 51 and 70 need 1,000 milligrams each day, according to the National Institute on Aging (NIA). Men should increase their daily intake by 200 milligrams after age 70.

A variety of foods contain calcium, including:

- beans
- dairy products
- broccoli
- kale
- calcium-fortified cereal and orange juice
- nuts

Without vitamin D, your body can't use calcium properly. Men and women need 600 international units (IU) of vitamin D daily from ages 51 to 70 and 800 IU daily after 70, according to the NIA. Exposure to sunlight without sunscreen — no more than 15 minutes three times per week, according to the National Institutes of Health — and salmon, eggs and vitamin D-fortified foods can help your body put calcium to work.