

The HEALTHY ADVANTAGE

YOUR HEALTH, YOUR LIFE

TAILORING YOUR TAILGATE Eat to Win

SMART HABITS FOR
**MODERN
CONVENIENCES**

**CARBONATED
BEVERAGES:**
GOOD, BETTER, BEST

 **HEARTLAND REGIONAL
MEDICAL CENTER**

4 REASONS to Put Down Your Phone

Occasionally disconnecting from your smartphone benefits your health. Here's why.

1. Smartphones are hard on your musculoskeletal system. Text neck — back, neck and shoulder pain linked to constantly looking down at your phone — and thumb tendonitis from too much texting are just a few of the overuse injuries linked to frequent smartphone use.

Smartphones distract you from your surroundings. Injuries from falling down stairs, running into objects and stepping into traffic are on the rise as people spend more time using their smartphones while commuting on foot, according to the American Academy of Orthopaedic Surgeons.

3. Smartphones are a haven for germs. Studies have found that phones harbor viruses and bacteria, if not cleaned regularly.

Smartphones interfere with getting things done. A study published in the *Journal of the Association for Consumer Research* found that having your smartphone within reach — even if the device is off — can drain your brain power.

Conclusion: To prevent these pitfalls, be choosy about when and how often you use your phone.



Making a primary care appointment is easy with online self-scheduling at HeartlandAnytime.com

TIME FOR A SMART SPEAKER?

Smart speakers let you access information, listen to music, make purchases and even control the lights and temperature in your home using voice commands. They're convenient, but are they safe?

Just like with any electronic device, hacking is a possibility. Safeguard your information with these do's and don'ts:



Do enable settings that require you to enter a PIN number or password before making purchases.



Don't connect your smart speaker to unsecured Wi-Fi networks.



Do take home security off-line. For example, Symantec warns against using smart speakers to control automated door locks.



TAKE ACTION AGAINST DISTRACTION

Text messages, emails, phone calls and social media alerts, digital distractions are part of everyday life. As your attention is pulled in competing directions, you may feel like you have an ever-shortening attention span. Restore your ability to focus with these attention-span-boosting strategies:

- **Finish one task at a time.** Multitasking can harm your productivity and increase the likelihood of mistakes, according to the American Psychological Association.
- **Practice mindfulness.** A recent *Journal of Cognitive Enhancement*-published study found that performing meditation-based exercises may help improve reaction time and attention.
- **Time tasks based on peak productivity when possible.** Focus is typically highest in the morning and wanes in the early to mid-afternoon before rising again in early evening.





Living With

COPD

Pulmonary rehabilitation allows people with chronic obstructive pulmonary disease (COPD) to improve their quality of life through education and exercise.

COPD is a progressive disease that, over time, can irritate, inflame and damage your lungs, which makes breathing more difficult. Other symptoms include wheezing, chest tightness and coughing that produces a large amount of mucus. If your symptoms stop you from performing daily activities despite the use of medication, it may be time to consider a pulmonary rehabilitation program.

MAKING IT PERSONAL

Pulmonary rehabilitation can teach you more about COPD, how it affects your lungs and how you can take steps — often literally — toward better breathing.

Pulmonary rehabilitation programs often include doctors, nurses, exercise specialists, dietitians or nutritionists, physical and respiratory therapists, and psychologists or social workers. This team works together to craft a

rehabilitation plan catered to your specific needs and situation.

During pulmonary rehabilitation, small groups of participants meet and become a community who understands your issues and can support you in your quest for easier breathing.

While in these groups, you will learn more about your condition, the medications you take, ways to lessen the severity of your symptoms, and exercise regimens that can help you be more active in your daily life. Psychologists and social workers can also help you manage any behavioral or mental issues that may arise after a COPD diagnosis.

Though there is no cure for COPD, enrolling in a pulmonary rehabilitation program can lessen the burden of the disease by improving your endurance, strength and stability, both physically and emotionally.

Fast Fact

Smoking is the leading cause of COPD — almost 3 out of every 4 people with COPD are smokers or former smokers.

IS IT SNORING OR SLEEP APNEA?



Medhat Elsherbini, M.D.

Sleep apnea is characterized by abnormal pauses in breathing during sleep. These pauses can occur due to poor respiratory effort, a physical blockage, or a combination of both.

If snoring or sleep apnea is an issue, Medhat Elsherbini, M.D., and the team at Marion Pulmonary & Sleep Clinic can help you breathe and sleep better.

“We’re dedicated to spending as much time with patients as needed to help manage their condition and live a better life,” Dr. Elsherbini says.

For unhurried, uncompromising care, call (618) 998-7961 to schedule an appointment at Marion Pulmonary & Sleep Clinic.

Dr. Elsherbini is a member of the medical staff at Heartland Regional Medical Center.



Better breathing means better living. At Heartland Regional Medical Center, pulmonary rehabilitation specialists help improve your physical condition and manage your COPD so you stay healthy. Call (618) 998-7923 to schedule an appointment.



Some people trace the history of tailgating in America to the early days of the Civil War, when Washington, D.C., residents took food to enjoy while watching the First Battle of Bull Run outside the city.

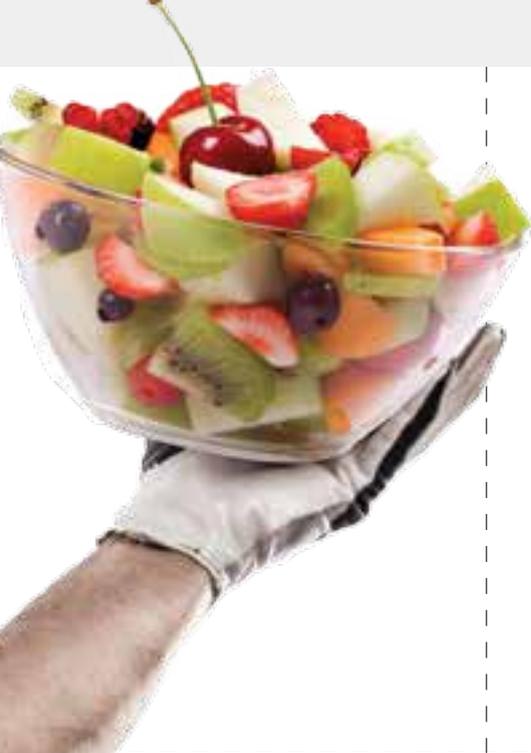
Your Playbook for a **HEALTHIER TAILGATE**



Tailgates are an annual autumn ritual for football fans, but that doesn't mean this year's menu has to consist of the same old salty, fatty fare. It's time for a more nutritious lineup.

Fall weekends wouldn't be the same without friends and family gathered outside your team's football stadium, laughing, tossing footballs, making predictions for the upcoming game and of course, enjoying lots of food. Typically, tailgate food is hearty, but far from heart-friendly — burgers, hot dogs, beef chili, fried chicken, chips, dips and cakes, to name a few. The feast is always enjoyable, but it leaves you longing to follow your team's example and go with a new, better-for-you game plan from time to time.

Don't let fears of overturning tradition or disappointing your guests' taste buds stop you from having a healthier tailgate. Change can be refreshing, and you don't have to sacrifice taste by prioritizing health. Use these sure-to-score plays to revamp your tailgate.



1

1ST DOWN: THE DRAW

The big draw at any tailgate is often grilled beef or pork, or fried chicken. It's time for leaner options to have their day in the sun — and on your plate. Substitute ground turkey or salmon burgers and sliders for the beef varieties and be sure to use whole-grain buns. Instead of hot dogs and bratwurst, let guests make their own skewers of turkey or chicken, tomatoes, onions, bell peppers, squash, and any other ingredients you can think of. Soak chicken breasts in your favorite marinade the night before and then grill them at the tailgate as healthy swaps for fried chicken. Using a marinade or rub to flavor meat will help you cut down on the use of salt.

2

2ND DOWN: THE OPTION

A good tailgate includes plenty of side dishes to complement the main course. At a typical tailgate, it's easy to overindulge in the bevy of snackable side dishes, such as chips, macaroni and cheese, rolls, baked beans, and potato salad. That's why it's important to provide a variety of healthy options, such as grape tomatoes, carrot sticks, broccoli florets and cucumber slices for dipping, as well as baked chips with salsa or guacamole. A fruit salad can make for a colorful and refreshing change of pace, especially on hot, early-season game days when fall hasn't quite yet arrived.

3

3RD DOWN: THE COUNTER

Counter plays are designed to fool opponents. Your guests will be delightfully surprised when dessert comes from the grill instead of a cake carrier or cookie sheet. A variety of fruits lend themselves to grilling, including peaches, apples, pineapples and pears. Eaten warm off the grill, these fruits are a treat for any sweet tooth. If you prefer your dessert cold and have a small, portable refrigerator, dip strawberries in dark chocolate and let them chill for 15 minutes before enjoying.

4

4TH DOWN: THE TOSS

To wash down all of that delicious, healthy food, toss out beer, sodas and sports drinks in favor of water that's anything but boring. Fill several large pitchers with water and add a few lemon, lime or orange slices to give it a crisp, refreshing taste.



Want long-term heartburn relief without a surgical incision? Ask your doctor if our new minimally invasive surgery is right for you. Call (618) 998-7155 to receive more information.

Patient results may vary. Consult your doctor about the benefits and risks of any surgical procedure or treatment.

DON'T LET HEARTBURN KEEP YOU ON THE SIDELINES

Are you tired of taking medication to soothe that burning in your chest? Now there's a new form of relief.

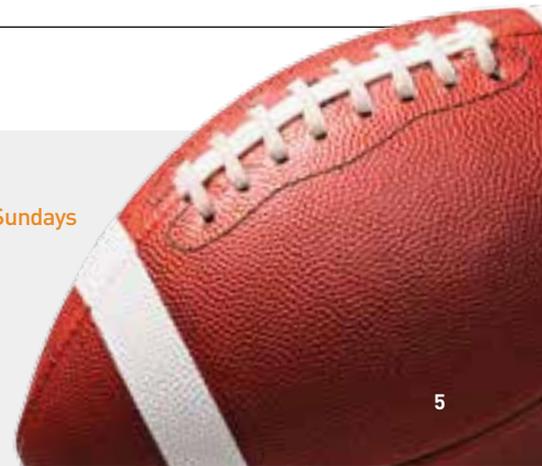
Heartland Regional Medical Center offers an advanced heartburn treatment for people with severe symptoms of gastroesophageal reflux disease or GERD. This new procedure known as transoral incisionless fundoplication (TIF) requires no incision. The procedure can be an effective and possibly long-term solution for acid reflux.

If you are tired of taking antacids or prescription medication to manage your heartburn or GERD, ask your doctor if TIF is right for you.

Call (618) 998-7155 to receive more information.

EXTRA POINT: THE PLAY-ACTION

Tailgating is built around food, but there is much more to it than enjoying the spread. Football Saturdays and Sundays are for making memories with loved ones, and a great way to do that is by getting active. Don't just sit around snacking and watching TV at your tailgate — toss a football, play cornhole or take a walk to meet your fellow tailgaters and see what they're cooking. Staying on the move burns calories, reduces screen time, keeps you connected to what's going on around you and calms the jitters you may feel ahead of kickoff. Then again, with all the fun you have tailgating, you may forget there's a game to watch.



FOR BEST RESULTS

Fast Fact
One size doesn't fit all when it comes to screening. When to begin and how frequently to get health screenings depends on your personal risk factors for heart disease, Type 2 diabetes and certain cancers.

Your doctor has very specific reasons behind the instructions given before a medical procedure or test — to ensure safety and accuracy.

Here's the logic behind the instructions you'll likely be given when you need to undergo common screenings or surgeries:

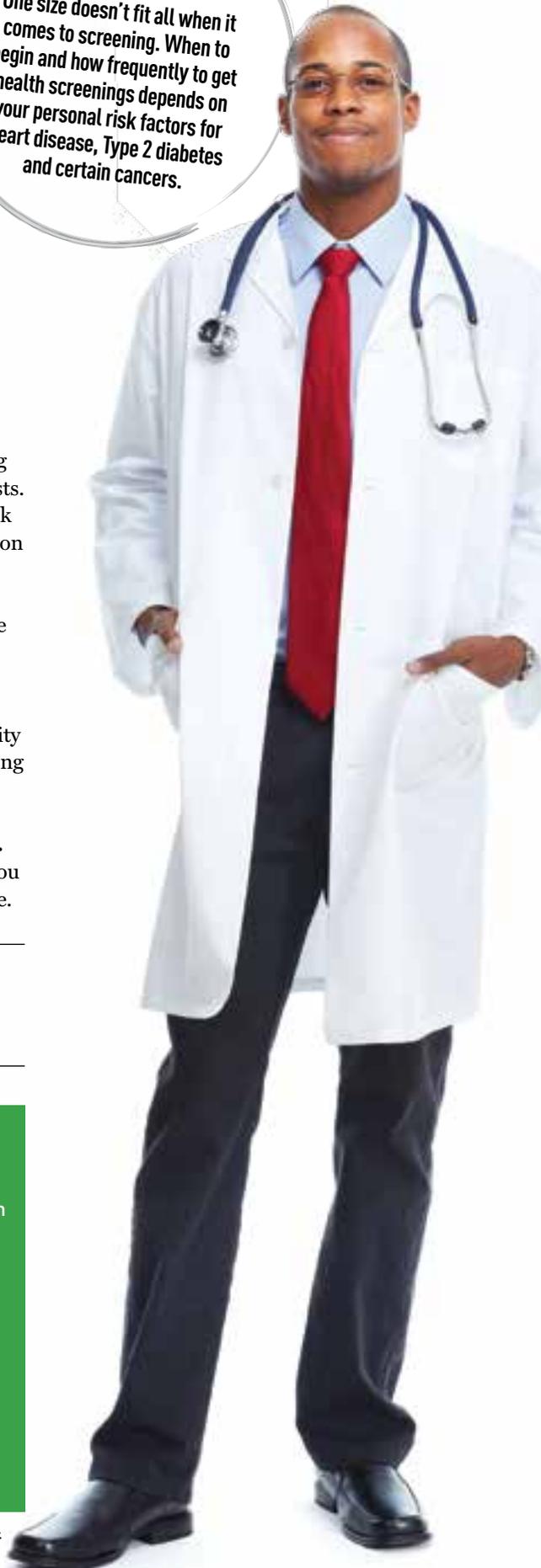
1. Eat a liquid diet and take a laxative prior to a colonoscopy. The day before your colonoscopy your physician will ask you to stick to clear liquids and avoid fruit, cream and foods with red or purple dye. You'll also need to drink a laxative mixture to clean out your colon.

This bowel prep is one of the most infamous parts of a colonoscopy — it's also one of the most important. If you don't drink the liquid as recommended, your doctor may not be able to clearly see the condition of your colon and rectum. You don't want physicians to miss potentially cancer-causing polyps and tumors and increase the risk of complications.

2. Fast before a diagnostic procedure or surgery. If you're having surgery, you will likely be unable to eat or drink after midnight before your procedure, according to the American Society of Anesthesiologists. Fasting before surgery helps reduce the risk of a potentially life-threatening complication called aspiration, which can occur when food and liquids from your stomach flow backward into your airway and lungs while you're under anesthesia.

3. Skip antiperspirant/deodorant application before your mammogram. Wearing either can interfere with the quality of images taken during your study, according to the American Cancer Society.

4. Have a friend or relative drive you home after minor same-day procedures. The anesthesia or sedatives used to keep you comfortable may affect your ability to drive.



Online self-scheduling makes scheduling a primary care appointment easy! Visit HeartlandAnytime.com to make your next appointment.

THREE SERVICES FOR YOUR FAMILY'S HEALTH, ONE CONVENIENT LOCATION!

Heartland Regional Medical Center's new hybrid clinic is a first-of-its-kind facility in Williamson County. It combines three service lines in one convenient location:

- 1. Express Care:** Open daily from 8:30 a.m. to 9:00 p.m. No appointment necessary.
- 2. Occupational Medicine:** A wide range of occupational health services are offered to support employers.
- 3. Family Medicine:** Jodi Bryant, M.D., leads an experienced clinical team who provides routine and preventive care for the entire family.

The hybrid clinic, located at 2700 West DeYoung St. (across from Krispy Kreme) in Marion, also features on-site imaging and walk-in lab services.

Learn more online at HeartlandMedicalGroup.com.

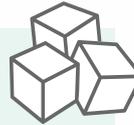
Fizzy LOGIC

Learn whether your favorite carbonated drink falls flat or is a bubble above the rest with this guide.

FIZZY FAILURES

Drinks in this category typically have more than 30 grams of sugar per 12 oz. serving.

- cola
- energy drinks
- ginger ale and tonic water
- sparkling juices



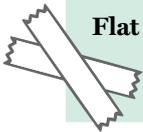
Flat Fact: As few as two energy drinks can put you over the U.S. Food and Drug Administration's daily recommended limit of 400mg of caffeine.

FIZZLE OF THE PACK

These drinks are an improvement, but more research needs to be done about artificial sweeteners to determine their effects on the body.

- diet sodas
- diet sparkling juices
- no-calorie soft drinks

Flat Fact: Drinking two or more artificially sweetened sodas daily has been linked to a 30 percent or more decline in kidney function in women in a study performed by Harvard Medical School.



FIZZY FREEDOM

No calories. No sugar. No caffeine. No problem.

- club soda
- mineral water
- seltzer water



Flat Fact: The American Dental Association has found that most sparkling water is just fine for your teeth. However, if you enjoy adding lemon or indulging in citrus-flavored varieties, do so sparingly — citric acid can damage the enamel in your teeth.



Do you belong to a local group looking for educational speakers? The Heartland Regional Medical Center team can present on important healthcare issues. Call (618) 998-7396 for more information.



According to the American Heart Association:

- Men should consume no more than 36 grams of sugar daily.
- Women should consume no more than 25 grams of sugar daily.

WANT TO READ MORE?

Visit HeartlandRegional.com/signup to receive other health and wellness articles and register for our eNewsletter.

Heartland Regional Medical Center complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex. For more information, see link on our home page at HeartlandRegional.com. Attention: If you do not speak English, language assistance services, free of charge, are available to you. Call (618) 998-7000 (TTY: (618) 998-7558).

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (618) 998-7000 (TTY: (618) 998-7558).

UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod nume (618) 998-7000 (TTY: (618) 998-7558).

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This publication in no way seeks to serve as a substitute for professional medical care. Consult your doctor before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.

Next Steps FOR JOINT PAIN

If you thought you'd need a joint replacement "someday," how do you know if someday is today?

Replacement joints now last longer — from 10 to 15 years to as long as 20 in some cases, according to the National Library of Medicine — offering younger patients years of pain-free living. You may be ready if:

- nonsurgical treatments, such as physical therapy and pain management, are not providing relief
- X-rays and other tests confirm damage to the joint
- your physician determines surgery is your best option



Is joint pain getting in your way? Call (618) 998-7947 or visit MyHeartlandOrtho.com to schedule a consultation and learn how we can help you get moving again.

Patient results may vary. Consult your doctor about the benefits and risks of any surgical procedure or treatment.