

# *The* HEALTHY ADVANTAGE

YOUR HEALTH, YOUR LIFE

TASTE OR  
TOSS IT  
BEHIND THE  
BEST-BY DATE

IS IT A COLD,  
THE FLU  
OR COVID-19?

DO IT FOR THEM  
**Motivation to  
Quit Smoking**



HEARTLAND REGIONAL  
MEDICAL CENTER

# CHECK THAT DATE!

When is the last time you checked your household inventory?

## KITCHEN

Most dates on packaging are not safety dates but recommendations to ensure peak quality or taste of the product, with the exception of infant formula. Never use expired formula and discard opened powdered formula after 30 days, if not consumed.

Canned food is safe for two to five years after the best-by date — although high-acid foods like tomatoes are best used within 18 months. How long fresh produce will last depends on the type. The USDA app FoodKeeper can provide guidance for specific items.

Open foods that have expired often show visible signs of deterioration, such as mold, but what about that can of beans with a “Best By” date from six months ago or longer?

If the can isn't bulging or otherwise suspect, you should be fine. According to the United States Department of Agriculture (USDA), you can eat many packaged foods beyond their best-by dates. In general, if a food item smells, looks or feels off, then it is likely time to throw it away.



## MEDICINE CABINET

Multiple studies have shown most drugs maintain their potency for years, if not decades, after the original expiration date. (Reporting from ProPublica in 2017 found that even the FDA does it!)

However, the FDA does not recommend anyone take over-the-counter and prescribed drugs past their expiration dates. For example, taking expired antibiotics may lead to antibiotic resistance or other complications.

Still, even though drugs might not go bad a year later doesn't mean that you should keep unused prescriptions around, especially if they are controlled substances like opioids. The FDA recommends tossing any drugs you aren't using. In order to do so safely, many police stations, health departments and hospitals, including Heartland Regional Medical Center have easy ways for you to drop off old medicine.



## VANITY DRAWERS

Whether you buy designer lipstick or drugstore mascara, all makeup deteriorates at similar rates. As with food, expiration dates are rules of thumb and not actual safety guidelines.

However, the Food and Drug Administration and cosmetic trade groups all agree that eye products should be replaced more frequently than any other kind of makeup — every three to six months. If you have any kind of eye infection, that warrants prompt disposal.

Also, if you dip your finger into a product to apply it, you should replace it more frequently, because even a clean fingertip will add microorganisms to the makeup that could turn into bacteria or fungi.



Have your frequent urination medications become less effective? To learn more about minimally invasive treatment options, call R. Lawrence Hatchett, M.D., Urologist, at (618) 998-8884 to make an appointment.

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

# Band Together for Strong Hips



If you've had hip replacement surgery, always check with your physician before doing any type of hip exercises.

Using a resistance band can help you increase your strength and build lean muscle.

Don't let hip pain limit your life. Exercises to strengthen the hip flexor muscles — the group of muscles at the top of the thighs that help with lower body movement — are key to increasing flexibility, improving range of motion and maintaining mobility. Release hip flexor muscle tension by doing several repetitions of these gentle stretches throughout the day.

## EXERCISE 1:

Begin by sitting in a chair with your legs to the front. Place the resistance band around both legs, just above the knees. While keeping your feet flat on the floor, slowly spread your knees apart and then bring them slowly back together.

## EXERCISE 2:

Stand behind a chair with your left hand resting lightly on the top for balance. Place the resistance band around both legs, just above the knees. Keep your hand on the chair and your left foot flat on the floor. Straighten your right leg and extend it behind you until it's off the floor. Hold the pose for five seconds, and then repeat on the right side.

## EXERCISE 3:

Place the resistance band around both legs, just above the knees. Stand with your feet hip-width apart, and then slide your right leg to the side until you feel resistance in the band. Shift your weight to your right leg, then slide your left leg over until your feet are hip-width apart again. Repeat the exercise on the left side.



The steps toward recovery start with Heartland Regional Medical Group. Same-day appointments often available. To schedule a consultation, call (618) 998-7177.

*Patient results may vary. Consult your doctor about the benefits and risks of any surgical procedure or treatment and before starting any new exercise regimens.*



## SHOULD I CONSIDER JOINT REPLACEMENT SURGERY?



Richard Morgan, M.D.

If you are frustrated that nonsurgical measures, such as exercise or physical therapy, are

not effective in providing relief, board-certified Orthopedic Surgeon Richard Morgan, M.D., understands.

"There is nothing better than your God-given joints you are born with," says Dr. Morgan, the Medical Director at Heartland Regional Medical Group – Orthopedics. "We can't replace that, but if the severity of your pain warrants joint replacement, we can help."

If you have pain in any joint or muscle, don't delay seeking help.

**To schedule a consultation with Dr. Morgan, call (618) 998-7177 and ask about same-day appointments.**

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

The benefits of quitting smoking apply to more than just you — your family members, friends and even pets can reap the rewards, too.

# QUIT

*For the Greater Good*

Whether you smoke, vape, dip or chew — whether you've been doing it for 12 months or 12 years — you already know smoking or using other tobacco products is bad for your health. The warnings are printed on every package you buy.

That's why the huge increases in youth e-cigarette usage is so alarming. Over 5 million youth, grades 6 through 12, reported regularly vaping, and 1 million reported doing it daily, according to a survey by the Food and Drug Administration (FDA) and the Centers for Disease Control and Prevention (CDC).

Unfortunately for many people, knowing that tobacco is bad for them isn't a good enough reason to quit. Nicotine is a highly addictive drug, but its misuse won't land users in jail. This means it might be hard for users to hit "rock bottom" before they get sick.

Yet, if you keep using tobacco or vaping nicotine, it is extremely likely that you will get sick. And if you smoke indoors, anyone who lives with you might get sick too, including your kids and pets. You should also know:

- Smoking is still the top cause of preventable death and disease in the United States, according to the CDC.
- Over 480,000 people die from smoking-related causes every year.
- Smoking doesn't just cause lung cancer. The CDC finds it can also cause cancer of the bladder, cervix, colon, esophagus, kidney, mouth, liver, pancreas and stomach.
- Smoking can also cause or contribute to diabetes, emphysema, heart disease, osteoporosis, rheumatoid arthritis and stroke.
- Tobacco use can make it harder to get pregnant. It can also make it more likely for

a baby to have certain birth defects or to die from Sudden Infant Death Syndrome.

- Men who smoke are more likely to have erectile dysfunction.
- According to the CDC, 2.5 million nonsmokers have died from exposure to secondhand smoke since 1964.
- In small children, secondhand smoke is often a contributing factor to ear infections and asthma.
- Secondhand smoke can cause nose or lung cancer in your pets.

#### **READY TO QUIT YET?**

Even if you are trying to quit — and/or have tried time and time again to quit — habits are hard to break, especially when they are wrapped up with an addictive substance like nicotine. That's why finding the support you need to quit once and for all is important.



## LUNG CANCER SCREENINGS

Lung cancer is one of the most common forms of cancer and it is the leading cause of cancer-related death in the United States. It claims more lives each year than breast, prostate and colorectal cancers combined.

The Heartland Regional Lung Cancer Screening Program offers low-dose CT screenings for patients who might be at risk for lung cancer, including smokers and former smokers. Most medical insurance plans cover this screening.

- Lung cancer screening has been shown to decrease the risk of lung cancer death in patients who are high-risk for developing cancer.
- A lung cancer screening CT scan can detect cancer before symptoms are noticeable and at an early stage when the cancer is in a localized area of the lung.
- When lung cancer is found early, many treatment options are available, which greatly improves the likelihood of survival.

*If you believe you are eligible for the screening, contact a primary care physician. Make an appointment online at [HeartlandAnytime.com](http://HeartlandAnytime.com).*

### HELP FOR TOBACCO CESSATION

If quitting cold turkey has not worked for you, limiting your tobacco use with nicotine gum or patches to help you taper off may help. A physician can also prescribe a nicotine nasal spray, an inhaler or other medication. However, it is important to discuss possible side effects of any medications.

The FDA does not recommend using e-cigarettes as a way to taper tobacco use. Vaping can actually increase your nicotine intake, which can, in turn, strengthen your addiction.

Support groups or therapy, whether online or in person, can often provide the needed encouragement to overcome the frustration of quitting.

If none of these methods have helped you, the good news is that there are almost as many different methods and motivations to quit nicotine for good as there are brands

of cigarettes. Some other things you can try include:

- **Exercise.** If you're a heavy smoker, it might not be easy to start, but doing something physical, even simply taking a walk, is a great way to keep your mind off your cravings. Plus, the more your cardiovascular health improves, the less you are going to want to make it worse again.
- **Identify your triggers and avoid or replace them.** If you always smoke while drinking, cut back on alcohol until you quit. If you always take a cigarette break in the middle of the afternoon, find something else to do during that time, like having coffee or a healthy snack. Basically, create new habits to replace the old one.
- **Take it easy on yourself.** If you slip up and smoke again, it's OK. Don't beat yourself up, and don't tell yourself that you've failed. You

haven't failed. Tomorrow is a new day where you can start again, cigarette or vape-free.

- **Treat yourself.** With all the money you'd save by not smoking, reward yourself with something like a book or a dinner out when you hit sobriety milestones.

It takes time to get used to your new life, but eventually you can get there. Quit now, and your body will thank you later.



Concerned about your risk for lung cancer? Speak with a primary care provider about the Heartland Regional Lung Cancer Screening Program. Make an appointment online at [HeartlandAnytime.com](http://HeartlandAnytime.com).

# The DIABETES-INFLAMMATION Connection

Type 2 diabetes can cause a variety of serious complications. Chronic inflammation drives many of them.

Chronic inflammation occurs when your immune system remains primed to fight germs when no threat of infection exists. In the absence of its natural enemies, the immune system may attack healthy tissues and organs, keeping the body in a state of inflammation.

Chronic inflammation contributes to many diabetes-related complications, including cardiovascular disease, gum disease and kidney damage, but not for the reason experts once thought. In a 2019 study, researchers at the University of Kentucky found that changes to mitochondria — components of cells that convert oxygen and nutrients into energy — led to chronic inflammation when cells encountered certain fats. That upended the long-held belief that glucose (blood sugar) drove inflammation and demonstrated that glucose control is no guarantee against diabetes complications, although it's the best way to reduce your risk.

## COOL IT, IMMUNE SYSTEM

You aren't powerless to prevent or reduce chronic inflammation. You can:

- **Choose inflammation-fighting foods.** These include fruits and vegetables, which contain potentially protective phytonutrients, according to the Academy of Nutrition and Dietetics. The organization also recommends choosing foods that contain monounsaturated fats and omega-3 fatty acids and avoiding foods with saturated fats.
- **Get (and stay) active.** Along with a healthy diet, regular exercise can help you maintain a healthy weight, which is important in the fight against chronic inflammation.
- **Lean into expertise.** Chronic inflammation often occurs without symptoms, so be sure to see your primary care provider at least yearly for a physical exam and recommended screenings. If he or she suspects chronic inflammation, a blood test called a C-reactive protein test may provide answers.

Twenty minutes of moderate-intensity exercise reduces the number of immune cells producing a key, inflammation-regulating protein by 5 percent, according to a 2017 study by University of California, San Diego researchers.

## FOOT CARE FOR DIABETES



Asim  
Qureshi, DPM

Anyone can have foot problems, but if you have diabetes, there's a greater chance of developing serious infections and complications.

In an effort to prevent this from happening, Heartland Regional Medical Group Podiatrist Asim Qureshi, DPM, recommends checking your feet every day.

"The biggest thing I always tell my diabetes patients is if they experience burning or tingling feet, it's a telltale sign they should get looked at," Dr. Qureshi says.

Heartland Regional Medical Center welcomes Dr. Qureshi to its medical staff, and he is accepting new patients.

*If you experience any type of foot pain, numbness or tingling, call Dr. Qureshi at (618) 998-7062 to schedule a consultation.*

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



Speak with your primary care provider (PCP) if you have symptoms of chronic inflammation. Need a PCP? Visit [HeartlandAnytime.com](http://HeartlandAnytime.com).

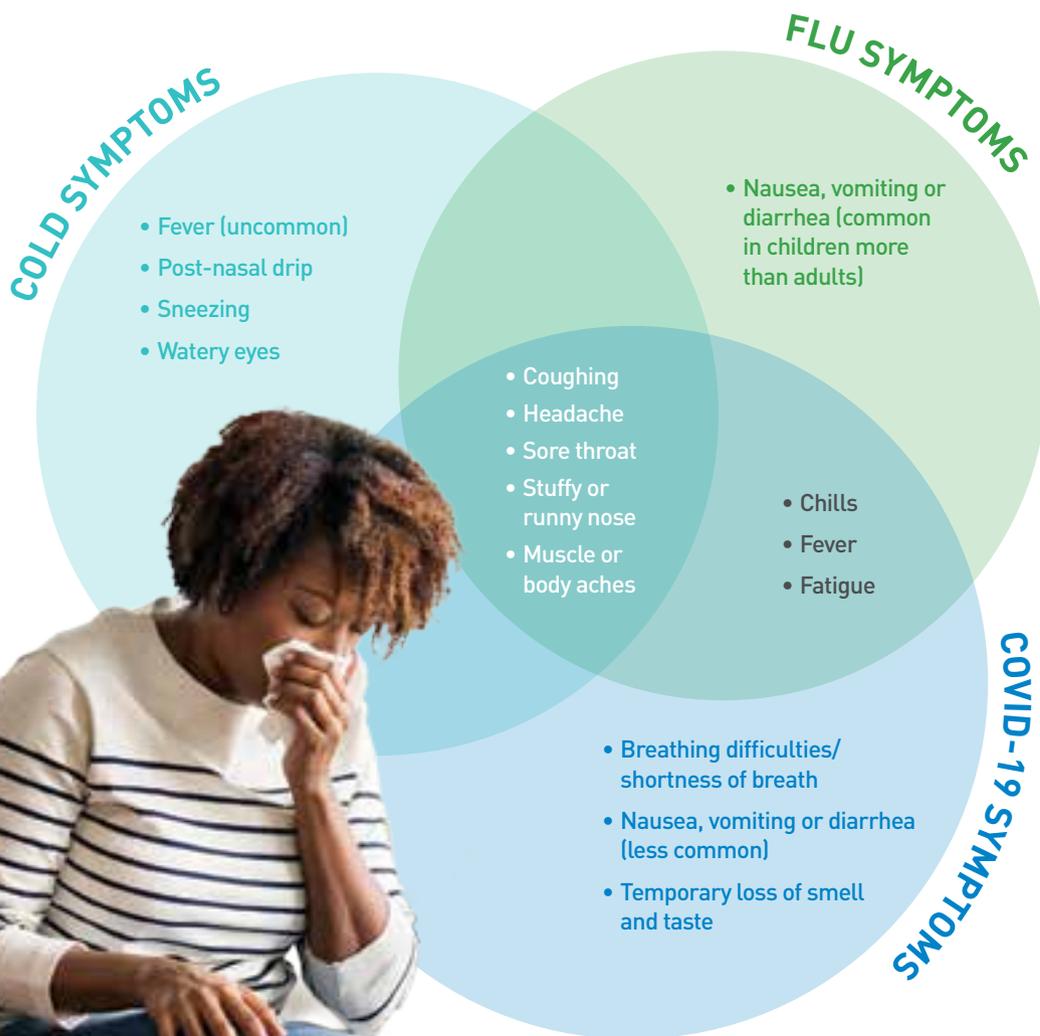
# COLD vs. FLU vs. COVID-19

Staying home when you are sick is more important than ever. Recognize cold, flu and COVID-19 symptoms so you can take the appropriate action.

## HOW MANY DAYS AFTER EXPOSURE DO SYMPTOMS START?

| S                   | M | T | W | T | F | S |
|---------------------|---|---|---|---|---|---|
| Cold: 2-3 days      |   |   |   |   |   |   |
| Flu: 1-4 days       |   |   |   |   |   |   |
| COVID-19: 2-14 days |   |   |   |   |   |   |
|                     |   |   |   |   |   |   |

## COLD VS. FLU VS. COVID-19 SYMPTOMS\*



## WHEN AM I CONTAGIOUS?

**COLD:**  
From 1-7 days after symptoms

**FLU:**  
From 1 day before to 7 days after symptoms; most contagious 3-4 days after

**COVID-19:**  
From three days before, to two weeks after symptoms; **most contagious 48 hours before symptoms, according to emerging research**



Individuals who think they may have COVID-19 or have been exposed are encouraged to call Heartland Regional's Call Ahead Hotline at (888) 543-2786 between 8 a.m. and 9 p.m., seven days a week.

## HOW CAN I PREVENT GETTING OR SPREADING UPPER RESPIRATORY INFECTIONS?

- Avoid close contact with others, keeping at least six feet away from people.
- Cover coughs or sneezes with a tissue or your arm, dispose of tissues and wash hands immediately after blowing your nose, coughing or sneezing.
- Frequently disinfect surfaces, such as tables, doorknobs or your phone.
- Keep away from others who are sick.
- Stay home if you are sick or have been in contact with someone who is sick.
- Try to not touch your face, mouth, nose and eyes with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds.
- Wear a cloth face covering over your nose and mouth in public.

## Fact:

Staying isolated from other people when you have an upper respiratory infection is essential to prevent spreading the disease.

\*Per the CDC, these are not all-encompassing lists, and some people may experience other symptoms.  
Sources: CDC, U.S. National Library of Medicine

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Visit [HeartlandRegional.com/signup](http://HeartlandRegional.com/signup) to receive other health and wellness articles and register for our eNewsletter.

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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.

# Time to prevent COLORECTAL CANCER?

Colonoscopies take about 30 minutes and can remove polyps that may become cancerous. According to the American Cancer Society, when colorectal cancer is found early, there is a 90 percent five-year relative survival rate. Talk with your doctor about whether it's time for your colonoscopy.

Heartland Regional Medical Group welcomes board-certified Gastroenterologist Yazan Abu Qwaider, M.D., AGAF, FASGE. For appointments, consultations or more information, please call (618) 998-7239.



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