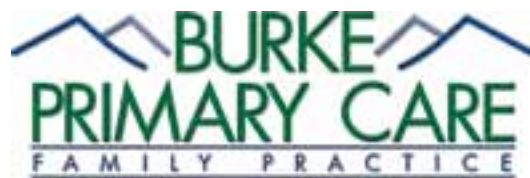


Healthy Hearts

Everyday Heart Health Tips

Make one or more of the following tips part of your everyday routine this winter. You will be surprised how quickly increasing physical activity – even a little bit – can make a big difference in your overall wellbeing and outlook. Your heart will thank you with improved function and a longer life.

- Take the stairs instead of an elevator or escalator at school or the mall. Just start with one flight. Soon, you'll be ready for two.
- Park your car at the far end of the parking lot. The short walk to and from the store or school gets your blood pumping.
- Whenever possible, spend a few minutes of your lunch break taking a stroll. A brisk walk will help you stay awake after lunch.
- Think of housework as an extra chance to exercise. Turn on some music and really get your body moving as you do everyday chores. Vacuuming, dusting or folding laundry can be opportunities to increase your heart rate.
- The same holds true of outdoor work. Mowing the lawn, pulling weeds or raking leaves are chores that really provide a chance to work your muscles – especially your heart.
- If you have a dog, a brisk walk is good for both of your hearts – make it a part of your daily routine.
- Plan an after-dinner walk or a lively activity for your family. Interactive video games can be great indoor fun and quite a workout.



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Convenient Care for the Entire Family

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Tim Robinson, MD



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Michael Gould, DO



4 Tips for a Healthy Heart

5 Diet Resolutions for the New Year

1 Take Small Steps

- Vow to add a piece of produce to your brown bag lunch daily.
- Designate a day as fish day.
- Package up a single serving of your favorite whole-grain cereal, then treat it as your midmorning snack.



2 Water, Water, Everywhere

- Drink one glass first thing in the morning, before you brush your teeth.
- Tempted by more soda? Another glass of wine? Drink a cup of water with a splash of your favorite beverage in it first.



3 Go for the Gold...and Red...and Purple

- Colorful produce is packed with disease-fighting plant compounds.
- Designate a color-a-day. Maybe Mondays are yellow, with grapefruit, golden apples, or corn, while Tuesdays are purple with plums and eggplant.
- Get the kids involved and go for a theme: Build a green pizza with emerald bell peppers and artichokes, or a red produce-infused chili.



4 Tackle Mindless Munching

- Pop a stick of gum or a sugar-free mint in your mouth.
- Brush or floss your teeth.
- Busy your hands with a glass of water, a cup of tea.



5 Stack the Odds in Your Favor

- Buddy up with a friend or family member with diet and weight loss resolutions. Then share your ideas, plans, and successes regularly.
- Leave the temptations at the grocery store. Promise yourself you'll cater to cravings only outside the home, in one-serving portions.
- Socialize with non-food events. Get your friends together in the park, for a hike, or at the movies.



Take enough steps and you'll reach any goal. Resolve to make a few small diet resolutions this year and then just watch how far you'll go!



Preventing Diabetes

According to the American Diabetes Association, 79 million Americans have been diagnosed with a condition called “Pre Diabetes”. People use other terms to refer to Pre Diabetes such as “borderline diabetes” or “a touch of sugar”. Pre Diabetes is a condition in which your body is not able to properly use the insulin your pancreas makes to maintain blood sugar control resulting in a continuous elevation of sugar in the bloodstream. The diagnosis of Pre Diabetes is usually determined by a fasting blood sugar level range of 101-125. When left untreated, Pre Diabetes can progress to diabetes within 10 years or less.

Healthy lifestyle changes such as the suggestions below can help you to reduce your risk of developing diabetes.

Develop Healthy Eating Habits

- Drink no-calorie beverages such as water, unsweetened tea, diet sodas, and sugar free lemonade.
- Choose lean meat sources. 93% lean ground beef, fish, turkey, skinless chicken, low fat cheese, and egg substitutes are great low fat sources of protein.
- Avoid fried foods. Use cooking methods such as baking, broiling, and grilling.
- Decrease your fat intake. Skim milk, low fat sour cream, low fat salad dressing, low fat mayonnaise, and low fat margarine are a great way to decrease your calories from fat.
- Limit desserts to special occasions like birthdays.
- Eat meals at routine times everyday. This habit will prevent you from overeating.
- Choose more fresh fruits and vegetables.
- Reduce your portion sizes.
- Choose more whole grains. Whole wheat bread, brown rice, whole wheat pastas and whole grain cereals contain more fiber.

Increase Your Activity Level

- Park further from the store entrance.
- Take the stairs instead of using the elevator.
- Turn on your favorite music and dance for 20 minutes.
- If you suffer from joint pain, enroll in a water aerobics class. Exercising in water will reduce the stress on your joints.
- Exercise with a partner.
- Stand up and march in place during a 30 minute television show.
- Choose activities you enjoy.

10 Winter Health Risks

Here's how to help your body deal with cold weather ailments.

Colds

You can help prevent colds by washing your hands regularly. This destroys germs that you may have picked up from touching surfaces used by other people.

Top tip: If you get a cold, use disposable tissues instead of cloth handkerchiefs to avoid constantly re-infecting your own hands.

Sore Throat

Sore throats are common in winter and are almost always caused by viral infections. There's some evidence that changes in temperature, such as going from a warm, centrally heated room to the icy outdoors, can also affect the throat.

Top tip: One quick and easy remedy for a sore throat is to gargle with warm salty water. It won't heal the infection, but it has anti-inflammatory properties and can have a soothing effect. Dissolve one teaspoon of salt in a glass of partly-cooled boiled water.

Asthma

Cold air is a major trigger of asthma symptoms. People with asthma should be especially careful in winter.

Top tip: Stay indoors on very cold, windy days. If you do go out, wear a scarf over your nose and mouth. Be extra vigilant about taking your regular medications, and keep rescue inhalers close by and in a warm place.

Norovirus

Norovirus is an extremely infectious stomach bug. It is more common in winter and in places such as hotels and schools. The illness is unpleasant but it's usually over within a couple of days.

Top tip: When people are ill with vomiting and diarrhea, it's important to drink plenty of fluids to prevent dehydration.

Painful Joints

Many people with arthritis say their joints become more painful in winter. Only

joint symptoms, such as pain and stiffness, are affected by the weather. There's no evidence that changes in the weather cause joint damage.

Top tip: Many people get a little depressed during the winter months and this can make them perceive pain more acutely. Everything feels worse, including medical conditions. Daily exercise can boost a person's mental and physical state. Swimming is ideal as it's easy on the joints.

Cold Sores

Most of us recognize that cold sores are a sign that we're run down or under stress. While there's no cure for cold sores, you can reduce the chances of getting one by looking after yourself through winter.

Top tip: Every day, do things that make you feel less stressed, such as having a hot bath, going for a walk in the park or watching one of your favourite films.

Heart Attacks

Heart attacks are more common in winter. This may be because cold snaps increase blood pressure and put more strain on the heart. Your heart also has to work harder to maintain body heat when it's cold.

Top tip: Stay warm in your home. Keep the main rooms you use at 21C (70F) and use a hot water bottle or electric blanket to keep warm in bed.

Cold Hands

Raynaud's phenomenon is a common condition that makes your fingers and toes change color and become very painful in cold weather. Fingers can go white, then blue, then red and throb and tingle. It's a sign of poor circulation in the small blood vessels of the hands and feet. In severe cases, medication can help, but most people live with their symptoms.

Top tip: Don't smoke or drink caffeine (they can both worsen symptoms) and always wear warm gloves, socks and shoes when going out in cold weather.

Dry Skin

Dry skin is a common condition and is often worse during the winter when humidity is low. Moisturizing is essential during winter. The best time to apply moisturizer is after a bath or shower while your skin is still moist, and again at bedtime.

Top tip: Have warm rather than hot showers. Water that is too hot makes skin feel more dry and itchy. Hot water will also make your hair look dull and dry.

Flu

Flu is a major killer of vulnerable people. People aged 65 and over and people with long-term health conditions are particularly at risk. The best way to prevent getting flu is to have the flu shot. It gives good protection against flu and lasts for one year.

Top tip: Find out if you're at risk of getting flu by asking your GP.



Laurie Robinson, MD & Bernice Masiello, CMA



Cervical Cancer and Pap Test Information

Cervical cancer is nearly 100 percent preventable, yet according to the American Cancer Society's most recent estimates for cervical cancer in the United States for 2011:

- About 12,710 new cases of invasive cervical cancer will be diagnosed.
- About 4,290 women will die from cervical cancer.

Some researchers estimate that non-invasive cervical cancer (carcinoma in situ) occurs about 4 times more often than invasive cervical cancer.

Cervical cancer was once one of the most common causes of cancer death for American women. Then, between 1955 and 1992, the cervical cancer death rate declined by almost 70%. The main reason for this change was the increased use of the Pap test. This screening procedure can find changes in the cervix before cancer develops. It can also find cervical cancer early – in its most curable stage. The death rate from cervical cancer continues to decline by nearly 3% each year.

Cervical cancer tends to occur in midlife. Most cases are found in women younger than 50. It rarely develops in women younger than 20. Many older women do not realize that the risk of developing cervical cancer is still present as they age. Almost 20% of women with cervical cancer are diagnosed when they are over 65. That is why it is important for older women to continue having regular Pap tests.

In the United States, cervical cancer occurs most often in Hispanic women; at a rate that is more than twice that seen in non-Hispanic white women. African-American women develop this cancer about 50% more often than non-Hispanic white women.

For more specific information on current screening recommendations and cancer statistics, visit www.Cancer.org, the Website for the American Cancer Society.