

# HEALTH *Connections*

YOUR HEALTH, YOUR LIFE

## TAILORING YOUR TAILGATE Eat to Win

 **RED BUD**  
REGIONAL HOSPITAL

SMART HABITS FOR  
MODERN CONVENIENCES

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

# 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.



While scrolling through your smartphone, find us on Facebook and like our page!



## SLOW DOWN With Senior Friendly Yoga

“Slowing down and limiting distractions can be achieved through yoga and meditation,” says Jessica Sheehan, Gerontological Nurse Practitioner at Red Bud Health Clinic. “Red Bud Regional Hospital offers senior-friendly yoga classes that consist of meditation, stretching and balance. As a provider who cares for many of these members, I see the positive results. Many of my patients have lower blood pressure, better balance and happier dispositions. I encourage my senior patients to find ways to slow down, relax and reconnect — your health needs it.”



Want to know more about senior-friendly yoga through Red Bud Regional Hospital's Our Healthy Circle program? Call (618) 565-0666.



Jessica Sheehan, GNP

*Jessica Sheehan, Gerontological Nurse Practitioner and member of the allied health staff at Red Bud Regional Hospital, sees patients of all ages.*

## 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.



# Stop the BLEED

Until emergency responders arrive, you may be someone's best chance at surviving a traumatic injury.

The Stop the Bleed Program, created by the Hartford Consensus, outlines steps for saving lives in the case of traumatic bleeding injuries. Whether you're a bystander to a car accident, shooting or other bleeding emergency, follow these steps until an ambulance arrives. Your actions can make a difference.

Traumatic injuries are the leading cause of death for Americans younger than 46 years old, according to The National Academies of Sciences, Engineering and Medicine.

## Step One: MOVE TO SAFETY

First, make sure both you and the injured person are safe and out of the way of further danger. If necessary, move the injured person to a safer location, for example — out of the way of oncoming traffic.



## Step Two: CALL 911

Dial 911 or tell someone near you to do the same. Once someone has made contact with emergency medical services, you can take action. If the person is confused or unconscious, it's likely that they need your help.

## Step Three: FIND THE BLEED

Bleeding requires immediate action if blood is spurting, soaking through clothing, pooling on the ground or flowing nonstop.

## Step Four: APPLY PRESSURE

If a first-aid kit is available, cover wounds with bleeding control or plain gauze and apply as much steady pressure as you can directly on top of the wound. Pack deeper wounds with gauze before applying pressure. If a first-aid kit isn't available, use a clean cloth or item of clothing to cover or pack the wound and apply pressure. If no cloth or gauze is available, apply pressure directly with your bare hands.

## USING A TOURNIQUET

If an injured person is bleeding from an arm or leg, you can use a first-aid kit's tourniquet to stop the bleeding. Wrap the tourniquet two to three inches above the bleeding site. If necessary, go higher to avoid joints. Pull the tourniquet strap as tight as you can through the buckle. Twist the rod or windlass until the bleeding stops and secure it. If necessary, you can apply a second tourniquet above the first one if bleeding resumes or doesn't stop. Make sure to take note of what time you applied the tourniquet and provide the information to emergency responders when they arrive. They will have to weigh the decision whether to remove the tourniquet in transit or wait until they reach the hospital.



Dr. Kelley and the ER team at Red Bud Regional Hospital are ready to assist in your time of need. To learn about our average ER wait time, Chest Pain Accreditation and Stroke Recognition, visit [RedBudRegional.com](http://RedBudRegional.com).



Julie  
Kelley, M.D.

## ER EXPECTATIONS

According to Julie Kelley, M.D., Emergency Room Medical Director, a trip to the ER can often be stressful or scary but it doesn't have to be. A few minor preparations can help your visit go smoother.

Never delay emergency care, but if it is possible, bring the following items with you:


- a trusted friend or family member to accompany you
- health insurance card and photo ID
- medical history and current condition information, including dates of major surgeries
- list of any allergies
- names and dosages of prescription and over-the-counter medications, as well as dietary supplements
- your primary care physician's contact information

## WHILE YOU'RE THERE

- Depending on the severity of your condition, know that different staff members may tend to you.
- Don't be afraid to ask questions if you do not understand something.
- Honestly describe your illness.


To view the average ER wait time, visit [RedBudRegional.com](http://RedBudRegional.com)

We work diligently to have you initially seen by a medical professional within 30 minutes of your arrival in the ER. Dr. Kelley is a member of the medical staff at Red Bud Regional Hospital.



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.



A healthier you can be achieved through Medical Nutrition Therapy at Red Bud Regional Hospital. Talk to your primary care provider or find one at [RedBudAnytime.com](http://RedBudAnytime.com)

## THE GAME PLAN: A HEALTHIER YOU



Mary Wunderlich, PA-C

I need to lose 20 pounds. I wish I had energy to keep up with my kids. I just don't feel good. Sound familiar?

There are many reasons to feel defeated. Whether it is lack of motivation, a busy schedule or a health condition, it's common to feel like you're not living your healthiest you. But with Medical Nutrition Therapy (MNT), you might be able to! MNT is a formal process of meeting with a registered dietitian to develop a nutritional plan designed with your medical history, eating habits and lifestyle in mind.

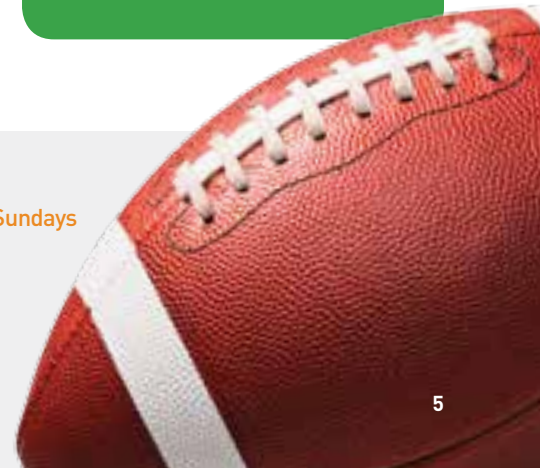
Mary Wunderlich, PA-C, is an advocate for healthy living. "Ultimately, the goal is to feel better, have more energy and live a healthier life," she says. "This type of therapy is designed for people with medical conditions related to diabetes, heart, kidney, celiac, digestive or nutrition disease. It is possible to achieve your goals, and Medical Nutrition Therapy could help."

**Talk to your primary care provider about medical nutrition therapy at Red Bud Regional Hospital. To find a physician, visit [RedBudAnytime.com](http://RedBudAnytime.com).**

*Mary Wunderlich, physician assistant and a member of the allied health staff at Red Bud Regional Hospital, treats patients of all ages.*

### 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:

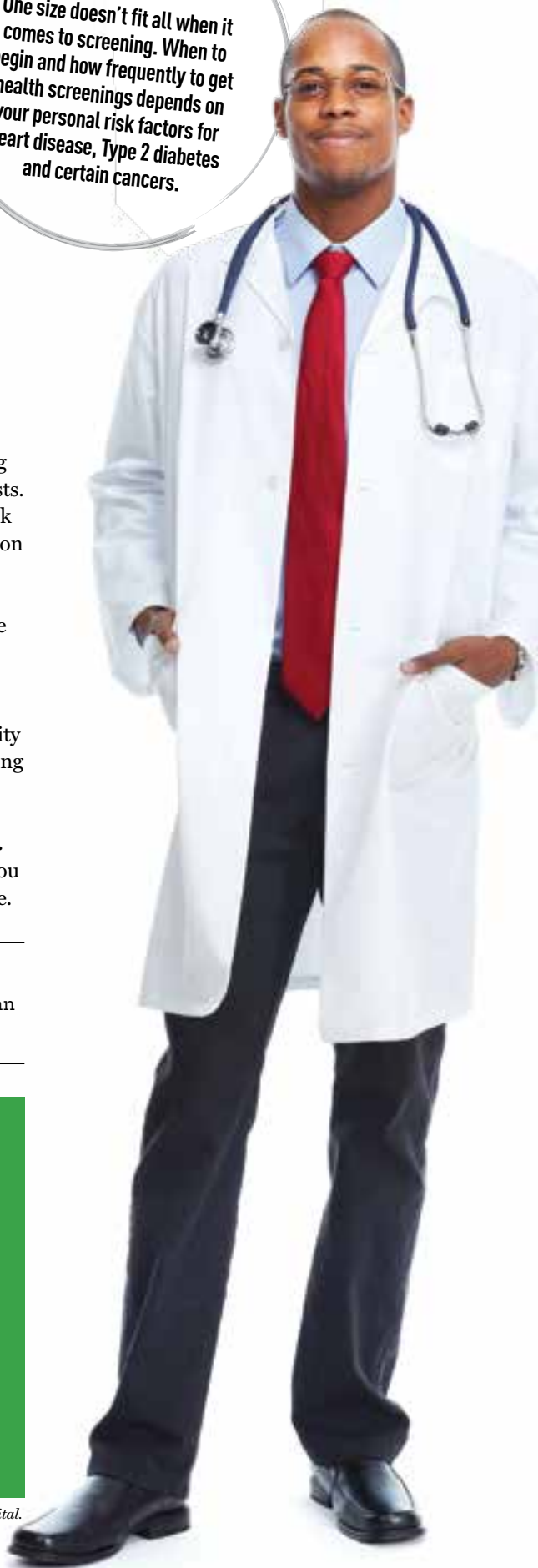
**1. Eat a liquid diet and take a laxative prior to a colonoscopy.** The day before your colonoscopy your physician will ask you to stick to clear liquids and avoid fruit, cream and foods with red or purple dye. You'll also need to drink a laxative mixture to clean out your colon.

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.



Your primary care provider can refer you to a specialist at Red Bud Regional Hospital or you can call (618) 827-7620 directly to learn how the specialists can help you with your general surgery and gastroenterology concerns.

## TROUBLED GUT?



Charmaine Edwards, M.D.

A troubled gut can be obvious. It can also be embarrassing. Physical signs can tell you that you might have a troubled gut. You may have:

- acid taste in your mouth
- belching and gas
- bloating
- burning in your stomach
- fullness during or after a meal
- inconsistent bowel movements
- nausea and vomiting
- stomach pain

If your life is interrupted by any of these symptoms, it might be time to talk to Charmaine Edwards, M.D., a board-certified Gastroenterologist at Red Bud Regional Hospital. Dr. Edwards has over 20 years of experience and is passionate about helping her patients live a better life by controlling these health issues.

**Dr. Edwards is accepting new patients. To schedule an appointment, call (618) 827-7620.**

*Dr. Edwards is a member of the medical staff at Red Bud Regional Hospital.*

# 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



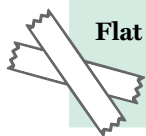
**Flat Fact:** As few as two energy drinks can put you over the U.S. Food and Drug Administration's daily recommended limit of 400mg of caffeine.

## 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.



Jay Pickett, M.D., and the team at Family Practice Associates can help you put down the sugary drinks and start your journey to a healthier lifestyle. They are accepting patients in Waterloo and Columbia. To schedule an appointment, call (618) 952-4041.

*Dr. Pickett is a member of the medical staff at Red Bud Regional Hospital.*



**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.

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (618) 282-3831.

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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.

# WHO KNOWS YOU BEST?

The one who's seen you at your worst. Count on your primary care provider to be your coach, friend and guide as you continue on your lifelong journey to optimal health.



You can quickly schedule an appointment with a primary care provider by visiting [RedBudAnytime.com](http://RedBudAnytime.com). Find a provider who has an appointment that's convenient for your schedule and book the appointment yourself. Just like that, your next visit is scheduled. It doesn't get much easier!