

HEALTH *Connections*

— YOUR HEALTH, YOUR LIFE —

TIRED OF
ROUGHING IT?

*Winter Skin
Solutions*



 **RED BUD**
REGIONAL HOSPITAL

**WHY 7,500 STEPS
IS ENOUGH**

**COLD & FLU SEASON:
DON'T PASS IT ON**

New Year, *New You*

Follow these tips to kick your year off the healthy way.

WALK YOUR WAY TO HEALTH

The prescription for a longer life may be as simple as taking fewer than 10,000 steps each day, according to a study published by *JAMA Internal Medicine*. Older women who comprised the study enjoyed a significant reduction in mortality — about 40% at 4,400 daily steps — but the health benefits of walking topped out at 7,500 steps, not 10,000.

One of the best things about walking is that it is easy to incorporate into your regular

routine, whether you choose to park far away from your office, take the stairs instead of the elevator or add a 30-minute walking workout before breakfast or after dinner.

When you walk, remember to:

- Choose shoes that are comfortable with proper support.
- Do not walk in icy conditions.
- Maintain good posture with your spine as straight as possible.
- Warm up and stretch before a long walk.



Amy Rohlfing, M.D.

WALKING WORKS

“Walking is a simple exercise that doesn’t cost money and doesn’t require equipment. All you need is a good pair of tennis shoes,” says Amy Rohlfing, M.D., board-certified Internal Medicine and Geriatrics Physician at Red Bud Regional Hospital. “Walking is an activity that most people can do. It’s known to provide numerous health benefits, including strengthening the heart, boosting energy, improving mood and burning calories.”

If you prefer walking indoors, Dr. Rohlfing recommends joining Red Bud Regional Hospital’s Our Healthy Circle program where adults age 50 and older can take advantage of many program benefits, including the walking program.



Call (618) 282-5456 to learn more about Our Healthy Circle and all that it has to offer.

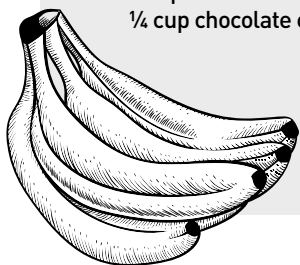
Dr. Rohlfing is a member of the medical staff at Red Bud Regional Hospital.

Grab-and-Go Breakfast Cookies

These one-bowl cookies are a fantastic option when you need a quick and healthy start to your day.

INGREDIENTS

3 large overripe bananas, mashed
½ cup all natural peanut butter
2 cups rolled oats
¼ cup chocolate chips



DIRECTIONS

1. Preheat oven to 350 F. Line a large cookie sheet with parchment paper.
2. Combine bananas and peanut butter. Stir in oats and chocolate chips.
3. Wetting hands to help prevent sticking, divide batter into eight sections and shape into balls. Flatten into cookie shapes.
4. Bake the cookies for 10 to 12 minutes.
5. Move to a wire rack to cool completely. Refrigerate cookies to store for up to five days.

NUTRITION

Serving: 1 cookie
Calories: 103
Carbohydrates: 19g
Protein: 6.5g
Fat: 6g
Fiber: 6g
Sugar: 1g



WHAT IS AN ULCER?



Peptic ulcers are sores in the stomach or small intestine that can cause a variety of symptoms, the most serious of which is bleeding.

An intermittent burning sensation in the stomach is a major clue that you may have a peptic ulcer, which occurs when digestive acid creates a wound in the lining of the stomach or duodenum (top of the small intestine). In most people, ulcers are caused by infection of the *Helicobacter pylori* bacteria or taking nonsteroidal anti-inflammatory medications (NSAIDs) to treat pain. NSAIDs reduce the stomach and small intestine's natural defenses against digestive acid.

Often, ulcers don't cause symptoms, but those that do can take a toll. In addition to stomach pain, ulcers can cause:

- bleeding
- bloating
- nausea
- vomiting

Gradual bleeding over time may lead to anemia, a key sign of which is unexplained fatigue. If bleeding

is more severe, you may have dark, sticky stool containing blood, or you may vomit blood. Those are signs of a medical emergency.

PATHS TO HEALING

With treatment, most ulcers heal in a matter of weeks. Success depends, in large part, on determining the cause of the ulcer. That knowledge helps dictate the most appropriate therapy.

Acid-blocking medications called proton pump inhibitors are staples of ulcer treatment, regardless of cause. If you have an ulcer caused by a bacterial infection, you'll also need antibiotics. If NSAIDs led to an ulcer, you'll need to stop taking them, if possible.

Ulcers can return, but you can reduce the odds by kicking the habit if you smoke and limiting alcohol consumption to two drinks per day for men or one for women, as the American Academy of Family Physicians recommends.



Digestive issues? Charmaine Edwards, M.D., board-certified Gastroenterologist at Red Bud Regional Hospital, is accepting new patients. Call (618) 248-4085 to schedule an appointment.



Charmaine Edwards, M.D.

FOODS: FRIEND OR FOE

"While it is true that specific foods do not cause ulcers, they can make symptoms worse," says Charmaine Edwards, M.D., board-certified Gastroenterologist at Red Bud Regional Hospital. "Limiting or eliminating coffee, chocolate, spicy foods and acidic foods is a good way to reduce discomfort from an ulcer."

Instead, choose foods like lean meat, fish, beans and eggs for protein, as well as high-fiber vegetables and nonacidic fruits.

Why suffer with ulcer-related pain when you have options? Call (618) 248-4085 to schedule an appointment with Dr. Edwards.

DID YOU KNOW?

You can't get a peptic ulcer from stress, but if you already have one, there is reason to mellow out — stress can cause symptoms to flare, according to the American Academy of Family Physicians.

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



Give healthy skin a hand. Always carry nongreasy hand cream with you to apply after every time you wash your hands.

Taking Care of WINTER SKI

DIY SKIN CREAM

Get back to basics with a skin salve you can whip up at home. Made from just three ingredients, this cream restores moisture without anything extra that might cause skin irritation.

Combine equal parts organic cocoa butter and unrefined shea butter and add half the amount of coconut oil. Melt on the stove or in the microwave, whisking to combine.

Allow the mixture to cool to room temperature. When ready, whip with a whisk, stick blender or food processor. The resulting texture will be smooth and creamy, and the color will turn from yellowy green to white. Store in clean glass jars with lids.



Oh, the weather outside is frightful, and if you aren't careful, it can damage your skin. Resolve your winter skin woes with these tips.

Your skin is your body's largest organ and its first line of defense, according to the National Institute of Arthritis and Musculoskeletal and Skin Diseases. Healthy skin helps regulate body temperature, keeps infection-causing microbes out and prevents dehydration.

When skin loses too much oil and water, it can become dry. Your skin might be in trouble if you experience:

- cracks that may or may not bleed
- flaking or peeling
- itching
- rough texture
- tightness, especially after washing

Not just a winter woe, dry skin can affect people of all ages at any time of year. Learn how to manage three common skin concerns.

1.

CHAPPED LIPS

Keep your lips moisturized with American Academy of Dermatology-recommended lip products that contain:

- castor seed oil
- petrolatum
- hemp seed oil
- shea butter

Other types of lip products can be irritating — avoid products with flavors, fragrance, eucalyptus or menthol. Also, don't lick your lips. The saliva evaporating on your lips can cause them to become drier. Use a thick ointment, such as petroleum jelly (the common name for petrolatum), if your lips are especially cracked.



2.

ELEPHANT ELBOWS

If your elbows (or knees, or anywhere on your skin) feel tight, dry and flaky, there are several remedies you can try.

- Choose fragrance-free detergents, skin care products and soaps to limit potential skin irritation.
- Close the bathroom door and take a short 5- to 10-minute bath or shower using warm water and a gentle cleanser.
- Moisturize your skin with a cream or ointment immediately after you bathe or shower — lotions are less effective and often contain skin-irritating ingredients. Look for products that contain jojoba oil, olive oil or shea butter.

- Use a humidifier to restore moisture to the air in your home and provide relief from the dry air inside and out.
- Wear gloves when you wash dishes, go outdoors or can come in contact with chemicals or other substances.



3.

CRACKED HEELS

Dry skin can happen anywhere on your body, but cracked heels can be especially painful. Cracked skin on your heels is more likely if you wear open-back shoes, stand for long periods — especially on hard floors — or are obese. Protect feet with well-fitted shoes and padded socks, and use cream or ointment on heels when they are clean and dry to lock in moisture.

**HELLO, Hydration**

Hydration helps every part of your body. Drinking enough water allows your body to absorb nutrients, get rid of waste and cushion your joints. If you are not sure that you are consuming enough water, check your skin's elasticity by pinching a small amount so it's tented up and hold for a few seconds. If your skin springs back quickly, you are well hydrated; if it doesn't, try these tips:

- **Choose water.** At home or when eating out, water is the top beverage choice for hydration that can also save you money.
- **Hydrate with your plate.** Your water intake also comes from the foods that you eat. Fruits and vegetables, such as celery, cucumbers, and tomatoes, soups, oatmeal and smoothies can all contribute to your hydration goal.
- **Sip through the day.** The American Academy of Family Physicians recommends drinking six to eight cups of water a day but acknowledges that everyone has different needs. People who are on certain medications or have particular health conditions may need less water. Speak with your primary care provider about your appropriate daily hydration goal.



When skin issues become more than you can handle on your own, a dermatologist at Red Bud Regional Hospital's Specialty Clinic can help. Call (618) 827-7620 to learn more.

WINTER SUNBURN

Sunburn is always a risk to your skin. During the winter, even on overcast days, the sun's ultraviolet rays can go through the clouds. Snow can also reflect the sun's rays. Use a broad-spectrum sunscreen with a sun protection factor (SPF) of 30 or higher. If you are concerned about the chemicals in sunscreen irritating your dry skin, choose a mineral sunscreen made with zinc oxide or titanium dioxide. The AAD recommends these types of sunscreens for those with sensitive skin. Applying sunscreen will also help slow the signs of aging, as sun damage can cause wrinkles and age spots. Apply sunscreen 30 minutes before going outside and reapply every two hours.

CONSULT THE EXPERTS

If dry, flaky skin continues despite at-home remedies, it might be a sign of something more serious. Speak with your primary care provider (PCP) if:

- Pain and itching from dry skin is keeping you awake.
- Scratching has caused open sores or cuts.
- You feel itching without a visible cause.



Q



A

For Pediatrician Michelle Cunningham, M.D., joining the team at Progressive Family Care has been a fit for her career in pediatric medicine.

Living the Dream

Q. How long have you been practicing? How did you get started in medicine?

A: As a little girl, my interest in medicine was sparked at an early age. I saw loving, nurturing care provided by my own family physician. It left a lasting impression and built a desire that led me to become a pediatrician later in life. I received my medical degree at Northwestern University Feinberg School of Medicine in Chicago, then completed my Pediatric Residency at Advocate Children's Hospital in Oak Lawn, Illinois. I have been practicing for almost four years.

Q. What has surprised you about being a doctor?

A: What has surprised me the most is that so much of what's important in practicing medicine is not taught in medical school. To sit down and genuinely listen to my patients' concerns and to communicate in a way that my youngest patients understand, these are things that cannot be taught in school. They have to be experienced.

Q. If there were one thing you'd like to share with your patients, what would it be?

A: One thing to know about me is that sometimes I speak very quickly. I always encourage patients to ask questions if I move too fast in the conversation. Also, my favorite food is macaroni and cheese, and I love to travel.

Q. What do you like most about being a doctor?

A: I love learning from my patients. As a pediatrician, I find that children are always willing to share their stories about school, friends, accomplishments, and troubles or ailments. I feel privileged to be on the receiving end of those conversations. My goal is to help patients achieve every milestone and to get back to living and loving life after an illness.



Looking for a pediatrician? Dr. Cunningham is accepting new patients. To schedule an appointment, call (618) 952-4041.

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

SICK

Etiquette

Mind your manners — and your health — with these tips.

1. Practice Self Care

Every year, get vaccinated against the flu and stay up to date with your immunization schedule. Your primary care doctor can help.

Boost your immune system by:

- drinking alcohol in moderation or not at all
- eating a healthy diet with plenty of vegetables and fruit
- getting 150 minutes of moderate aerobic physical activity every week
- not smoking
- sleeping seven to nine hours every night

2. Keep Your Germs to Yourself

While a slight cough or runny nose may not be enough to skip work or school, make sure you stay home if you:

- are unable to perform your studies or work tasks
- have a fever over 100 F
- have diarrhea or vomit multiple times
- show other symptoms of the flu, such as headache, congestion, dry cough, fatigue and muscle aches

Wait 24 hours after your symptoms subside to return to work or school — you may still be contagious before then.

3. Do Unto Others ...

When you sneeze or cough, cover your mouth and nose with a tissue and throw it away. If you don't have a tissue, cover your face with the bend of your arm.

Whether you are sick or not, wash your hands for 20 seconds with soap and water:

- after sneezing, coughing or blowing your nose
- after touching or petting an animal
- after using the toilet
- before AND after caring for a wound
- before preparing or eating food

If your cold symptoms become too much and you need medical care, use Red Bud Health Clinic's Express Care. No appointment necessary. The clinic is open evenings and weekends. Express Care provides a convenient alternative to waiting for an appointment. Learn more at RedBudAnytime.com.



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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.

Illnesses and injuries don't wait for "Regular Business Hours." Why should you?

At Red Bud Health Clinic, we understand that illnesses and injuries don't always occur at convenient times. That's why we make it easier for you to get the care you need, when you need it. We now offer No Appointment Express Care after hours and on weekends.

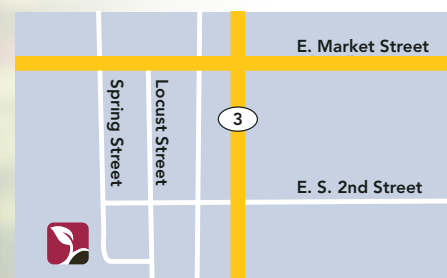
Walk in evenings and on weekends to see us for:

- Abrasions, cuts and burns
- Sprains, strains and broken bones
- Cold, sore throat, fever and flu
- Asthma and allergies

Or to become a patient and make an appointment for "Regular Business Hours" call 618-282-7373, or go to RedBudAnytime.com



2nd Floor, Red Bud Regional Hospital
325 Spring Street • RedBudHealthClinic.com



**Appointment Care During
Regular Business Hours**
Monday-Friday, 8 a.m.-4 p.m.

**No Appointment Express Care
Evenings & Weekends**
Monday-Friday, 10 a.m.-7 p.m.
Saturday & Sunday, 8 a.m.-4 p.m.