



THE TOTAL WOMAN™

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WINTER 2018

Cover story:

ST. MARY'S SURGICAL WEIGHT LOSS SOLUTIONS:

A new vision for an
experienced program

pg. 22

St. Mary's Breast Center
now offering Hidden Scar
breast cancer surgery
and reconstruction

pg. 12



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Cover photo: Matthew Hofeldt, MD, medical director, St. Mary's Surgical Weight Loss Solutions
Photo by Rick Lee

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With Spirit

St. Mary's Medical Center is pleased to again offer weight loss surgery options to our patients battling severe obesity. HIMG physician Matthew Hofeldt, MD, brings a new and exciting vision to an experienced program here at St. Mary's. His patients are already seeing dramatic results. Dr. Hofeldt is one of our many experts in minimally invasive surgery techniques, which give patients a quicker recovery and less pain from surgery. Lisa Hastings has done an outstanding job with The Total Woman program, and we're pleased that she's taken on this additional role of coordinating the weight loss program and working closely with Dr. Hofeldt to help patients realize the best possible outcomes.



Michael G. Sellards
President and CEO
St. Mary's
Medical Center

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President and CEO
St. Mary's Medical Center

As Mr. Sellards noted, I've taken on an additional role as the new coordinator of St. Mary's Surgical Weight Loss Solutions. Dr. Matthew Hofeldt, the medical director of the program, is an amazing surgeon specializing in minimally invasive techniques. I am pleased to work with him to help patients. I had weight loss surgery years ago, and it has made an important difference in my life.



Lisa Hastings,
Total Woman
Coordinator

Many of you have asked me if this will affect my role as the coordinator of The Total Woman program. I want to assure you that I love The Total Woman program and all of you as members. Although having two roles does mean I'm busier now, I will continue to serve you with programs and information and I'm here to answer all your health questions. Please give me a call or send me an email. I look forward to hearing from you, and I'll see you at our next event.

Lisa Hastings, RN, BSN
Total Woman Coordinator
304-526-1271 / Lisa.Hastings@st-marys.org



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Editorial and creative direction:
Sharon Bittner
Managing Editor: Pam Lawrence

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Editor: Elizabeth Brewster
Graphic Designer: Wendy Armon

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Preventing dementia

Making specific ongoing improvements in lifestyle/health could prevent a significant number of the world's dementia cases, according to a recent report in *The Lancet*.

In early life, researchers recommend getting more education. In midlife, it's important to address any hearing loss, reduce hypertension if that's a problem and lose weight if obese. Older adults should stop smoking, seek treatment for depression and manage their diabetes if needed. In addition, older adults should be physically active and remain socially engaged.

Great expectations for happiness

Feeling the emotions you want to can lead to greater happiness, even when some of those emotions aren't pleasant, suggests new research published online in the *Journal of Experimental Psychology: General*.

More than 2,000 university students in eight countries were surveyed about emotions they felt in their lives and those they wanted to feel. They also rated their satisfaction with life and any depressive symptoms. Students who experienced more of the emotions they desired, regardless of whether those were unpleasant, were more satisfied with their lives and had fewer depressive symptoms.

Researchers say many people in Western cultures have expectations that they should feel very good all the time. But being more realistic about expecting both good and bad emotions may lead to greater overall happiness.



Breaking up is hard to do

Couples stay together or break up for many reasons, but different factors influence those who are dating compared with married partners, reports *Social Psychology and Personality Science*.

To learn more about couples' deliberations and help therapists working with them, researchers anonymously surveyed volunteers who were trying to decide whether to end a dating relationship or a marriage. Those who were dating had been together for two years on average; married participants averaged nine years.

For both the dating and married couples, reasons to stay included emotional intimacy, investment and a sense of obligation. Reasons to leave included a partner's personality, withdrawal or breach of trust.



Those in a dating relationship, however, emphasized staying for more positive reasons, such as enjoyment of the relationship. Married respondents were more likely to weigh constraints, such as investment in the relationship, family responsibilities and fear of uncertainty.

Perceiving is believing

People who think they're less active than their peers have a greater chance of dying at a younger age than those who think they're more active, even if both have the same actual levels of activity, according to a study published in the journal *Health Psychology*.

Participants who identified themselves as less active were 71 percent more likely to die during the study's follow-up period than those who identified as more active, when researchers controlled for activity levels, age, illness and other health factors.

It's possible people who think they don't exercise enough may become depressed and less active, according to researchers, since the study doesn't prove that perceptions about exercise levels caused the observed differences in life expectancy. But it can't hurt to think positively about maintaining a healthy level of activity, rather than beating yourself up about what you perceive as more activity by others.



Hot drinks for cold days



By Bev Bennett

Like your favorite afghan, a hot drink is a cozy antidote to a frigid winter day. Coffee, tea and hot chocolate are the obvious choices, but you can build on these basics with fashionable and healthful additions. Go spicy, soothing or fruity—or combine several luscious qualities in one hot beverage for a nutritious liquid treat.

Be fruitful

Winter is a great time to add fruit to beverages, says Alice G. Bender, a registered dietitian nutritionist and director of nutrition programs at the American Institute for Cancer Research in Arlington, Va.

Fruit adds color, flavor and interest to drinks. Depending on the fruit you choose, you can be getting vitamin C and other nutrients when you sip, according to Bender.

As a twist on summer's infused cold water, make infused hot water with sliced apples and a cinnamon stick, suggests Jen Bruning, who is a registered dietitian nutritionist and spokesperson for the Academy of Nutrition and Dietetics.

"Citrus fruit are coming into season. Add a clove-studded orange slice to hot water," says Chicago-based Bruning.

For a savory drink, tomato juice is a wonderful hot beverage option. "Tomatoes are excellent sources of vitamins C and beta-carotene and also have some potassium. It's a great choice in terms of nutrient value," says Bender, who recommends choosing a sodium-reduced product.

Seasonal seasonings

"One of the really fun things about hot beverages is herbs and spices—mainly spices that can really add a lot of flavor," says Bender. "Make it bold or subtle. Cinnamon, turmeric, ginger, peppers—chipotle, black pepper, red pepper—can jazz up a drink."

Ginger, lemon and honey herbal tea that combines sweet heat with lemon and honey is a great choice for a comfort drink, adds Bruning.

Milky ways

Winter is the perfect time to experiment with homemade hot chocolate. Create your own version with organic low-calorie almond milk or fat-free milk and dark cocoa, which is rich in antioxidants, says Philadelphia registered dietitian nutritionist Marjorie Nolan Cohn, a spokesperson for the Academy of Nutrition and Dietetics.

Bruning says when she thinks of winter drinks, "the first thing that comes to mind is the golden latte." This combination of hot milk and turmeric is open to additions like ginger, cinnamon, chai and honey.

"It's a fantastic beverage," she says. "You get the protein in milk, anti-inflammatory spices, and it's good for cutting down on caffeine."

But don't overlook the appeal of a simple cup of hot milk. "It's very soothing to have a warm milk. You can dust it with cocoa, cinnamon or cardamom. It helps you wind down at the end of the day," says Bruning.

Boning up on broth

Trendy bone broth isn't just for soup anymore, and it's an especially healthful beverage when you make it from scratch.

"If you have carrots, celery, onion, bay leaf and a turkey carcass and some time to be home, you're good to go," according to Bruning.

Freeze leftover broth in an ice cube tray, then remove cubes and store in a plastic bag in the freezer. When you're ready for a hot cuppa, just "put [a cube] into a mug and zap," she says.



Recipes

Here are two hot drinks to take the chill out of the air.

Hot and Spicy Virgin Mary

- 3 cups low-sodium tomato juice
- ¼ teaspoon salt
- ½ teaspoon chipotle chili powder
- ½ teaspoon smoked paprika
- ½ teaspoon freshly ground white pepper
- 2 teaspoons fresh lemon juice
- 1 teaspoon prepared white horseradish

Combine tomato juice, salt, chili powder, paprika, pepper, lemon juice and horseradish in a small pot. Simmer over low heat 5 minutes, stirring frequently until hot.

Makes 4 (6-ounce) servings

Per serving: 40 calories / 0 grams fat / 1.75 grams protein / 8 grams carbohydrates / 260 milligrams sodium / 1.5 grams dietary fiber

Lemon, Honey and Ginger Tea

- 1 teaspoon loose black tea leaves
- 1 teaspoon grated fresh ginger root
- 1 teaspoon grated lemon rind
- 1 cup boiling water
- 2 teaspoons fresh lemon juice
- 2 teaspoons honey

Combine tea, ginger root and lemon rind in a tea infuser. Place in teapot. Pour in boiling water. Cover pot and steep tea 3 minutes. Stir in lemon juice and honey. Remove infuser. Pour tea into warm mug.

Makes 1 (8-ounce) serving

Per serving: 47 calories / 0 grams fat / 0 grams protein / 13 grams carbohydrates / 0 milligrams sodium / 0 grams dietary fiber

ADDING IT UP



Consider the impact of added salt, sweeteners and portion size when you're stirring up hot drinks, caution nutrition experts. "As you're thinking about adding ingredients, think about a beverage without a lot of sugar," says Alice G. Bender, a registered dietitian nutritionist.

And drinking too much of even a healthy beverage isn't beneficial. "It's important to have an awareness of how much one is consuming and the quality of one's overall diet," says registered dietitian nutritionist Marjorie Nolan Cohn.

But "if someone wants to enjoy a high-sugar-containing beverage once in a while, there's nothing really wrong with that," she says. "So if it's a sweetened hot cider once a week, have the 12 ounces and enjoy it. If you want hot cider three times a day, then do find an alternative."



The real truth about **diet vs. exercise**

Q: *Which is more important for losing weight—exercising more or eating less?*

A: There is a research-based answer to this question, but let's begin with the caveat that exercising is one of the best things you can do for your overall health. That being said, the experts tend to agree that dieting is most important: You're simply going to have to eat less if you want to weigh less, with or without exercise. A recent international study by Loyola University Chicago, in fact, found that by itself, neither physical activity nor being sedentary corresponded to weight gain.

Q: *But I thought weight loss was just a matter of burning off more calories than I take in?*

A: That's true, but it's much easier to prevent weight gain by eating less than trying to take off those pounds with hours of exercise later on. The amount of exercise you would need to do to lose weight without cutting back on calories just isn't practical for most people, especially over the long term. In addition, your appetite will naturally increase if you boost your workout time, and you may also be more tempted to indulge in less healthy food choices as a reward for your efforts. In fact, you can be a fairly active person and even gain weight if your diet is poor.



Q: *But I could still lose some weight by just eating less without having to exercise too, right?*

A: Yes, but you may find it easier to lose weight faster if you're adding more activity into the mix. Exercise will help you feel better both physically and mentally while you're eating less, which can inspire you to keep going with your weight-loss program. Thirty minutes a day of physical activity is a good minimum, and 60 minutes a day is even better when you want to lose weight.

Q: *So should I cancel my gym membership and starve myself instead if I want to drop 10 pounds?*

A: Diet may be the most important component of losing weight, but you'll have a much better shot at keeping the pounds off if you combine diet and exercise. People who use both strategies see better long-term results over a year than those who don't, according to research reported in the *Journal of the Academy of Nutrition and Dietetics*.





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Amber Egan, FNP
Nurse Practitioner



Ashley Blake, RN,
MSN-FNP

Highlawn • 304.399.7280

A department of St. Mary's Medical Center
2900 First Ave., Outpatient Center,
Suite 30, Huntington, WV



Janet Wallace, MD
Family Medicine

Women and Family Care Barboursville • 304.697.2035

143 Peyton Street, Barboursville, WV 25504



Ben Allan, MD
Family Medicine



Clifton Bolinger, MD
Family Medicine



Denise Chambers, PA-C
Physician Assistant



David Life, MD
Family Medicine



Rachel Conrad, ARNP-BC
Nurse Practitioner

Hurricane 304.397.3002

147 Willow Tree Way, Hurricane, WV

Farmdale • 304.733.6333

6475 Farmdale Rd.,
Barboursville, WV



Kathy Saber, MD
Family Medicine



Sandra Ooten, FNP-BC
Family Medicine



Your home: Love it or list it?

By Sandra Gordon

If your house is no longer exactly what you want or need, you're probably wondering: Should I sell the place or just remodel?

Texas-based Lisa and Andrew Smith, residential real estate specialists and co-authors of "Swipe Right: Matchmaking 101: Finding the Best Mate for Your Home" (CreateSpace Independent Publishing Platform, 2017), offer some seasoned advice about how to make the big decision.



3 best reasons to stay and remodel

1 Location, location, location.

If you love your neighborhood for any number of reasons—your house is in a preferred school district, it's close to work or your neighbors are like family—consider staying and renovating, says Andrew Smith.

Still, don't overspend on improvements when you remodel, thinking you'll cash out later. Kitchen renovations, for example, are typically a good investment. But if you covet the idea of custom flooring and cabinets, those upgrades may end up pricing your home out of the market.

A better idea: "Research your market and remodel your house just enough to meet your competition," says Lisa Smith. If you do decide to do something pricey, such as putting in a pool, "do it for your own use," says Andrew Smith. "Chances are, you're not going to get back everything you put into the pool, but at least you'll get to enjoy it."

2 **You relish renovating.** Renovating can be dusty and inconvenient. If you're sprucing up your kitchen, for example, you may be forced to cook on a hot plate in the living room for a while and wash your dishes in the bathroom sink.

You'll also need to hire and manage a contractor and/or subcontractors, but if you're good with details and have a vision, why not take on a home improvement project?

3 **It's a soft market.** If you're not willing to take a price hit on your house, stay put. "If you're stuck in your home, renovating is the best thing you can do until the market improves," says Andrew Smith.

3 best reasons to list it

1 **Location, location, location.** Maybe you've lived in your home for a while, and now you realize life would be better if you lived closer to work or in a different school district, or in the city versus the suburbs, or vice versa. Then it's time to go ahead—sell and start fresh.

2 **You want something newer.** Older homes can come with lots of issues, such as lead pipes, aging septic systems and layouts that aren't conducive to entertaining.

"In the last 20 years, the floor plans in homes have become more open," says Andrew Smith. "Just wanting something newer is a perfectly valid reason to move on."

3 **It's time to downsize.** If the kids have flown the coop and you've got rooms you don't use, "why pay to heat and cool them?" says Lisa Smith. "Becoming an empty nester is a great reason to put your house on the market."



St. Mary's Breast Center

now featuring

HIDDEN SCAR™

breast cancer surgery and breast reconstruction

Advanced surgical approach leaves little to no visible reminder of the cancer

When 36-year-old Jessica Downing of Proctorville was told she was at high risk for breast cancer through the St. Mary's Hereditary Cancer Risk Assessment Program, she decided to have a double mastectomy.

Downing knew that the surgery would significantly reduce her chances of developing breast cancer, but cancer was not her only concern. "I've talked to many people during this process and I know a lot of people's main issue is what is my husband going to think when he sees me?" Downing said. "I was really scared at first.

Definitely very scared that I would look like a monster."

Her fears were relieved when she heard about Hidden Scar™, a new advanced surgical approach being used at St. Mary's Breast Center. With the Hidden Scar approach, the incision is placed in a location that is hard to see, so that the scar is not visible when the incision heals. As a result, there is little to no visible reminder of the surgery or the cancer.

St. Mary's Breast Center, which has been named a Hidden Scar Center for Hidden Scar™ breast cancer surgery and breast reconstruction, utilizes a multidisciplinary team that works together from day one to provide patients with the best possible outcome and aesthetic results.



Jennifer Wilson and her daughter, Julie



Jessica Downing and family

Board-certified HIMG surgeons James Morgan, III, MD, and Yancy Short, MD, are able to perform two different Hidden Scar procedures: the Hidden Scar lumpectomy and the Hidden Scar nipple-sparing mastectomy. Then, after the cancer surgery, Ben Moosavi, MD, a board-certified plastic and reconstructive surgeon with HIMG, can perform Hidden Scar breast reconstruction using the same incision that the surgeon used.

"The Hidden Scar technique uses some special instruments that make the process a whole lot easier," Dr. Short said. "There are lighted retractors, so we can usually get a smaller incision and a more aesthetically pleasing scar. And a lot of times, it's hard to even see the scar when we're completed."

"The idea of the Hidden Scar surgery is to still do an adequate cancer operation that is aesthetically pleasing," Dr. Morgan said. "And it's very natural looking afterward. Actually, if somebody didn't know, they wouldn't be able to tell that you'd had surgery."

In a Hidden Scar lumpectomy, only the tumor and a small portion of healthy tissue surrounding the tumor are removed through a small incision made in one of three hard-to-see locations. In a Hidden Scar nipple-sparing mastectomy, all of the breast tissue except the nipple is removed through an incision made in the natural crease beneath the breast.

Downing had a Hidden Scar nipple-sparing mastectomy. "My incision is actually underneath the breast," Downing said. "Whenever I'm standing up, you actually can't even see that I've had any surgery at all. It's really amazing. My results are phenomenal. I really could not have dreamed that it would have turned out that way."

Jennifer Wilson of Meigs County, Ohio, also had a Hidden Scar nipple-sparing mastectomy and Hidden Scar breast reconstruction at St. Mary's. "Aesthetically, it's wonderful," Wilson said. "There's never a time whenever I look at myself in the mirror that I'm reminded every single day of the surgery. Everything just looks like my natural self. For me, that's the emotional part of that. That's what that did for me."

"The Hidden Scar protocol and the Hidden Scar algorithms that are used help increase your chances of having less scars, better final aesthetic breast reconstruction and preserving nipple sensation and nipple viability both with a breast conservation, or lumpectomy as some people call it, or through mastectomy," Dr. Moosavi said. "And so being able to use those algorithms, having the general surgeons involved in their breast surgery case, and being able to put that all together in a collaborative group of individuals all focused on not just the cancer, but on the patient and their final outcome, has really yielded some fantastic results and some very happy patients."

Downing is definitely one of those happy patients. "Whenever I came out of surgery and I looked in the mirror for the first time, I was like wow," she said. "Like wow!"

To learn more about Hidden Scar, St. Mary's multidisciplinary approach to breast cancer treatment, the process after diagnosis or Jessica and Jennifer's stories, visit www.st-marys.org and click on Breast Center under Centers and Services to view our educational videos.



ST. MARY'S
BREAST CENTER



For more information, call
St. Mary's Breast Center at
(304) 526-8221



A new vision for an experienced program

Matthew Hofeldt, MD, a general surgeon with HIMG, has brought his vision of weight loss surgery to St. Mary's. Dr. Hofeldt is welcoming new patients and performing gastric sleeve procedures, as well as the removal of vertical bands.

Our Surgical Weight Loss Solutions Team



Matthew Hofeldt, MD
Medical Director



Lisa Hastings,
RN, BSN, MHA
*Program
Coordinator*



Brenda Hawthorne,
MS, RD, LD
Dietitian



Melissa Long,
QMHP, QIDP
*Licensed
Psychologist*



Debbi Parsons,
MA, LPC, ADC-S
*Licensed
Professional
Counselor*

***If you are considering weight loss surgery
or for more information, call (304) 526-8278.***



St. Mary's Surgical Weight Loss Solutions
2860 Third Ave., Huntington, WV 25702
Outpatient Center, second floor • (304) 526-8278



The write stuff:

Keeping a journal can be healthy

By Sandra Gordon

Whether you call the end result a diary or a journal, writing down your thoughts or typing them on a keyboard can be good for you.

“Journaling can lower stress,” says Linda Menesez, a psychotherapist in Santa Barbara, Calif. “When we get upsetting thoughts down on paper, instead of holding them tight in our minds and ruminating on them, they become more manageable. And when we look at what we’ve written, we can begin to see patterns, which gives us insight and the opportunity to make better choices in the future.”

Journaling can also be a safety valve for strong emotions. Instead of firing off an angry email, or picking up the phone and getting into a fight, you can write out your frustration and anger.

“If you write quickly without judgment, it will release a lot of tension,” Menesez explains. “It’s for your eyes alone, so don’t worry about correct spelling, word usage or punctuation.”

Beyond boosting emotional wellbeing, journaling can also impact your physical health. In a recent study in the *Journal of the American Medical Association*, asthma and rheumatoid arthritis patients who wrote about stressful life experiences improved their health more than those who didn’t record their thoughts.

There are no rules to keeping a journal, so you can do whatever you want. If you’re having trouble getting started, try these tips to help break through writer’s block.



Complete this sentence: “I feel...”

“Journaling is all about feelings, so focus on how you’re feeling rather than what you’re thinking about,” says Rabbi Pinchas Taylor, who is a life coach in Plantation, Fla. “Processing your feelings on paper makes journaling more cathartic.”

Don’t add journaling to your to-do list.

Journaling shouldn’t be something you feel you have to do. You don’t have to write every day or a lot. If you start journaling and then choose not to write for a while, you’re not letting down yourself or anyone else.

“Your version of journaling could be to just make bullet points of your struggles and your goals at the beginning of each month,” Taylor says.

You can write any time of the day or night too. “But writing before bed may help you sleep better,” he says.

Safeguard your journal.

To have the freedom to write what you want, “keep your journal in a place that feels safe,” says Menesez. If you write on your computer, make sure that the computer is password protected.

Don’t limit your journal to negative thoughts and feelings.

Besides recording and processing upsetting events, journaling can be a way to commemorate the good stuff, such as weddings, births and graduations. When you’re feeling down, your journal can add perspective.

“It can remind us that there were happy times before, and there will be again,” Menesez says.

Paralympic athlete

Amy Purdy: Reaching for the stars

By Elizabeth Brewster

At age 19, snowboarder Amy Purdy unexpectedly lost both her lower legs after a bout with near-fatal bacterial meningitis. What Purdy didn't lose, however, was her capacity to visualize a new athletic future for herself unhindered by her double amputation.

"You have to see yourself accomplishing a goal, big or small. When you can get excited about it, then it becomes possible to accomplish," says 38-year-old Purdy, today one of the top-ranked adaptive snowboarders in the world, a Paralympic bronze medalist and the only double-leg amputee competing in snowboarding at the world-class level. "With any type of performance, I spend a lot of time first visualizing it from start to finish before even stepping on stage or the start gates. If you can see it and you can believe it, then you can achieve it."

In fact, Purdy says she's currently doing "as much mental training as possible" for the March 2018 Winter Paralympics in South Korea, in addition to dry land and snow workouts. "Mental training is just as important or more [important] than physical, and going into these games I'm working hard to make sure my mindset is where it needs to be to succeed," she says.

Mind over matter

Using mental energy to adapt to her body's limitations has been Purdy's strategy since she first designed her own prosthetic legs after being unable to find existing models that would work for snowboarding. And when she's not actively training for competition, she still follows a modified exercise regimen to keep her body in peak form.

"I used to work out really hard and lift heavy weights. I was in incredible shape, and that's what worked for me at the time, but I realize that I don't have the desire to crush myself that way anymore," says Purdy, who lives in Colorado with her husband, Daniel Gale. "I now focus on lighter workouts, building myself up safely to heavier weights and consistency. Typically, I train on snow with my organization Adaptive Action Sports that I founded with my husband. We are training multiple athletes and wounded veterans for the 2018 Paralympic Games. So I train with them for two to four hours each morning on snow, then we head to the gym where I work with my personal trainer for an hour."

In addition to adding yoga and barre classes from time to time, Purdy looks back on her training for ABC-TV's



PHOTO BY JULIANNE O'NEILL

Amy Purdy: "You have to see yourself accomplishing a goal, big or small."

"Dancing with the Stars" in 2014 as a great testimony to the power of dance as exercise.

"It works all the muscle groups in different ways," she says. "I was stronger [during "Dancing with the Stars"] than I have ever been, even when weight training. You're stretching, burning calories and strengthening at the exact same time. It really is amazing."

Global routines

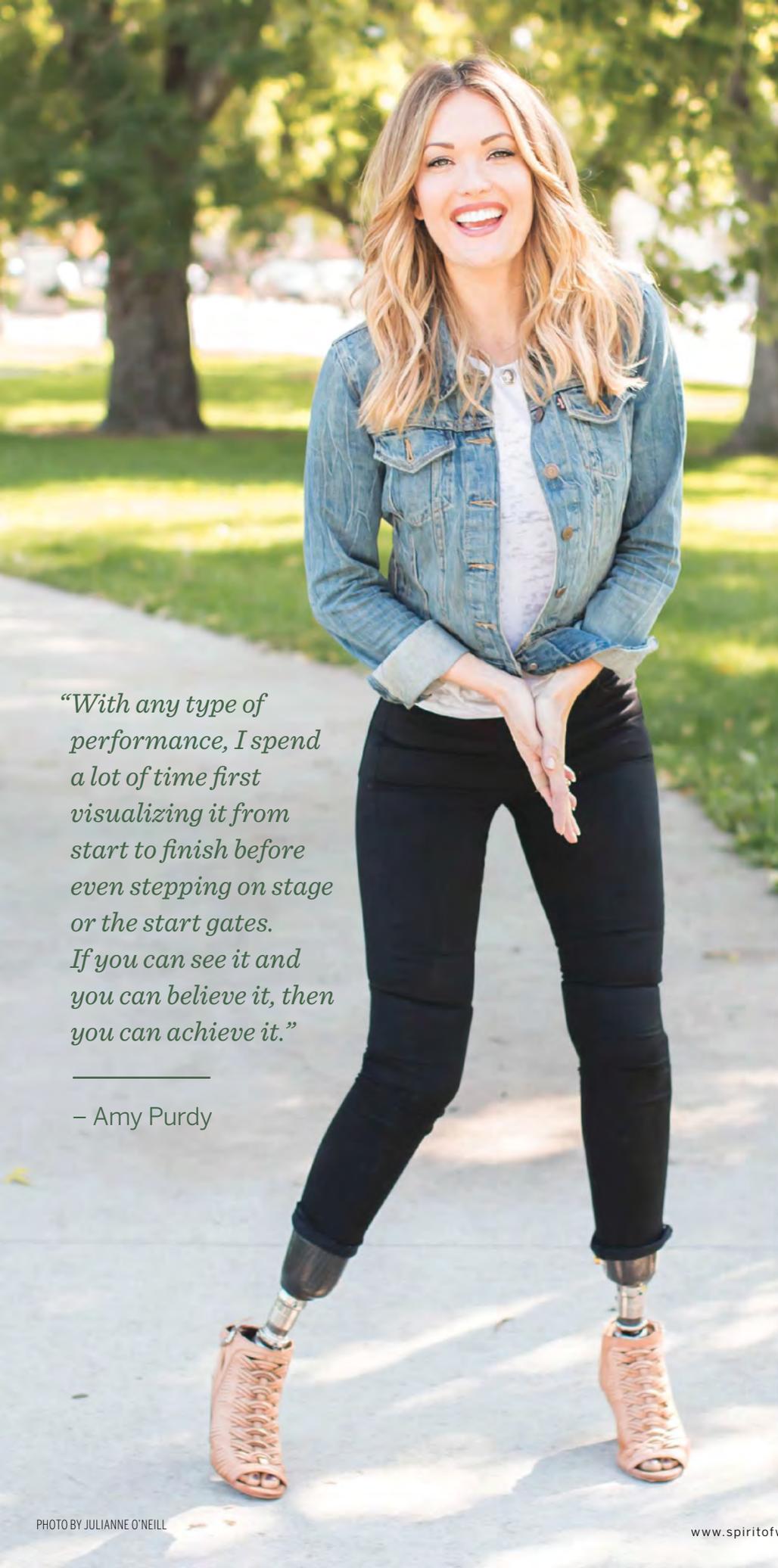
Purdy maintains a busy international travel schedule for competitions and corporate motivational speaking appearances, but she makes a point of sticking with a consistent lifestyle routine wherever she goes in the world.

"If I'm at home or traveling, I tend to take baths at night with aromatherapy oils while either reading a book on mental training or listening to one on audio," she says. "When I get out of the bath, I do my best to not look at my phone or computer again before bed. It's like taking a bath is my indicator that it's time to shut down."

Purdy says she also believes in focusing on a healthy diet—within reason. "I tend to eat clean fruits, veggies and protein, and limit sugar as much as possible," she says. "But I don't deprive myself. If I want pizza, then I eat it. If I want a donut, I eat it. I just don't make it a habit. I like eating nutritious food, and I look at it as fuel, so diet is key."

Purdy says she'll be gathering all her physical and mental resources for the final sprint to the March Paralympics, but after that she plans to refocus on other aspects of her career, including a new YouTube banner she's launching next year.

"I love my career and am always evolving it!" she says.



Amy Purdy's biggest strides

- > Bronze medal recipient in the 2014 Paralympic Winter Games, Sochi, Russia
- > Co-founder of Adaptive Action Sports in 2005 to help introduce other people with physical challenges to action sports
- > Skateboarder, wakeboarder, runner, mountain bike rider
- > One of the most commercially successful Paralympic/adaptive athletes in the world
- > Guest on TLC's "Say Yes to the Dress" in 2016
- > Star of a 2015 Super Bowl ad for the Toyota Camry
- > Second-place winner on ABC-TV's "Dancing with the Stars" in 2014 as the first double-amputee contestant
- > Participant in Oprah's "The Life You Want Weekend" tour in 2014
- > Competitor in CBS-TV's "The Amazing Race" in 2012 with her now-husband Daniel Gale

"With any type of performance, I spend a lot of time first visualizing it from start to finish before even stepping on stage or the start gates. If you can see it and you can believe it, then you can achieve it."

— Amy Purdy

VACCINATIONS FOR YOUNG ADULTS



Vaccination can help prevent meningococcal disease. Health officials recommend routine vaccination of adolescents and young adults because they have a higher risk for this infection than others. People of all ages with certain other risk conditions should also be vaccinated.

Source: National Meningitis Association



When it's time to call
your doctor about

By Elizabeth Brewster

heartburn

Feeling the burn is great when you're exercising—not so great when it's your stomach that's on fire.

Everyone gets an upset stomach occasionally, of course. But when your heartburn never seems to go away, it might be time to pay a visit to your healthcare provider.

Heartburn or heart attack?

Heart attack symptoms can sometimes be mistaken for heartburn, so get immediate medical care if you have severe chest pain or pressure and:

- Pain in the arm, jaw or back
- Difficulty breathing
- Cold sweat
- Fatigue
- Lightheadedness or dizziness



What causes heartburn

Despite its name, heartburn has nothing to do with your heart. The burning sensation in your stomach and/or throat can happen when acid from your stomach backs up into your esophagus because the band of muscle at the bottom of your esophagus isn't working correctly to keep out the acid—acid reflux. The result is a burning chest pain, usually after eating or at night, that gets worse when you lie down or bend over. You might also get a bad taste in your mouth from the acid.

A more serious form of acid reflux with severe symptoms that go on for a long time is known as GERD (gastroesophageal reflux disease). If you have GERD, you may develop other associated symptoms too, such as a cough or hoarseness.

Serious symptoms

So how do you know you've hit the point where you need a complete medical exam?

"Treating at home is OK if you don't have risk factors for cardiac disease, you're otherwise healthy, and [heartburn] is occasional, depending on what you ate," says Dr. Ann Ouyang, a professor in the gastroenterology and hepatology division at the Penn State Department of Medicine.

However, "any kind of heartburn that's persistent for more than a few weeks, and something that's new for you," is reason for a call to the doctor, says Dr. Paula Dionisio, a gastroenterologist affiliated with Parkview Medical Center in Pueblo, Colo. "It's important to be seen by a doctor at least once because [heartburn] can be associated with damage to the esophagus or precancerous changes [in the body]."

If your heartburn is persistent and you also are losing weight or having difficulty swallowing, or you find yourself reaching for more and more medications to keep your heartburn under control, it's important to schedule an appointment with your physician, Dr. Dionisio adds.

Easing the pain

Your doctor may recommend an X-ray, endoscopy or other medical tests to determine the exact cause of your symptoms. Beyond GERD, your heartburn could be caused by pancreatitis, gallbladder disease, ulcers or other conditions that could affect the treatments recommended.

For GERD, you'll likely start with medication—either over the counter or prescription—along with lifestyle changes such as cutting back on fatty foods and big meals, not eating more than three hours before bedtime, maintaining a healthy weight and not smoking. Antacids, H2RAs and proton pump inhibitors (PPIs) are the most common medications, although recent research suggesting health risks with extended use of PPIs may result in physicians prescribing lower doses for shorter amounts of time, says Dr. Dionisio.

"It's a conversation I have with people every time I prescribe [a PPI]," she says. "There's more of a goal now of

A GLOSSARY OF HEARTBURN MEDICATIONS

Antacid: neutralizes (weakens) the acid in the stomach, works quickly to treat mild symptoms

Examples: calcium carbonate (Tums), calcium carbonate/magnesium hydroxide (Rolaids)

H2RA (H-2 receptor antagonist): causes the stomach to produce less acid by blocking the action of histamine; available over the counter or by prescription

Examples: famotidine (Pepcid AC), ranitidine (Zantac), cimetidine (Tagamet)

Proton pump inhibitor (PPI): causes the stomach to produce less acid by blocking the enzyme system that produces it; available over the counter or by prescription

Examples: lansoprazole (Prevacid), omeprazole (Prilosec)

HEARTBURN TRIGGERS

Some foods and drinks can act as triggers for heartburn, so you may want to try avoiding them:

- Chocolate
- Peppermint
- Alcohol
- Carbonated beverages
- Coffee and other caffeinated drinks
- Spicy foods
- Onions
- Citrus fruits
- Tomato products
- Fatty/fried foods
- Large meals



using it in the short term, and potentially transitioning to something a little more like [H2RAs]."

"Most physicians now say you should be on the lowest [PPI] dose needed to control the symptoms, and maybe [put] a little more attention on dietary control and lifestyle modifications," says Dr. Ouyang.

Surgery or endoscopic treatments are options for GERD that doesn't respond well to medication and lifestyle changes, but they aren't as commonly used, says Dr. Dionisio.

"If you can manage it with diet, lifestyle and habits, that's probably the best way to go for anybody," she says. "A lot of people can improve their symptoms with those measures."

Furry *friends*

Coping with a sick pet

Most cats and dogs are adept at communicating their day-to-day needs to their human families. I'm hungry! I want to go outside! Play with me! I'm hungry!

But sometimes it's not so obvious when your favorite canine or feline is under the weather. Many pets are naturally good at masking signs of illness, so it may be up to you to watch for subtle signs that all is not well. Some of the most common symptoms, according to American Humane, include:

- 🐾 decrease in appetite and/or energy level
- 🐾 hiding
- 🐾 vomiting or diarrhea
- 🐾 blood in urine or stool
- 🐾 straining to urinate or defecate
- 🐾 bald patches
- 🐾 abnormal whining or crying

Any of these symptoms should send you and your pet to the vet within a day or two to get checked out.



Home care

If your vet does find that your pet has an illness or injury requiring medical care, you may be bringing home a convalescing patient who needs medication, monitoring, and most of all—TLC.

“In some cases we recommend that owners stay home with [an ill] pet and monitor them, depending on the procedure they might have had,” says Dr. Kwane Stewart, chief veterinary officer of American Humane and national director of Humane Hollywood. “If it’s possible for you to be home for the next few days, that can be helpful.”

In any case, try to keep your pet in a quiet place where he or she can be away from other pets and young children. Feed the pet separately if he requires a special food, and be aware of any special physical needs he may now have, such as needing to drink and urinate more frequently.

If your pet has been sent home with an e-collar (the “cone of shame”), be sure to adhere strictly to the veterinarian’s instructions for how long it should be worn. This will help prevent your pet from being able to pick at stitches or a wound, says Dr. Stewart.

“It [an e-collar] can be uncomfortable for the dog or cat, so the owner may say, ‘Let me just take it off for a while,’” he says. “Then the [pet] goes into the corner and you forget about them, and after a while all the stitches are out. When the vet says leave the e-collar on at all times, take that very seriously.”

Medication management: dogs

Getting medicine into the tummy of your dog or cat can be a true challenge of pet parenting. Dogs are generally easier than cats, says Dr. Stewart.

“Most dogs are very easy to medicate—you can hide medications in a treat with a pill pocket, or some dogs have a preference for a little bit of lunchmeat or cheese,” he says.

Other good medication cover-ups for dogs are butter, peanut butter, cream cheese and spreadable cheese.

Medication management: cats

Cats are a different story, however. “They just don’t follow instructions,” says Dr. Stewart. “As soon as you catch them and pill them one or two times, they just avoid you.”

Because cats are not as easily fooled by a pill hidden in another food, Dr. Stewart suggests using a liquid medication flavored to be especially appealing to a cat. Veterinary pharmacies can add beef, chicken or fish flavor to liquid medicine, which can then be squirted directly into the cat’s mouth or spread on the cat’s food.

“Sometimes putting medicine directly on the cat’s food and letting them eat it can make all the difference,” explains Dr. Stewart.



Is pet insurance right for you?

As veterinary science becomes increasingly sophisticated, the possibilities for treating pet ailments and injuries have expanded. Diagnostic testing such as MRIs, ultrasounds and CT scans can all help a veterinarian figure out what’s wrong with a pet—at a cost. And treatments for everything from heart disease to cancer can make a big dent in the household budget.

That’s where pet insurance comes in for a growing but still small number of pet owners—industry estimates suggest just 1 to 2 percent of all dogs and cats are insured by one of the 12 companies in the market. Dr. Kwane Stewart, chief veterinary officer of American Humane, says he definitely recommends pet insurance.

“I’ve done a lot of emergency medical work, which are situations where it can be extremely expensive, and I hate to see when an owner has to forego treatments or consider euthanasia because they can’t pay for treatment,” he says. “Pet insurance is literally a life saver.”

Deductibles can be pricey, however. The North American Pet Health Insurance Association reports that the average monthly cost for accident and illness plans is \$43.14 for a dog and \$26.77 for a cat.

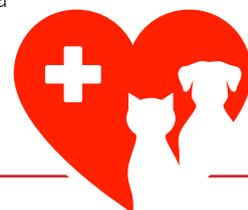
If your pet does end up needing expensive medical treatment, a pet insurance policy can pay off financially. But if you’re concerned about spending money on insurance that may never be used, some experts recommend setting up a savings account to help offset unanticipated pet care expenses as a good compromise.



5 symptoms of an immediate pet medical emergency

- 1 | Inability to urinate
- 2 | Bloated hard abdomen
- 3 | Excessive vomiting or diarrhea
- 4 | Seizures
- 5 | Inability to stand up

Source: American Humane





A NEW VISION FOR AN EXPERIENCED PROGRAM

Clinically severe obesity is a dangerous health problem. In addition to the problems severe obesity can cause on its own, it's associated with many other serious health conditions, including high blood pressure (a leading cause of stroke), heart disease, diabetes and increased rates of cancer. The precise causes of clinically severe obesity are not fully understood, although recent research indicates there may be a genetic link in as many as half the people who suffer from it.

St. Mary's Surgical Weight Loss Solutions offers the only proven, successful method to help men and women with clinically severe obesity lose weight and keep it off. That method is a program that includes not just surgical intervention, but also counseling, nutritional guidance and ongoing support.

Matthew Hofeldt, MD

Medical Director

St. Mary's Surgical Weight Loss Solutions

St. Mary's Surgical Weight Loss Solutions Staff



Matthew Hofeldt, MD
Medical Director



Lisa Hastings,
RN, BSN, MHA
*Program
Coordinator*



Brenda Hawthorne,
MS, RD, LD
Dietitian



Melissa Long,
QMHP, QIDP
*Licensed
Psychologist*



Debbi Parsons,
MA, LPC, ADC-S
*Licensed
Professional
Counselor*

Bringing his vision of weight loss surgery to St. Mary's is the program's medical director, Matthew Hofeldt, MD, a general surgeon with HIMG. Dr. Hofeldt had worked with bariatric patients in Maryland, and when he began doing so many advanced laparoscopic cases in Huntington, he was encouraged to work with weight loss surgery patients here.

"It's a good way to offer a service to the community," Dr. Hofeldt said. "I enjoy doing the cases and working with the patients. There was a demand for it and I had the experience."

Dr. Hofeldt is evaluating patients for and performing laparoscopic sleeve gastrectomies and evaluating patients who have LAP-BANDs to determine if they are working properly and removing them if necessary.

"Clinical obesity is affecting a large portion of the population here and surgical weight loss is an effective procedure. It's a way to help people," Dr. Hofeldt said. "Some people can get off their medications and that's great to see that. Their self-esteem improves and they feel better about themselves. It's a neat experience to be able to help."

The surgical procedure Dr. Hofeldt performs is the laparoscopic sleeve gastrectomy. This involves making five or six small incisions in the abdomen and using a video camera (laparoscope) to place long instruments through these small incisions. During the procedure, about 75 percent of the stomach is removed, leaving a narrow gastric "tube" or "sleeve." No intestines are removed or bypassed during the sleeve gastrectomy and it takes one to two hours to complete. Because it is minimally

invasive, patients are discharged sooner and recover more quickly, with less discomfort and fewer post-surgical complications. By greatly reducing the size of the stomach, the sleeve gastrectomy limits the amount of food that can be eaten at one time. The procedure is irreversible.

Because of the lifelong change it will require, St. Mary's Surgical Weight Loss Solutions requires an in-depth evaluation prior to considering any patient for weight loss surgery. This evaluation includes a thorough medical history and examination, as well as an evaluation of lifestyle and motivation.

St. Mary's program also includes thorough and ongoing nutritional, emotional, and lifestyle support. Joining Dr. Hofeldt on the Surgical Weight Loss Solutions team is the program coordinator, Lisa Hastings, RN, BSN, MHA. Hastings is already familiar to the Tri-State as the coordinator of The Total Woman program.

"Lisa has done an awesome job with The Total Woman and now she's bringing her skills and expertise to the bariatric program," Dr. Hofeldt said. "She really cares about the patients and because she has experienced weight loss surgery personally, she can really relate to them."

Because all St. Mary's Surgical Weight Loss Solutions patients receive intensive education and emotional counseling, the team also includes Brenda Hawthorne, MS, RD, LD, dietitian; Melissa Long, QMHP, QIDP, licensed psychologist; and Debbi Parsons, MA, LPC, ADC-S, licensed professional counselor.

Support is available on both an individual and group basis. The Surgical Weight Loss Solutions support group meets the fourth Tuesday of each month at 6:30 p.m. at St. Mary's Conference Center and is open to anyone who has had weight loss surgery or is considering it.

"We're providing a program that gives patients another option. A program where safety is the number one concern," Dr. Hofeldt said. "People get really good care at St. Mary's. I'm really happy to be here."

For more information about St. Mary's Surgical Weight Loss Solutions, call (304) 526-8278 or (800) 9ST-MARY, ext. 8278, or visit www.st-marys.org.

Weight loss surgery is a serious surgical procedure and requires extreme changes in lifestyle, eating and nutritional habits. Generally, patients who are good candidates for the procedure:

Have a body mass index 35 with an underlying health condition like hypertension, diabetes or degenerative joint disease or a BMI 40 or greater

Have made numerous unsuccessful attempts to lose weight and keep it off

Have a strong personal desire to lose weight and improve health

Fully understand and are prepared for the lifelong changes that will result from surgery

Are 100 pounds or more overweight

Have been overweight for more than five years



ST. MARY'S
BREAST CENTER



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L to R, James Morgan, MD, Ben Moosavi, MD,
Anne Hammack, RN, BSN, Clinical Manager of the
Breast Center, and Yancy Short, MD

Clear choices:

How to find glasses that flatter your face

While Harry Potter's timeless specs are an integral part of his identity, you may want to change up your eyeglass look from time to time.

Even if you've always stuck with a particular style or shape of frame, there's no rule against breaking loose with some fun eyeglasses for social events or trying out a more businesslike look at the office.

Throw away your preconceived notions and experiment a little, suggests Tami Hagemeyer, an optician, speaker and author in Bowling Green, Ohio.

"Eyeglass shape is absolutely individual," says Hagemeyer. "People come in and kind of have an idea of what they want, and then they put them on and [don't like the way they look]." Often they walk out with new glasses that weren't even on their radar initially, she adds.

Shape shifting

The nonprofit Vision Council suggests these general guidelines for choosing an eyeglass frame shape that will flatter your face:

- Make sure the frame shape contrasts with your face shape.
- Select a frame size scaled to your face size.

Then, zero in on the basic frame shape that's most likely to look good with the shape of your face:



Round face:
square or rectangular frames



Oval face:
frames with a strong bridge that are geometrically shaped



Square face:
oval or round frames



Diamond face:
oval or cat eye frames



Heart-shaped face:
round or square frames with curved edges



True colors

In addition to frame shape, color is an important element in picking the perfect pair of glasses, and experts generally recommend that eye color and frame color match or coordinate. Hagemeyer suggests venturing outside your comfort zone and exploring different color options the next time you're choosing frames.

"I love color," says Hagemeyer. "Anything can work as long as it's not too intrusive and it's a comfortable color for you. If you're comfortable with pink, green or brighter colors, then wear them!"

The number of eyeglasses you have can also influence how daring you decide to be with color, she adds. If you have only one or two pair, you'll want to make sure their colors are versatile enough for home, work and formal social occasions.

Don't forget the fit

Whatever style of eyeglasses you ultimately choose, make sure you have them fitted to your face so you get the most benefits from them.

"The way they fit is No. 1," explains Hagemeyer. "If they don't fit correctly, then you're not looking through the proper place [on the lens] visually."



When kids go **vegan**...

By Stephanie Thompson

So your child has come to you and announced that henceforth he or she will no longer be consuming anything related to an animal, including meat, fish, eggs, milk and other dairy products. What the heck is your new little vegan offspring going to eat?

Probably a very healthy diet, say experts. It's becoming much less challenging to eat vegan as more people of all ages forsake animal products. According to a recent survey by Chicago-based food research firm Technomic, 45 percent of younger people regularly eat vegetarian and vegan food or follow a vegetarian diet, for reasons ranging from a desire for better health to concern for the ethical treatment of animals.

"The good news is that being vegan is becoming increasingly more common, and there are so many products for people who want to follow a vegan diet, which makes it much easier," says Karen Smith, a registered dietitian and senior manager of clinical dietetics at Physicians Committee for Responsible Medicine, a Washington, D.C.-based nutrition prevention and disease treatment group.

Healthier eating

Smith, who went vegan along with her 9-year-old daughter five years ago, believes a vegan diet is "a great decision for children to make"—as long as parents get involved. A plant-based vegan diet can actually offer more of the important nutrients kids today may be missing out on, she says, such as fiber, potassium and vitamin C.

Academy of Nutrition and Dietetics spokesperson Ginger Hultin agrees. The Seattle registered dietitian nutritionist says vegan diets are "great, if appropriately planned, like any child's diet," and in

fact can offer less saturated fat and more vitamins and antioxidants than the standard American diet.

"A lot of people are a little scared of vegan diets, thinking they could be unhealthy, but in fact the opposite is true," she adds.

Taking the plunge

Smith suggests that parents begin by discussing what's motivating the child to make this choice, and then helping him or her understand how to eat a healthy vegan diet.

You'll want to make sure your child is getting adequate protein from plant-based sources including beans, lentils, soy foods, vegetables, whole grains, nuts and seeds, as well as complex carbohydrates and fats that provide enough but not too many calories. Without eggs or dairy, Hultin suggests that a vegan child's diet might need to be supplemented with vitamin B12, and assessed for adequate amounts of zinc, vitamin D, calcium and iron.

And don't worry that your child won't get enough calcium without dairy: "The body absorbs calcium in plants better than the calcium found in milk, with much less fat and no cholesterol," says Smith.



Curbing carbs

Meatless doesn't always mean better for you. Registered dietitian nutritionist Ginger Hultin points to poor vegan diets where kids eat mostly starchy carbohydrates like potatoes and rice.

"Just because a diet is vegan doesn't mean it's automatically healthy," she says. "Oreos are vegan but not nutrient dense."



Vegan tips

For more information about healthy vegan diets and children, visit the Academy of Nutrition and Dietetics' online resource: www.vegetariannutrition.net/vegetarian-kids/feeding-healthy-vegan-infants-children Or, look for a registered dietitian nutritionist in your area at: www.eatright.org/find-an-expert



“A lot of people are a little scared of vegan diets, thinking they could be unhealthy, but in fact the opposite is true.”

Karen Smith, registered dietitian and senior manager of Clinical Dietetics, Physicians Committee for Responsible Medicine, Washington, D.C.

Gestational diabetes and childhood obesity

Women who have gestational diabetes (high blood sugar during pregnancy) could put their children at greater risk for childhood obesity if they consume a lot of refined grains during pregnancy, according to an online study in the *American Journal of Clinical Nutrition*.

Researchers comparing dietary records of almost 1,000 mothers and children found that children born to women with gestational diabetes who ate the most refined grains, such as white rice, were twice as likely to be obese as those whose mothers ate the fewest refined grains during pregnancy.

The link between refined grain consumption and childhood obesity exists even when controlled for the child's physical activity and diet.



Time for safer meatball cooking

When you're making meatballs for dinner, do you cut into

them to determine whether they're really done? Now there's a better way to avoid serving undercooked ground meat, reports a recent study from the Agricultural Research Service of the U.S. Department of Agriculture.

Researchers inoculated ground beef and ground veal with Shiga toxin-producing *E. coli* bacteria, mixed in eggs and breadcrumbs and formed golf ball-sized meatballs. Then food scientists froze some meatballs and refrigerated others for 18 hours. They cooked the meatballs at 350 degrees in either a conventional oven or a deep fryer for varying lengths of time.

The results enabled researchers to set specific safe cooking times for meatballs. Deep-frying frozen meatballs for 9 minutes or oven baking them for 20 minutes reduced levels of the harmful bacteria 100,000-fold, making the meatballs safe to eat.

Refrigerated meatballs required 5.5 minutes in the deep fryer or 12.5 minutes in the oven, according to findings in the *Journal of Food Protection*.



Nutrition-rich foods combat cancer risks

Being obese increases the risk of developing certain cancers, but eating foods with higher dietary energy density contributes to your cancer risk no matter what your weight is.

That's the finding of a new study in the *Journal of the Academy of Nutrition and Dietetics* that looked at dietary energy density (DED) food levels—how many nutrients you're getting for the calories. Fruits, vegetables, lean protein and

legumes deliver a lot of nutrition for fewer calories, which makes them low DED. Processed foods, such as pizza and fries, are considered high-DED foods because you have to eat a larger amount to get necessary nutrients.

Researchers who looked at dietary and health data from more than 90,000 postmenopausal women found that those who consumed a diet higher in DED were 10 percent more likely to develop an obesity-related cancer, regardless of their weight.



Daily weigh-ins prevent extra pounds

Young women who weigh themselves daily in college may avoid undesired weight gain or even lose weight, suggests a study in the *Journal of Behavioral Medicine*.

First-year students usually put on 4 to 8 pounds on average, significantly more than the general population does. Researchers worked with close to 300 college-age women of varying weights, measuring their body fat percentages at baseline, 6 months and 2 years. Volunteers also provided their self-weighing habits.

Women who reported at least one period of self-weighing during the 2-year study actually lost a little weight and saw their body mass index (BMI) decline, but those who didn't weigh themselves daily saw little change. Researchers aren't sure if weight loss is directly linked to self-weighing, but they speculate that monitoring weight fluctuations daily may motivate people to change their eating and exercise behaviors.





3 WAYS to put together a healthier pantry

By Sandra Gordon

Nutrition experts say home-cooked meals tend to be healthier than takeout, but who wants to cook when the pantry is a hodgepodge of boxes, bags and expired ingredients?

“It’s easier to eat well when you make it yourself and have a lot of healthy choices on hand,” says Jessica Cording, a New York-based registered dietitian, health coach and founder of JessicaCordingNutrition.com. Having a stable full of good-for-you staples helps you speed through the supermarket too: “You can think on your feet in the grocery store so you’re not starting from scratch,” Cording says.

But keeping the pantry well-stocked isn’t enough. The next step: Create order from chaos.

“Having an organized pantry can further set you up for meal success,” Cording says. Here are her top tips for arranging a pantry that can serve you well.

1 Take stock. “Once a season, take an inventory of what’s in your pantry, and toss expired food or donate what you know you won’t eat to a food pantry,” Cording says, even if it’s “healthy.”

If you bought lots of quinoa because you know it’s good for you, for example, but it’s not getting used, get rid of it. “You want to be able to make room for foods that better match your needs and preferences,” says Cording.

A peek into Cording’s pantry reveals white and butter beans, chickpeas, canned tomatoes and whole-grain pasta—but no quinoa. “I just hate it [quinoa], so I’m not going to buy it even if it’s on sale,” she explains.

2 Stash problem foods. Research shows we’re all on a see-food diet, and the mere sight of food can cue us to eat. So if you’re a baker and can’t resist grabbing a handful of chocolate chips every time you open the cupboard, store them in a hard-to-reach spot. Likewise, “store anything you don’t want to be eating on the regular in opaque containers,” Cording says.

Keep crackers, cookies, chips and cereal hidden in a top cabinet, and store extras in the basement. “That way, if you’re in the mood for it, you have to work to get to it,” Cording says. Or better yet, don’t bring problem foods into the house at all except on special occasions.

3 Showcase healthy options. Likewise, use clear containers to hold foods you want to eat more of, such as nuts, oatmeal and dried fruit, and place fresh veggies at eye level in the fridge. That way, you can easily eyeball the healthy options you have to work with, especially when everyone’s asking, “What’s for dinner?”

How to get your kids

moving

when they're
sports-averse

By Stephanie Thompson

UNHEALTHY HABITS



If your child is literally not a team player when it comes to organized sports, is he or she destined to become a couch potato?

Definitely not, say the experts. While travel teams and school sports may garner all the attention in the world of kid fitness, there are lots of simple ways to get children moving that don't involve uniforms and scheduled practices.

Foot power

The easiest way to get your youngster in motion is to have him or her “walk, bike, scoot, skateboard or pogo-stick to school” if possible, according to EveryMove, a Seattle-based wellness vendor. While research shows less than half of kids ages 6 to 11 (and even fewer adolescents) meet the federal government's Physical Activity Guidelines for Americans of 60 minutes a day, “just getting to school on their own can really help boost kids' daily physical activity, and it helps with their mental health as well,” says Sabine Delouche, program manager for the University of Miami Miller School of Medicine's WalkSafe program.

WalkSafe helps collaborate with community crossing guards, law enforcement and school district personnel to persuade parents to let their kids go to school on their own.

“Parents will tell us, ‘It's not the same as when I was a kid and used to walk to school...’ as a reason why they don't feel safe letting their kids walk or bike to school,” says Delouche.

WalkSafe is looking for ways to combat those fears, creating more community walking routes and even a “walking school bus” program where parents volunteer to accompany a group of kids. “Parents are more willing to let their



children go alone to school if they can coordinate with neighbors,” she says.

Family values

Beyond letting kids get to school actively if at all possible, “it is up to parents to instill in their children that being active is what they need to do not just for their physical wellbeing but for their mind,” says Bill Sells, senior vice president of government relations and public affairs for the Sports and Fitness Industry Association.

Citing research that shows “this is the least active generation of children ever, which doesn't bode well for the future,” Sells emphasizes that parents shouldn't “take the easy way out and let their kids be glued to their screens. Make physical activity a value in your family,” he adds.

Take a family nature hike or kayak around a local lake, go on a bike ride together, throw the ball in the yard, or just take a walk after dinner with the family dog.

It's also crucial that you serve as a good role model for exercise and physical activity yourself, rather than treating it as a punishment or a chore, suggests “A Parent's Guide to Fitness for Kids Who Hate Sports,” published by KidsHealth, a project of The Nemours Foundation.

Fitness for life

For kids who steer clear of competitive sports teams, “it's important to encourage lifelong activities like cycling, running, martial arts or

A recent Robert Wood Johnson study suggests inactive kids are six times more likely to be inactive adults, according to Bill Sells, senior vice president of government relations and public affairs for the Sports and Fitness Industry Association.

“With all the convenience of technology today, it's really easy to just sit on the couch, and let our kids [sit on the couch too],” he says. “But we have to reverse the current trend of inactivity.”

Getting kids to be active when they're young will help them stay healthy and avoid preventable medical conditions like Type 2 diabetes, juvenile arthritis and respiratory diseases that come from sedentary lifestyles, says Sells.



hiking that can promote fitness on an individual noncompetitive level,” according to Delaware physical therapist Michael Stanwood.

The list of activities for kids who don't love organized sports is long, including horseback riding, dancing, inline skating and running. All of these offer opportunities to build self-esteem, strength, coordination and general fitness without requiring the full commitment of a team sport.

EveryMove suggests having a conversation with your child to find out what kind of activity he or she might enjoy and want to engage in long-term. Let kids try new things, even scheduling “activity dates” where you can rent the necessary equipment or make reservations to sample a non-team sport.

The most important thing, say the experts, is not to give up: Wrestle the phones or controllers out of your children's hands if you have to, and get them outside.

StM THE TOTAL WOMAN™



Total Woman members receive:

- A free subscription to our Total Woman magazine
- A free tote bag
- Important health information
- Personalized care from our Total Woman coordinator
- Special offers and discounts from St. Mary's and our local business partners
- Invitations to St. Mary's health and wellness events

Lisa Hastings, RN, BSN, MHA
Coordinator of Women's Health Services



THE HANDS OF EXPERIENCE® IN ADVANCED WOMEN'S HEALTH

At St. Mary's Medical Center, we understand the challenges women face today in finding time for regular health check-ups and screenings. The Total Woman™ program was created to help women quickly navigate the healthcare system and connect them with the many advanced health services at St. Mary's.

St. Mary's wants to help empower women to make good healthcare decisions and take action that will result in better health for themselves and their families.

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