

# Healthy Life

2016-2017

## APPETIZERS TO APPS

*James Gross of La Trattoria goes from appetizers to apps as one of the of the first local restaurants to join Tanner dietician Christina Schoerner's new healthy eating initiative, which recently rolled out in Carroll County*

*read more  
on page 8*

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# ALWAYS PRACTICE SUMMER SUN SAFETY



When the weather is warm, many people take time to relax at the beach or poolside. While such relaxation can provide a welcome break from busy schedules, it's important that men, women and children prioritize protecting their skin when spending time in the sun.

According to the Skin Cancer Foundation, basal cell carcinoma, or BCC, is the most common form of skin cancer. The American Cancer Society notes that each year there are more new cases of skin cancer in the United States than the combined incidences of cancers of the breast, prostate, lung and colon. Despite that prevalence, many people still engage in risky behaviors in the name



of outdoor enjoyment. Being safe in the sun won't take anything away from enjoyable outdoor activities, but exercising such caution will help summer revelers reduce their risk for skin cancer and other conditions.

- Know the risks of UV exposure. Sunlight is needed to engage vitamin D production in the body, but too much sun exposure can do more harm than good. Ultraviolet, or UV, rays from the sun and other sources, such as tanning beds, are the primary cause of skin cancer. Exposure also can lead to sunburns, premature aging/wrinkling and eye damage.

- Use only broad-spectrum SPF sunscreen. Look for a sunblock product that boasts an SPF of at least 30. The FDA requires any sunscreen with an SPF below 15 to carry a warning that it only protects against sunburn, not skin cancer or skin aging. Find a sunscreen that works against UVA and UVB rays as well. UVA rays are mostly responsible for contributing to skin cancer and premature aging. Reapply

frequently, especially when swimming or engaging in activities that cause sweating.

- Know the difference between water-resistant and waterproof sunscreens. Manufacturers are no longer allowed to claim that their sunscreens are waterproof or sweatproof. A sunscreen may be able to repel water for a short time, but it should be reapplied when leaving the water or when spending long stretches in the water.

- Cover up whenever possible. It may seem counterintuitive in hot weather, but covering up can be beneficial to the skin and actually keep a person cooler. Wear wide-brimmed hats, long-sleeve tops and light-colored pants. Some materials are made with reflective properties, while others actually boast their own SPF.

Summer fun does not need to be threatened by overexposure to the sun. By exercising caution, everyone can spend quality time in the great outdoors all summer long.



# How women can combat high cholesterol

High cholesterol can dramatically affect a person's long-term health. According to the Centers for Disease Control and Prevention, people with high total cholesterol have approximately twice the risk of developing heart disease as people whose cholesterol levels are ideal. And contrary to what many people may think, women are no less susceptible to high cholesterol than men.

Cholesterol can be a confusing topic. Though cholesterol has a bad reputation, that stature can be somewhat misleading. That's because there are two types of cholesterol, one of which actually reduces a person's risk for heart disease and stroke. High-density lipoprotein, often referred to as "HDL" or "good" cholesterol, absorbs low-density lipoprotein, or "bad" cholesterol, or "LDL," and carries it back to the liver, which then flushes it from the body. HDL accounts for a minority of the body's cholesterol. Unfortunately, the majority of cholesterol in the body is LDL, high levels of which can contribute to plaque buildup in the arter-

ies, increasing a person's risk for heart disease and stroke.

A 2015 report from the American Heart Association indicated that more than 73 million American adults have high LDL cholesterol. The 2013 Canadian Health Measures Survey found that, between 2009 and 2011, the number of Canadians with unhealthy levels of LDL increased significantly with age, with 40 percent of men and women between the ages of 40 and 59 suffering from unhealthy LDL levels.

Women may think that the presence of the female sex hormone estrogen can positively impact their cholesterol levels. While estrogen tends to raise HDL levels, its presence alone does not mean women are out of the woods with regard to cardiovascular disease, including heart disease and stroke. In fact, the CDC notes that heart disease remains the leading cause of death among women.

High LDL cholesterol levels do not mean women will automatically de-

velop heart disease, but women who receive such a diagnosis should take the following steps to lower their LDL levels so they can live longer, healthier lives.

- Eat right. Avoid foods that are high in fat, especially saturated fats and trans fats. The AHA notes that foods that contain saturated fats contribute to high levels of LDL. Fatty beef, lamb, pork, poultry with skin, lard and cream, butter, and cheese are just a few of the foods that contain saturated fats. Those foods all come from animal sources, but many baked goods and fried foods are also high in saturated fat and should be avoided. Fruits, vegetables and whole grains are heart-healthy foods that can help women lower their LDL levels and reduce their risk for cardiovascular disease.

- Exercise regularly. Routine physical activity can help women lower their LDL levels, especially when such exercise is combined with a healthy diet. The Office on Women's Health recommends women get two hours

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and 30 minutes of moderate-intensity aerobic activity each week, or one hour and 15 minutes of vigorous-intensity aerobic activity each week. Speak with your physician to learn which exercises are most appropriate for someone in your condition. Women who want to do more than aerobic activity can still meet their exercise requirements by combining moderate and vigorous cardiovascular exercise with muscle-strengthening activities two or more days per week.

- Quit smoking. Smoking can accelerate the damage already being done by high cholesterol. While research does not indicate that smoking directly impacts LDL levels, the toxins produced and inhaled from cigarettes can modify existing LDL, making it more likely to cause inflammation.

Cholesterol does not discriminate, and women need to be just as mindful as men when monitoring their total cholesterol levels.

***Regular exercise  
can help women  
prevent and  
combat high  
cholesterol.***

# Four Reasons This Nutritionist Loves Menu It, Tanner's New Healthy Eating App

By Christina Schoerner, MS, RDN, LDN

When it comes to finding healthy food options when you're out at a restaurant, it can be hard to determine the good from the bad. If you prefer to eat at home, it can also be a struggle to come up with new ideas for nutritious meals that will have everyone begging for seconds. Whether you are trying to figure out what meals on the restaurant menu are healthy or need help stepping up your culinary game, Tanner Health System's Get Healthy, Live Well has an app for that.

Menu It is a free smartphone app that helps you find healthy food options fast. It not only provides personalized nutrition guidance, it's also a place to find recipes, health information, classes and events throughout west Georgia. Here are four reasons to download Menu It today.



Christina Schoerner,  
MS, RDN, LDN

## **1. Scenario: I'm allergic to dairy and eggs — what are the safest choices?**

Can't eat food items with dairy or eggs? No problem. You can enter your dietary preferences into Menu It —

such as vegan or vegetarian — along with any health conditions that may impact your food choices. The app will use its database to find restaurant menu items and recipes that meet your needs. Menu It also warns you if a food doesn't match your preferences and conditions.

## **2. Scenario: What is a healthy meal option I can prepare at home?**

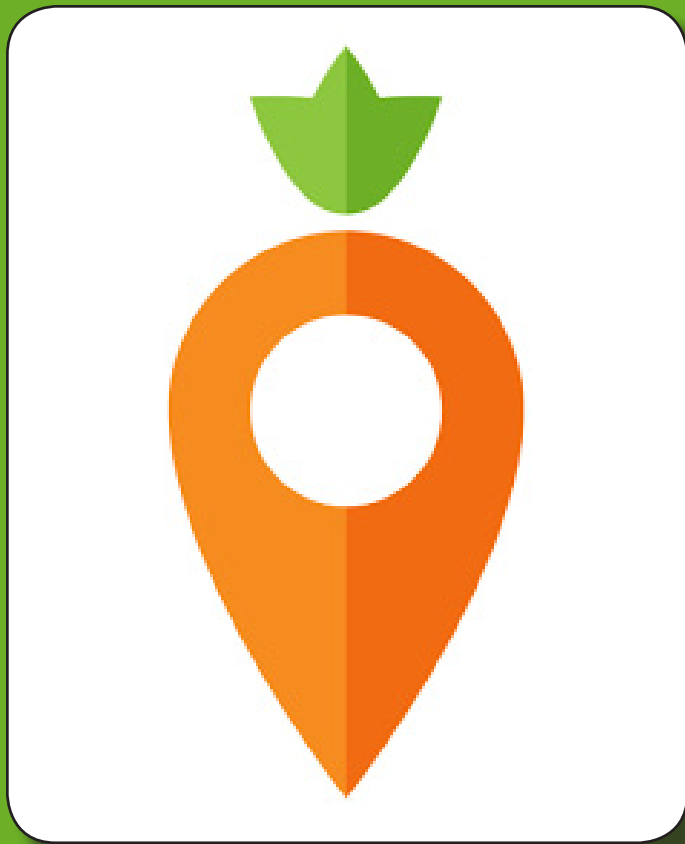
What if you prefer to eat a healthy meal at home, but are having trouble coming up with new recipe ideas? Menu It has got you covered with a list of recipes that will fit into your nutrition guidelines. Looking for a meal that's suitable for someone with type 2 diabetes? Try the southwest white chicken chili. Need to find something that's healthy and delicious for someone with liver disease?

Serve up a vegetarian tostada. Plus, photos accompany most of the recipes, so you can see what you're making!

## **3. Scenario: I'm out of my neighborhood or traveling — where can I find a healthy meal?**

Depending on where you travel, it can be hard to find healthy meal options. If you're following a special diet, it can be even trickier to find food on the go. With Menu It, you can search for restaurants by name or ZIP code. The app not only includes nutrition information for local restaurants, its database also contains stats for a number of national and regional restaurant chains. The app will help steer you toward restaurants that feature healthy items on their menus.





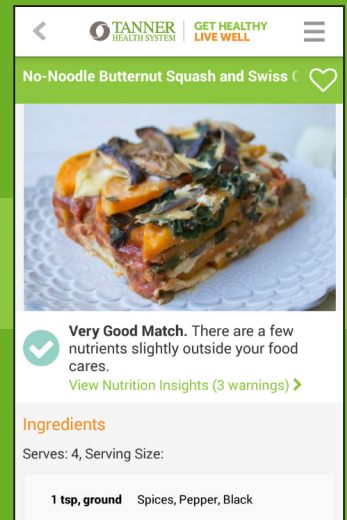
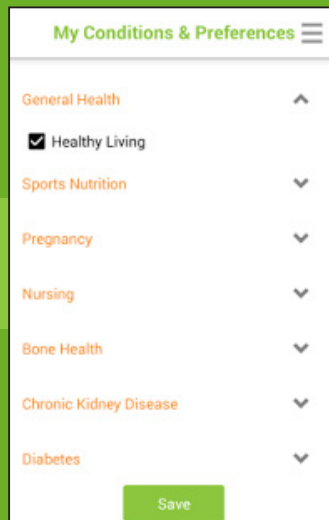
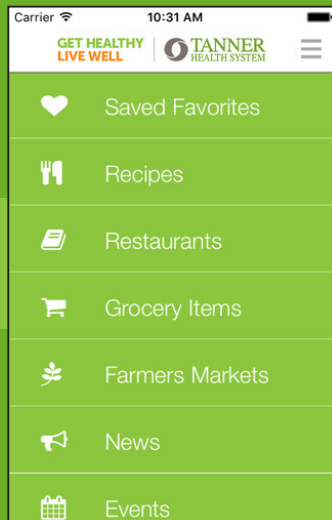
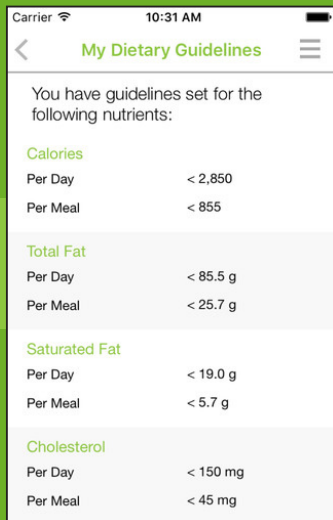
**4. Scenario: Where can I find the closest farmers' market to me?**

In addition to helping you find healthy restaurant meal options wherever you are, Menu It's database includes information on where you can find local farmers' markets. You can also search for farmers' markets by name or ZIP code. Once you click on a selection, you will find more details about the farmers' market. You can find out if the market accepts SNAP or any other community program benefits. You can also find out what type of items the market sells. Eating locally-grown produce is a great way to "Go for 5" and get your five servings of fruits and vegetables a day,

so download Menu It to find a farmers' market near you.

The Menu It app is available for free in the Apple App Store and for Android devices on Google Play. The app can be downloaded by searching for "Menu It." For more information, call 770.812.9871 or visit [www.GetHealthyLiveWell.org](http://www.GetHealthyLiveWell.org).

**Christina Schoerner, MS, RDN, LDN**, is a registered dietitian nutritionist and health coach at Tanner Health System. A Carrollton native, Schoerner earned her bachelor's in dietetics from Samford University and her master's in nutrition from the University of Alabama at Birmingham (UAB).



Need help finding something healthy to eat?



# Recognize and prevent repetitive stress injuries

Repetitive stress injuries, or RSIs, can impact muscles, ligaments, tendons, and nerves. Though The Mayo Clinic estimates that three million people in the United States are affected by such injuries, some may not fully understand just how they reached a point where they are suffering from an RSI.

RSIs are a condition that occurs when too much stress is placed on one part of the body, typically a joint, over and over again, resulting in inflammation and potential tissue damage. RSIs typically happen when a person repeats the same movements again and again. It comes as no surprise then that RSIs are commonly experienced by athletes and office workers.

The elderly are most affected by RSIs, but these types of injuries are also known to occur in younger adults and children. These injuries tend to develop over time and tend to go unnoticed in their early stages.

Prevention is the best defense against RSIs. Start by using proper equipment at all times to help keep the body protected and in neutral positions. Such equipment may include support devices for wrists or knees, and shoes that fit well and provide ample support.

Athletes should make sure their gear is properly sized to their bodies. Using the wrong size tennis racket, for example, may contribute to elbow strain when serving and hitting.

Proper nutrition also is key. Consuming the right foods is essential to developing and maintaining strong muscles, which help support joints in the body. Speak with a doctor or nutritionist if you

suspect your diet has room for improvement.

RSIs can be troublesome for office workers. Maintaining neutral body positioning is the best defense against pain and injury, according to the pain prevention resource Tifaq.com. Tifaq.com suggests following these procedures in addition to stretching and exercising at the office:

- Keep your head level, forward facing and in line with your torso.
- Feet should be flat on the floor or on a footrest.
- Shoulders can be relaxed and arms hanging normally at your sides. Your elbows should be at about 90-degree angles.
- Support your back with a lumbar support or a small pillow.
- Sit vertically or lean back slightly while at your desk.
- Keep frequently used items close by so you do not need to stretch.
- Position your monitor so it is directly in front of you and at eye level.
- Take frequent breaks to stretch or take a walk around the office.

Examples of RSIs include carpal tunnel syndrome, rotator cuff injuries, tendonitis, and trigger finger. Always consult with a doctor if pain from routine activities is persistent. Individuals may benefit from working with a physical therapist to learn strategies to avoid RSI activities.



# DID YOU KNOW??

According to the National Institute of Mental Health, panic disorder is a type of anxiety disorder characterized by recurrent, unexpected panic attacks. Panic attacks occur suddenly and are periods of intense fear that may include palpitations, pounding heartbeat and/or accelerated heart rate. People in the midst of a panic attack may also experience shortness of breath or feel as though they are choking or being smothered. Feelings of impending doom may

also occur during a panic attack. Anxiety disorders, including panic disorders, may be caused by the interaction of certain genetic and environmental factors. These factors include behavioral inhibition in childhood, exposure to stressful life events in childhood and adulthood, anxiety disorders in close biological relatives and a parental history of mental disorders. Anxiety disorders are generally treated with psychotherapy or medication, or a combination of both.



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# 3 secrets to making morning workouts a reality

Routine exercise is one of the keys to a healthy life. When paired with a healthy diet, regular exercise can promote long-term health and reduce a person's risk for a host of conditions and diseases, including diabetes, heart disease and stroke.

While many adults are aware of the importance of routine exercise, finding time to break a sweat can be difficult. In fact, a 2013 study from researchers at the Centers for Disease Control and Prevention estimated that nearly 80 percent of adults in the United States do not get the recommended amounts of exercise each week. (Note: The World Health Organization recommends that adults between the ages of 18 and 64 get at least 150 minutes of moderate-intensity aerobic activity each week, or at least 75 minutes of vigorous-intensity aerobic activity each week.)

Hectic schedules dominated by obligations to work and family can make it difficult to find time to exercise. But working out in the early morning, before the kids wake up and coworkers' emails begin flooding your inbox, can help men and women meet the WHO's recommended exercise guidelines and might even provide a noticeable energy boost throughout the rest of the day. Men and women can expect to run into some obstacles when first establishing a morning workout routine, but a few simple strategies can help make that transition go more smoothly.

## 1. Prepare the night before.

Waking up with a to-do list in the morning takes away from the time you have to exercise. Rather than fumbling for your gym clothes and sneakers in the darkness of your pre-dawn bedroom, lay out your workout

gear before going to bed each night. Lay out your work clothes as well so you spend more time exercising in the morning and less time choosing an outfit.

## 2. Set your alarm earlier than you intend to wake up.

Few people wake up the moment their alarm clocks first go off. Snooze buttons may help you ease into your wakeup routine, but those post-snooze button minutes are minutes you could be spending getting your recommended daily exercise. If you're a snooze button devotee and you want to be up by 6 a.m., then set your alarm for 5:50 a.m.

## 3. Get a good night's sleep.

In 2015, the National Sleep Foundation convened experts from sleep, anatomy and physiology, as well as pediatrics, neurology, gerontology and gynecology to reach a consensus on sleep guidelines for people of all ages. The panel recommends adults between the ages of 26 and 64 get between seven and nine hours of sleep per night, noting that anything less than six hours or more than 10 hours is not recommended. A good night's sleep will help you feel more energetic when that alarm goes off, even if it is going off before the sun rises. Exercise and sleep go hand in hand, as studies have shown that routine exercise actually improves quality of sleep because exercise is a beneficial stressor to the body, which responds to the stress of exercise by increasing the amount of time the body spends in deep sleep.

Many adults struggle to find time for daily exercise, but early morning might be the best time for busy men and women to break a sweat.



# Simple ways to fight back against fatigued eyes

Eyestrain affects people from all walks of life. Many professionals suffer eyestrain as a result of too many hours spent staring at computer screens. The same can be said for children, who might spend hours doing homework on their computers before hitting the couch for a few spirited rounds of video games.

Whatever the cause of your eyestrain, it's important that people recognize they are not defenseless against this common foe. But before you can combat eyestrain, it's best to confirm that your vision troubles are the result of eyestrain and not something more serious. Eye doctors can provide such confirmation, but you can also be on the lookout for common symptoms of eyestrain.

## Symptoms of eyestrain

Perhaps the most common side effect of eyestrain is how annoying it can feel. Professionals working at their desks, truck drivers spending long, uninterrupted hours on the road and students working on schoolwork can attest that time tends to fly once they get in a zone. While landing in that zone can lead to increased productivity, the Mayo Clinic notes that the following are some symptoms of eyestrain that can pop up when eyes are overused.

- Sore, tired, burning, or itching eyes
- Abnormally watery eyes
- Abnormally dry eyes
- Blurred or double vision
- Headache
- Increased sensitivity to light
- Feeling that you cannot keep your eyes open

## How to address eyestrain

If you remain uncertain about what is causing your vision troubles, consult your eye doctor. If eyestrain is the culprit, then there are some ways to remedy your problems.

- Adjust lighting. The American Academy of Ophthalmology notes that reducing glare from the screen can reduce symptoms of eyestrain. If necessary, use a screen filter when staring at a computer screen. When you

will be spending long hours at a desk, the Mayo Clinic suggests lighting your work area with a shaded light positioned in front of you. Such an arrangement can prevent light from shining directly into your eyes.

- Take frequent breaks. Another way to combat eyestrain is to take frequent breaks from whatever your eyes are focusing on. When sitting at your desk, look away from your monitor. The Mayo Clinic notes that looking at something 20 feet away for 20 seconds every 20 minutes can provide the respite your eyes need.

- Make yourself cry (artificially). Artificial tears are a proactive way to combat eyestrain. The AAO notes that artificial tears, which are over-the-counter products that can be found at many pharmacies, can refresh dry eyes. But artificial tears also can be used to prevent eyes from drying out. Even if your eyes feel normal, a few drops of artificial tears can keep them lubricated and prevent the onset of eyestrain. Speak with your eye doctor about which artificial tears to use, as all products are not the same and you may need to follow specific instructions depending on your eyes.

Learn more about eyestrain at [www.aaopt.org](http://www.aaopt.org).



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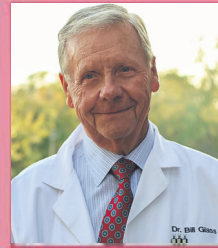
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