The Fall Issue
Healthy Living

5 Tips To Stay Healthy This School Year

Pumpkin Pie
Oh my!

Tmh For Life
Opt For Organic
ARE YOU READY for a challenge?

Tallahassee Memorial HealthCare and Premier Health & Fitness Center have created a health initiative to lead our community to be the healthiest in the nation. The goal is to get you to be active, eat healthier, know your numbers and find your happy. To sign up, please visit TMH.org/Challenge.

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A Tallahassee Memorial Publication

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There are a million excuses people use for choosing not to eat organic; however, our nutrition experts say some organic foods are the smarter choice when you have the option.

As part of our TMH FOR LIFE Challenge, we are challenging you to give organic a try.

“Eating organic is definitely a luxury and not required in order to live a healthy lifestyle, but if you have the option, why not?” said Afaf Qasem, MS, RDN, LDN, Clinical Wellness Dietitian at Tallahassee Memorial HealthCare. “There are many health benefits to eating organic, such as reducing your exposure to potentially harmful pesticides and unnecessary hormones.”

Now, lets be realistic...this doesn’t mean you need to completely change your regular grocery list. But, we do want you to be aware of foods with higher pesticide residue that are much healthier if purchased organically. Below is a list of foods you should consider purchasing as organic:

- Apples
- Beef
- Blueberries
- Celery
- Cherry tomatoes
- Collard greens
- Cucumbers
- Grapes
- Hot peppers
- Kale
- Lettuce
- Milk
- Peaches
- Potatoes
- Spinach
- Strawberries
- Sweet bell peppers
- Zucchini

Have more questions about healthy eating?
Contact your primary care physician and view the TMH Healthy Living Blog at TMHHealthyLiving.org.
LOW IMPACT WORKOUTS THAT TORCH CALORIES

Want to burn more calories – while keeping tender knees and joints intact? Our friends at Premier Health & Fitness Center, and personal trainer Christine Morse, are here to help.

**BARRE**

*What it is:* A graceful combination of Pilates, yoga and ballet moves.

*What it does:* Hard on muscles, kind on joints – it increases flexibility, core strength and coordination.

*Who would love it:* People looking to target their core.

*Trainer tips:* Start with a shallow range of motion, especially if you already have pain in joints. Then, increase in depth as muscles and joints become stronger.

**H2O FITNESS**

*What it is:* Water aerobics.

*What it does:* Tones muscle and improves flexibility while working on the cardiovascular system.

*Who would love it:* People who may be overweight, over 50 years of age or have severe joint pain.

*Trainer tips:* These classes are very low impact and fun. If you have any limitations, you can hold on to the side of the pool.

**YOGA**

*What it is:* A complete dynamic workout targeting the body and the mind.

*What it does:* Creates a toned, flexible and strong body. Improves relaxation, posture, balance, respiration, energy and vitality. Promotes cardiovascular and circulatory health and relieves pain.

*Who would love it:* People with muscle tightness or inflammation.

*Trainer tips:* Every yoga pose has a modification for beginners so it is perfect for all experience levels. Beginner yoga primarily focuses on range of motion and flexibility, whereas more intermediate to advanced classes will yield greater cardiovascular and strength benefits.

To schedule a class, call Premier Health & Fitness Center at 850-431-BFIT (2348). For more information, or to view the complete class schedule, visit TMH.org/Premier.
pumpkin pie

OH MY!

A healthier slice of tradition
With the holidays right around the corner, we’re going to help you keep up tradition—without expanding your waistline.

Ingredients

FILLING:
- 3/4 cup packed brown sugar
- 1 3/4 tsp pumpkin pie spice
- 1/4 tsp salt
- 1 (12-ounce) can evaporated low-fat milk
- 2 large egg whites
- 1 large egg
- 1 (15-ounce) can unsweetened pumpkin

CRUST:
- 1/2 (15-ounce) package refrigerated pie dough

Preparation

Preheat oven to 425°.

To prepare filling, combine first 6 ingredients in a large bowl, stirring with a whisk. Add pumpkin and stir with a whisk until smooth.

To prepare crust, roll dough into an 11-inch circle; fit into a 9-inch pie dish coated with cooking spray. Design edges as you like.

Pour pumpkin mixture into the crust.

Place pie plate on a baking sheet. Place baking sheet on lowest oven rack. Bake at 425° for 10 minutes. Reduce oven temperature to 350° and bake an additional 45-50 minutes. Set to cool.
5 TIPS TO stay healthy this SCHOOL YEAR
After a long relaxing summer break, fall is in full swing and school is back in session! This transition, although exciting, can increase your child’s chances of getting sick. At TMH, we know a healthy life is a happy life, so we’re sharing some reminders that will keep your kids out of our doctor’s offices and out on the playground.

1. **Get vaccinated**
Each member in your family should get vaccinated. Talk to your healthcare provider to find out which ones are recommended and make the best decision for your family.

2. **Set bedtimes, and stick to them**
Sleep is the most important method of prevention. It allows your body to recharge and provide enough energy to fight off any contact with germs. According to David Huang, MD, Medical Director of the Tallahassee Memorial Sleep Center, elementary-aged kids need at least nine hours of sleep a night, while middle and high school-aged kids can get eight-and-a-half hours a night. For those families who have “snoozers” that just can’t seem to get up in the morning, try making bedtimes a little earlier. Most importantly, stick to a routine and keep things consistent.

3. **Wash your hands**
Washing hands is the easiest way to help your kids limit the germs they bring home. Show your kids how to wash their hands properly, and remind them to wash often. Teach them to wash up after using the restroom and before eating. Remember, clean hands save lives.

4. **Eat healthy**
Hectic schedules often equal one thing – junk food. Don’t let yourself get caught up in convenience. Make it easier on yourself and pick a day out of the week to do your healthy grocery shopping and prepare meals and snacks. Cutting and preparing fruits, salads and veggies in advance will help keep things readily available, and, most importantly, keep your stomach full.

5. **Control stress**
Between the nerves and excitement of going back to school, any child can easily get stressed. Too much stress could cause a variety of health issues, including sleeping problems, trouble concentrating and anxiety. Help manage stress by communicating with your child, keeping them on a healthy routine and reminding them to stay organized.

Although it’s normal to be anxious in any new situation, some children develop physical symptoms that could cause serious health concerns including stomachaches or severe headaches. If any physical symptoms occur, please contact your child’s doctor.

If you’re looking for a new physician, please visit [TMH.org/FindADoc](http://TMH.org/FindADoc) or call 1-844-486-4362.
FIND YOUR HAPPY

PREPARING YOUR BODY for Baby

Clean Up Your Diet
Add foods that help with fertility to your diet. Some good ones are: yams, eggs, asparagus, almonds, salmon, leafy greens and organic grass-fed whole dairy.

Quit Smoking and Limit Alcohol
It’s just not good for you!

Start Limiting Your Exposure to Toxins
Toxins may cause cancer, birth defects or abnormalities.

De-stress and Decompress
Stress can wreak havoc on your body by boosting cortisol levels, which can suppress ovulation and decrease sperm count and sex drive.

Exercise Regularly
Pregnancy isn’t a time to start a new exercise routine; its best to get in healthy shape months before you conceive.

Visit the Dentist
During pregnancy, gums tend to bleed and teeth can become loose. Also, periodontal disease is linked to preterm and underweight babies. Make sure you’re up to date with your dental exams before and during pregnancy.

Take Prenatal Vitamins
Taking prenatal vitamins or 400 mcg of folic acid, daily at least one month before you conceive and during your first trimester, can cut your chances of having a baby with neural-tube defects, such as spina bifida, by 50 to 70 percent, according to the Centers for Disease Control and Prevention (CDC).

Limit Caffeine
Relax. You don’t have to completely abandon your morning cup of joe. However, if you consume more than 200 milligrams of caffeine – about one to two eight-ounce cups – per day, you should ease up.

Consider decaf or coffee with less caffeine. Heavy caffeine consumption has been associated with fertility problems.

Visit Your Doctor and Get a Regular Checkup
If you’re trying to conceive, you should visit your doctor. Also, we recommend a regular pap smear and breast check.

If you’re interested in learning more, please speak with your primary care physician.

Nesting. For those who aren’t familiar with this mommy-friendly term, it’s when expectant mothers get the urge to clean, tie up lose ends and organize — brought on by a desire to prepare for the new baby.

Similar to nesting, many women who are planning to get pregnant may get the urge to start preparing their body to make the healthiest and happiest home possible for a baby. We absolutely love to hear this and highly recommend it for anyone thinking about starting a family in the future.

For those of you who want to get as healthy as possible and prepare your body for a bundle of joy, we’re going to make it easy for you. Here is a complete list of suggestions from Dorothy White, MD, OBGYN at Tallahassee Memorial HealthCare.
Many women who are planning to get pregnant may get the urge to start preparing their body to make the healthiest and happiest home possible for a baby.
AGING OR Alzheimer’s?

Understanding the difference between common aging symptoms and serious medical conditions.

By Siddharth Sehgal, MD, TMH Neurologist and Tripti Bhaskar, PhD, TMH Clinical Psychologist
The other day I forgot to get my clothes from the dryer; I realized two days later that the clothes were still there. Is this a sign of Alzheimer’s disease, or is this just part of getting old?

I hear questions like this frequently from my patients. Is it just forgetfulness, part of normal aging or a serious neurological illness?

Alzheimer’s disease is the most common form of dementia and accounts for more than 60% of all cases of dementia. The first case of the disease we now know as Alzheimer’s was reported by the German psychiatrist Alois Alzheimer in 1901. Today, in 2015, there are an estimated 5.3 million people living with Alzheimer’s disease, a number that is predicted to triple by 2050. It is the sixth leading cause of death in the United States, and the only disease in the top ten which cannot be cured or prevented. The financial burden of this disease is immense with more than $200 billion spent each year.

The onset of Alzheimer’s disease is slow and the symptoms gradually worsen over time. Memory loss, specifically difficulty in learning new information and recalling recent events, is the most common early sign of Alzheimer’s disease. Other common symptoms include difficulty with planning and problem solving, trouble with speaking or writing words, and problems with perceiving visual and spatial orientation of objects. The cognitive difficulties affect the daily normal functioning at home, work or outside. These symptoms may present as difficulty with driving, managing household finances, completing familiar tasks at home or work, and impaired judgment and decision-making ability. Changes in mood and personality often occur later in the disease and may present with irritability, anxiety and withdrawn social behavior. Normal age related memory changes might include difficulty with multi-tasking and occasionally finding the right word, especially names of people and places. These changes do not disrupt daily functioning and it is important to distinguish them from symptoms of Alzheimer’s disease.

Everyone with a brain is at risk for Alzheimer’s disease. There is no cure for the disease; however, there are certain things that can support brain health and reduce the risk. Participating in regular aerobic-type exercises and engaging in meaningful social activities has been associated with a reduced risk of cognitive decline. Smoking and excessive alcohol drinking is associated with a higher risk and avoiding these behaviors may reduce the chances of developing these symptoms in later years. Brain exercises – which can be in the form of reading books, solving crossword puzzles or playing strategy games like bridge – help improve the brain’s concentration and thinking abilities and reduce the chances of cognitive impairment. Following a healthy diet, such as the Mediterranean-style diet that is rich in fruits and vegetables, also helps in maintaining healthy brain function. Sleep deprivation is also linked with increased incidence of impaired memory and thinking; therefore, ensuring an adequate amount of sleep every night is very important for maintaining healthy brain function.

Statistics show that less than half of patients with Alzheimer’s disease are informed of the diagnosis by their physicians. While receiving the diagnosis of Alzheimer’s disease can be a difficult experience for the patient and their family members, early diagnosis can allow more time to make plans for the future, like legal and financial decisions. While Alzheimer’s disease cannot be cured, certain medications can help with the symptoms, especially during the early stages of the disease.

If you notice any of the symptoms in yourself or your loved one, you should contact your doctor for further evaluation. You can learn more about Alzheimer’s disease and the services of Tallahassee Memorial HealthCare’s Memory Disorders Clinic online at www.TMH.org/memory.
What started out as a week of spring break fun ended with a hospital stay for seven-year old Shelby Bassett.

“Shelby was visiting my sister in Tampa,” says Meghan Bassett, Shelby’s mom. “My sister called to say Shelby wasn’t feeling well.” Shelby had stubbed her toe at school the week prior and stubbed it again. She had a fever and her toe was red and warm. “We drove to Tampa to pick her up.”

It was 12:30 a.m. when the Bassets arrived at the Tallahassee Memorial Emergency Center-Northeast. “Thankfully, parking was very convenient and we didn’t have to wait long at all,” said Meghan. Due to Shelby’s high fever, her pediatrician, Anna Koeppel, MD, admitted her right away to the Children’s Center, TMH’s inpatient pediatric unit, for observation and an MRI.

A hospital can be a scary place for a sick child, but it doesn’t have to be. The Children’s Center has a child life specialist on staff to provide kid-friendly explanations for tests and procedures as well as procedural support. TMH Child Life Specialist Lauren Sherrill recalls, “I told Shelby, ‘The MRI looks like a giant doughnut, and we all like doughnuts, right?’ I used a picture book to show her exactly what the machine looks like and said it makes a loud sound, but it won’t hurt you.”

Osteomyelitis – an infection in the bone – was suspected. “Dr. Wong, a TMH orthopedist, was great and so quick to speak to us after the MRI,” said Megan. Shelby spent four days in the hospital and was discharged, continuing her antibiotics.

Ten days later, Shelby had a fever of 102 degrees and was readmitted.

The trip back to the Children’s Center meant seeing familiar faces. Lauren Sherrill worked with Shelby again, this time to explain the PICC line. “I showed her where the catheter inserts in her arm and how it looks once taped up.” Explaining what to expect was calming for Shelby and her mom. Once she was feeling better, TMH’s art therapist visited Shelby and colored pictures with her – a comforting and familiar activity she does at home.

Shelby is now fully recovered and doing very well. The Bassett family is grateful for her care, especially the extra care given to make her comfortable and unafraid. “We were very confident with the care she received,” said Meghan.