

Trover Health

Update

SPRING 2007

Win Back Nights of **Sound Sleep**



Good sleep shouldn't be something you only dream about. You need it to stay healthy in body and mind. Sleep helps you grow new cells and repair old ones. It also may keep you emotionally balanced.

When you don't feel rested, your own routine may be the culprit. If you have any of the following bad habits, breaking them can help you get the slumber you crave:

■ **Smoking.** It reduces the amount of REM—or “dreaming”—sleep you get.

Nicotine cravings also can wake you in the middle of the night.

■ **Caffeine after noon.** Coffee, tea, soft drinks, chocolate, and some pain relievers contain this stimulant, which can keep you awake.

■ **Nightcaps.** Alcohol may help you feel drowsy, but it will probably rouse you later in the night. It also robs you of REM and deep sleep.

■ **Not exercising.** Being active 20 to 30 minutes a day can help you doze. The best time to work out is

about five to six hours before you hit the sheets.

■ **Napping.** Catnaps can confuse your body clock. When you feel the urge, distract yourself with some other activity. If you must nap, limit your siesta to 20 minutes.

■ **Not sticking to a set bedtime.** There's a good reason kids have bedtimes. Adults should, also, to keep their body clocks running smoothly. Plan yours so you get seven to eight hours a night, the best amount for most people.

■ **Allowing distractions to upset your slumber.** A room that's too hot, cold, bright, or stuffy can interfere with your sleep. Make your bedroom comfortable. For example, “white noise” from radio static, a fan, or an air conditioner can help block noise.

■ **Watching the clock.** This can make you anxious, not groggy. Set your alarm and hide the clock face.

■ **Sleeping in on the weekends.** No wonder it's so hard to get up on Monday mornings. Sleeping in resets your body clock for a later wake-up time. Try to keep the same wake-up time each day. ■

Visit www.troverhealth.org/sleep to take a sleep quiz and to learn more about sleep health. Call **270-825-5918** to speak to a professional at the Sleep Disorders Center about sleep testing and other sleep services.

We Want to Hear from You!

Is there a health topic that you would like to learn more about? Let us know and we'll add it to our next issue. Call **270-825-5869** or email mhicklin@trover.org.



inside:

Do You Eat Enough Potassium?
page 2

An Easy Way to Prevent Weight Gain
page 2

Preventing Kidney Stones
page 3

Walk Your Way to a Healthy Heart
page 4

A MESSAGE FROM THE CEO



We hope you are enjoying our newsletter. Being informed about current health issues and disease

prevention is important to all of us.

That's why it is a good idea to stay in the "know" about the latest news regarding health conditions and treatments. Here are some other important things to keep in mind when choosing healthcare:

- Know your personal health record: Your health history is your key to understanding your future risk for certain diseases and how to reduce their impact.

- Get the most from your doctor visits: Being prepared for your doctor visits will help you get the most out of the visit and will avoid repeat trips to the office. Bring a list of questions or concerns you have for the doctor.

If you have suggestions on how Trover Health System can better serve you, please email them to info@trover.org.

Your input is important to us.

Thank you.

Sincerely,

E. Berton Whitaker
CEO and President
Trover Health System

Do You Eat **Enough** Potassium?



Consuming enough potassium can help lower your blood pressure. But that's not all. This valuable mineral also can reduce the risk of developing kidney stones and protect against age-associated bone loss. Potassium might even be good for your smile. A recent article in the journal *Community Dentistry and Oral Epidemiology* found that a diet rich in healthy nutrients, including potassium, helped prevent tooth loss in women.

The U.S. government's Dietary Guidelines for Americans recommends that adults consume 4,700 milligrams of potassium a day. It's best to meet this goal through food, not supplements.

If the advice to eat your potassium makes you head to the kitchen for a banana, peel away. A medium banana packs a healthy 422 milligrams of potassium. But there are plenty of other foods that contain at least as much. So, add some of these potassium-rich choices to your menu:

POTASSIUM IN MILLIGRAMS

1 baked sweet potato	694
¼ cup tomato paste	664
½ cup cooked beet greens	655
1 baked potato	610
½ cup canned white beans	595
8 ounces of nonfat yogurt	579
3 ounces canned clams	534
¾ cup prune juice	530
3 ounces cooked halibut	490
3 ounces cooked yellowfin tuna	484
½ cup cooked lima beans	484
½ cup cooked winter squash	448
3 ounces cooked cod	439
½ cup spinach	419
¾ cup tomato juice	417
½ cup stewed prunes	398
1 cup nonfat milk	382
¼ cup dried apricots	378

To keep your blood pressure at healthy levels, it's also important to eat less than 2,300 milligrams of sodium a day.

Finally, an Easy Way to Prevent Weight Gain?

Yes, there is one. In fact, say researchers, this step could stem the obesity epidemic in America.

What is it? The 100-calorie-a-day plan. Wait—that doesn't mean you eat only 100 calories. Instead, trim 100 calories a day from your life. There are two ways to do it:

1. Increase your daily "energy expenditure." Translation: Get

more exercise—but just enough to burn off 100 extra calories. A 15-minute walk will do the trick.

2. Decrease your daily food intake—but again, by just 100 calories. Simply eat several fewer bites during each meal.



Trover Health System is committed to keeping you healthy. To receive a **FREE medication card**, call 270-825-5869 or email mhicklin@trover.org.



Q&A

PREVENTING KIDNEY STONES

Kidney stones affect about one out of 10 Americans. While they can be extremely painful, they're also often preventable.

Q What causes kidney stones?

A Kidney stones develop from urine crystals that clump together inside the kidneys. Normally, urine contains chemicals that keep these crystals from forming. Kidney stones form when these chemicals fail to work. Doctors aren't sure why certain people are more susceptible. Genes may play a role. Those with a family history of kidney stones have a greater chance of developing them. People with kidney disease or chronic urinary tract infections also are more likely to have kidney stones.

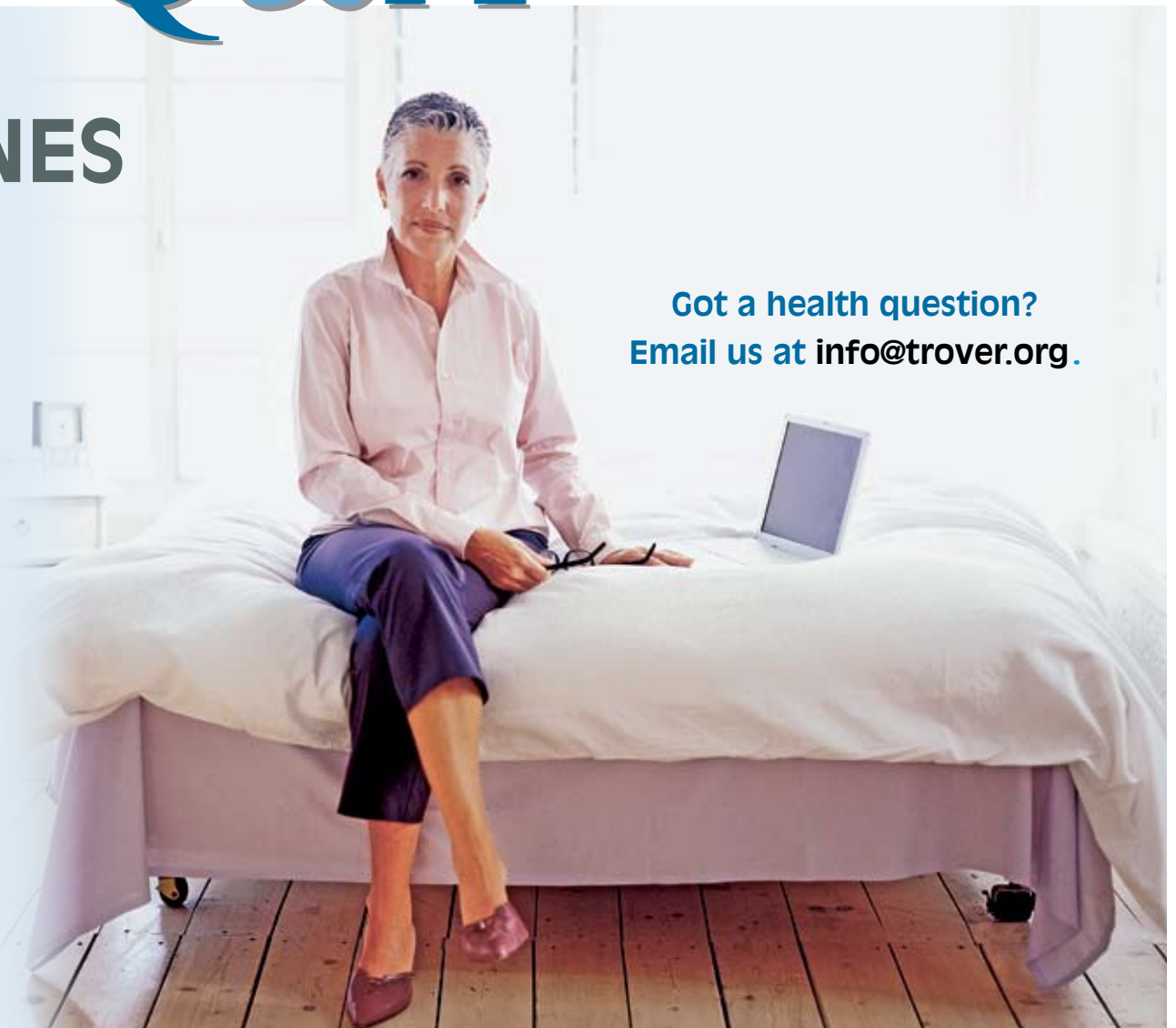
Q Can I prevent kidney stones?

A You can take steps to lower your risk of developing kidney stones—whether you've already had one or not. Start by drinking at least six to eight 8-ounce glasses of water every day. This helps keep urine from becoming concentrated. Have another glass at bedtime and one more during the night. People who use the bathroom during the night seem less likely to have kidney stones.

It also helps to eat a balanced diet with plenty of calcium-containing foods.

Studies show the more calcium-rich foods you eat, the less susceptible you are to kidney stones.

Experts recommend getting 1,000 to 1,200 milligrams of calcium each day.



Got a health question?
Email us at info@trover.org.

Q How can I avoid future kidney stones if I've already had one?

A You may be able to avoid another kidney stone if you follow the advice to the left. You should also take these measures:

- Don't drink a lot of grapefruit juice, which may contribute to kidney stones. Men: Go easy on the apple juice for the same reason.
- Vary your sleep position. People who form stones may tend to sleep on one side.
- Limit processed foods and other salty foods. Eating a lot of salt may raise the risk.
- Avoid over-the-counter cold remedies that contain guaifenesin—linked by research to kidney stones.

A Painful Process

As kidney stones move toward the bladder, they can cause excruciating pain. The first sign of a kidney stone usually is a sudden, cramping pain in the back, side, or lower abdomen. Pain may later spread to the groin. Other symptoms include:

- nausea and vomiting
- blood in the urine
- an increased need to urinate
- burning during urination.

Stones often pass without a doctor's help. But call your doctor right away if you have fever and chills along with these symptoms.

To learn more about kidney health services at Trover, call **270-824-3421**.

Community Calendar

GENERAL CANCER SUPPORT GROUP

TIME: **First Wednesday of the month**

CONTACT: Rita Cates
270-825-5815

BECKY WEST BREAST CANCER SUPPORT GROUP

TIME: **Second Tuesday of the month**

CONTACT: Rita Cates
270-825-5815

ALZHEIMER'S SUPPORT GROUP

TIME: **Third Tuesday of the month**

CONTACT: Patty Simmons, RN
270-825-4103 or Patsy Ball
270-821-4488

Trover offers a wide array of health events and programs for the community. Call Trover Community Health today, at 270-824-3454, to find out more.



Walk Your Way to a Healthy Heart

Walking. You've done it for as long as you can remember. It's a simple and low-cost form of exercise—and it's a great way to keep your heart healthy.

In fact, regular walking may reduce the risk factors for heart disease. Moving your feet can improve cholesterol levels, lower blood pressure, reduce stress, and burn extra calories.

A study of more than 73,000 postmenopausal women found that walking briskly at least 2 ½ hours a week reduced women's risk of developing heart disease by 30%.

How Much Should You Walk?

Walking as little as one hour a week can make a difference in lowering your risk for heart disease, particularly if you are inactive. But most experts recommend moderately intense exercise to prevent chronic health problems, such as heart disease. Try brisk walking for at least 30 minutes most days of the week.

And keep the pace up, because brisk walking—3 to 4 miles per hour—can reduce your risk for heart disease more than walking at an easy pace.

Is Walking for Everyone?

Regular walking can help prevent heart disease as well as improve the health of people already diagnosed with heart disease. But be sure to talk to your doctor before you start any exercise program, particularly if you have heart disease or another medical condition, such as high



blood pressure, diabetes, or arthritis. Together, you can decide on how far—and fast—a walk you need to keep a healthy heart.

How to Fit a Walk into Your Daily Routine

If you're like many people, you may think you just can't find the time to take a daily walk. Here are some quick and easy tips to help you fit walking into your regular routine:

■ Keep a pair of comfortable walking or athletic shoes at home and work.

■ Plan a walk as part of your daily commute.

■ Park at the far end of the parking lot and walk the rest of the way to your destination.

■ Skip the elevator and take the stairs. ■

Need a personal trainer to help you get started on fitness and stay motivated? Call Fitness Formula at 270-824-2020.

Spring 2007 • www.troverhealth.org • Trover Health System • 800-998-5100

Trover
900 Hospital Drive
Madisonville, KY 42431

Non-profit Org.
U.S. Postage
PAID
Trover

Trover

Trover Health Update is a publication of Trover. The information provided is intended to educate readers about subjects that are pertinent to their health, not as a substitute for consultation with a personal physician. For more information on classes or programs, consult the Trover website, www.troverhealth.org. For questions or suggestions on content, please contact Mellissa Hicklin, Marketing and Public Relations at 270-825-5869 or mhicklin@trover.org.

© 2007. Printed in USA



Printed on Recyclable Paper

6051M