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Why You Should Strength Train
Set SMART New Year’s Resolutions
Hidden Heart Attacks: Know the Signs
Are multivitamins bad for me?

Q I take a multivitamin every day, but my neighbor says that vitamins can be bad for you. How can I know what kinds of vitamins or supplements to avoid and what is actually good for me?

A Not all doctors agree about the benefit of vitamins and supplements, but there’s one thing we can all agree on: If you are taking any kind of vitamin or supplement, you need to tell your primary care provider, as well as any providers involved in your care.

More than half of all American adults take some kind of vitamin, but most don’t think they need to tell their doctor. All vitamins, minerals, supplements, detox regimens—you name it—are medically important.

Unfortunately, just like with prescription medications, the wrong combinations of vitamins can mean more harm than help. Some pre-existing health conditions don’t mix well with certain supplements, and some vitamins counteract or react with prescription medications—such as birth control, blood thinners, heart medication, and even antibiotics. Taking the wrong doses of vitamins, combining vitamins, or mixing supplements and alcohol could have negative effects on your health.

Ask first It’s always best to talk with your doctor before you start taking a supplement, especially if you already take medications, have health concerns, or are pregnant. People who take more than one medication or supplement are at high risk for a potentially negative interaction, some of which can take weeks to develop. If you’re a caregiver who manages medications for a family member or a loved one, be sure to keep a list of every medication your loved one takes. This includes prescription and nonprescription drugs, as well as nutritional supplements and vitamins.

Be sure to have a doctor or a pharmacist review that list at least once a year to look for possible drug interactions.

Take extra care Be aware of common supplements that can interact with medications. Here are just a few:

- St. John’s wort
- Feverfew
- Vitamin E
- Garlic
- Coenzyme Q10
- Vitamin D

FIND A PHYSICIAN Need a primary care provider? Call 1-888-726-2372.
Get a SMART start to your New Year’s resolutions
Good form! How strength training benefits the body
Sore back? Stretch it out
Genetics and your health: What’s the connection?
Toys for tots: Keep them safe
How you can lower your risk of getting cancer
Could you have a heart attack and not know it?
What to know about women’s wellness visits
Family dinners redone

Information in HEALTH CONNECTION comes from a wide range of medical experts. Models may be used in photos and illustrations. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider.

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HEALTH CONNECTION is published quarterly by Kettering Health Network, 3535 Southern Blvd., Kettering, OH 45429, to improve the health literacy of the community and connect readers to health information and services.

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As you begin to consider what 2020 may bring, you’re likely deciding how you want to improve this year. While prioritizing your health, weight, finances, or social life can create valuable change in your life, don’t forget to protect your mental health through the process, especially if you happen to fall short on some of your goals.

Julie Manuel, MSEd, LPCC, NCC, a psychotherapist with Kettering Health Network, says the best way to do this is by taking time to evaluate where you are and aspire for achievable goals.

Specific Measurable

What do you want to do? How will you know when you’ve reached it?
Julie says a big part of surrounding yourself with kindness is creating community. Consider gathering a group of your friends or family to discuss each other’s goals, talk about where you can hold each other accountable, and reassure each other if you don’t accomplish everything you set out to do.

With positive self-talk and consideration for your mental health in mind, it’s still OK to focus on resolutions if you do it in a way that increases your mood and promotes a healthy self-image.

“It’s totally fine to set those goals—introducing some more positive things in your life is important,” Julie says.

Give thanks  If you want to focus on improving your mental wellness in 2020, Julie says being thankful is the best place to start.

“Practicing gratitude is so vital,” she says. “Practicing gratitude is the number one key to a better, more positive self-image and self-perspective.”

Julie suggests starting a gratitude journal and dedicating time to write down the things for which you’re grateful. If journaling isn’t your style, consider setting an alarm to remind you to stop throughout the day and reflect on what you have. Whether it’s something as small as having shoes on your feet or as big as a family vacation, gratitude can help you cultivate a mindset of positivity to carry you through this year.

Keep some perspective  “Sometimes we get a bit ahead of ourselves,” Julie says. “Rather than setting yourself up for failure, ease yourself into your goals by setting realistic expectations.”

It’s important to start with goals that, with a bit of extra effort, you know you can meet. This might mean that instead of deciding to exercise at the gym six days a week, you might start with two days and work your way up.

“Setting small goals is helpful to feel you’re making progress,” Julie says. “If you have an alarm set for the morning and get up without hitting snooze, you’ve already accomplished a goal for the day. We can’t conquer big goals without first achieving small ones along the way.”

Start SMART  Julie suggests using SMART goals to help you achieve what you want in life. This makes sure what you set out to do is specific, measurable, achievable, realistic, and timely.

Be kind and forgiving  If you do find yourself missing the mark on what you tried to accomplish, approach the situation with compassion to avoid spiraling into a pattern of negative self-talk.

“Tell yourself it’s OK and that you forgive yourself,” Julie says. “Reevaluate and put things into perspective. Know that it could be worse, but that you can also do better.”
To ensure a well-balanced workout plan, it’s important to incorporate strength training with cardiovascular exercise to establish a better aerobic workout.

Molly Tatum, DO, a fellowship-trained orthopedic surgeon who works with the Sports Medicine team at Kettering Health Network, explains three ways that strength training leads to a healthier you:

1. **Improves Bone and Joint Health**
   - Strength training creates healthier joints by making the ligaments and tendons responsible for supporting the joint stronger. Regular strength training also lubricates the joint, creating healthier cartilage. Bone health is improved because strength training applies a therapeutic amount of stress on bones, which results in stronger, more dense bones, decreasing your risk of osteoporosis.
Strength training helps us maintain mobility as we age. It improves balance, stability, and coordination by strengthening core muscle groups that help us do everyday activities.

Strength training increases calorie burn and can potentially help you lose weight.

**How heavy should the weights be?** “The amount of weight you use for strength training is not important. You can use only your body weight and still build strength,” says Dr. Tatum. “Exercises like squats, lunges, and even holding your arms out in space for an extended period of time can build strength.”

Dr. Tatum recommends using what you have at home to start building strength. “You don’t need a gym membership or fancy weight-training equipment. You can use jars, canned goods, or anything that has some weight to it,” she says.

**How do I get started?** Dr. Tatum recommends strength training each muscle group at least three nonconsecutive days per week. Target all the large muscle groups—hips, thighs, legs, back, chest, shoulders, arms, and abdomen.

If you’re concerned about bulking up, Dr. Tatum assures that it takes a lot of effort to build bulky muscle. “If you’re looking to just tone your muscles, use a lower weight and perform more repetitions,” she says. “Bulky muscle is built through more weight and fewer repetitions.”

If you’re unsure of where to start, talk to your primary care provider, physical therapist, or a certified strength trainer to get ideas on how to begin and to ensure proper form. If something hurts while doing an exercise, you may not be performing it correctly.

“To prevent injury, you should not push through pain. Mild soreness can be normal when starting a new exercise program, but pain can mean your form is incorrect or something else is wrong,” says Dr. Tatum. “Muscle soreness is expected for a couple of days. If you have any pain lasting more than 48 to 72 hours that isn’t improving each day, it is a cause for concern, and there might be an injury.”

If you’ve been cautioned on other exercise programs in the past, talk to your primary care provider before beginning any physical exercise regimen. If you’re recovering from an injury, be sure to check with your doctor about what exercises you can do and what to avoid.
Heavy lifting, long car rides, and sleeping in an odd position are all common causes of temporary back pain. Most people think there is nothing they can do for back pain aside from taking over-the-counter pain medication and carrying on with life until the pain subsides, often living with discomfort for days at a time.

But there’s another option. Incorporating gentle stretching into your routine can help relieve—and prevent—back pain.

“The lower back and pelvis are attachment sites for many muscles. Tightness in these muscles, along with imbalance in strength and flexibility, can create abnormal strain and result in pain,” explains Kettering Health Network physical therapist Jennifer Richter, PT, DPT, ATC. “Stretching can increase range of motion in the spine and hips and address the imbalances that lead to back pain.”

There are a variety of stretches that can help relieve and prevent back pain. If you experience back pain, try incorporating the three on page 9 into your day.

**When to make an appointment**  “If you experience back pain that does not respond to rest, ice, and stretching within seven to 10 days, you should see a physician to rule out a more severe injury or underlying problem,” says Jennifer. “If you have low back pain that spreads into both legs or below the knee of one leg, this should also be evaluated by a physician.”

“Underlying causes of back pain can include pinched nerves, spinal stenosis, arthritis, or alignment issues of the spine,” says Kettering Brain & Spine physiatrist Don Mascarenhas, MD. “These conditions usually require further treatment from a specialist to improve or resolve.”

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**To relieve and prevent pain, stretch your spine**

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**Three ways to protect your back**

**KEEP MOVING.**  Avoid sitting for more than 45 minutes at a time.

**USE PROPER FORM.**  Be aware of body position when bending, lifting, and twisting. These are the positions in which the low back is most vulnerable to injury or irritation.

**RESPECT PAIN.**  Back pain is not typically a “no pain, no gain” problem. The pain is a message from your body asking you to pay attention. If you are experiencing pain, stop the activity.
Three stretches to try

Seated hamstring stretch
- Sit on the edge of an upright chair and extend your left leg.
- Place your left heel on the ground, then with a straight back, gently lean your trunk forward. You should feel a pulling sensation in your left hamstring and lower back. Hold for 30 seconds, then repeat on the other side.

Single knee to chest stretch
- Lying on your back, with your right leg extended, bend your left knee and bring your left thigh toward your chest.
- Hold onto your left shin with your hands and gently pull your thigh toward your chest. Hold for 15 to 30 seconds, then repeat on the opposite side.

Seated piriformis stretch
- Sit on the edge of an upright chair and bring your left ankle to rest on your right thigh.
- Keeping your back straight, gently lean your trunk forward.
- You should feel a pulling sensation in the left hip. Hold for 30 seconds, then repeat on the other side.

Stretches should always be performed in a pain-free manner. Some pulling in the targeted muscle is appropriate, but the stretch should not increase or cause pain.

PUT BACK PAIN BEHIND YOU
Sign up for a Kettering Health Network Sports Medicine program by calling 1-855-870-9749 or visiting ketteringhealth.org/sportsmed to learn how you can live a more active lifestyle.
You can also schedule an appointment with a Kettering Brain & Spine specialist by calling 1-855-786-2649.
If you’ve been to the doctor, especially one you haven’t seen before, you likely filled out a form about your family’s history of certain diseases. Such questions allow your doctor to determine the best course of action for you when it comes to preventive screenings.

“The big debate in medicine is whether some diseases are caused by your genes, your environment, or both,” says Andrew Gantzer, DO, family medicine physician at Kettering Health Network. “Some are precipitated by behaviors and what you’re exposed to, like smoking leading to lung cancer. Others may be impacted by family history.”

Just as not all smokers will develop lung cancer, not all people with a family history of certain diseases are sure to develop them. But because you share a vast majority of your genes with family members, you should be screened just in case.

Common conditions According to Dr. Gantzer, conditions influenced by genetics include:

- High blood pressure
- High cholesterol
- Diabetes
- Heart disease
- Cancer, especially breast, colon, ovarian, and prostate
- Anemias or other blood problems
- Inflammatory bowel diseases, such as Crohn’s disease and ulcerative colitis
- Thyroid disease and other autoimmune diseases, such as rheumatoid arthritis and lupus

Screenings Depending on which condition runs in your family, your doctor may choose to run certain tests or begin routine screenings at an earlier age. For example, those with a family history of colon cancer may begin screening at either age 40 or 10 years earlier than the youngest age at which a family member was diagnosed.

Your doctor may also suggest more aggressive forms of prevention if your risk is high.

“The BRCA1 and BRCA2 genes run in families and really increase your risk of breast and ovarian cancers,” Dr. Gantzer says. “Some people who have that gene will opt to have their breasts removed.”

While not all family history will point you to major surgery, you should continue to get your routine
It’s always helpful to have a standing relationship with a primary care provider who can decipher what changes in your health mean. Need a primary care provider? Call 1-888-726-2372.

**Establish a Relationship**

**NEW DISCOVERIES**

**The important details** With DNA programs giving us more information than ever about decades of our family history, you may have more information than your doctor needs. Whose health information is pertinent to your doctor?

“For sure first-degree relatives, such as mom, dad, and siblings,” Dr. Gantzer says. “It’s probably a good idea to tell your doctor about grandma and grandpa, too.”

When it comes to second-degree relatives, like cousins, the information may not be as helpful. Still, if it feels important, Dr. Gantzer says don’t hesitate to bring it up.

“We’ll sort through the information together,” says Dr. Gantzer. “It’s much better to have more information than none at all.”

**New discoveries** Though it is essential to let your doctor know of any significant changes in the health of your first-degree family members, a cancer diagnosis in the family is not necessarily a reason to make an appointment yourself.

“Save the information for the next time you come in,” Dr. Gantzer says. “But if you are having any related symptoms, go see your doctor.”

Often, when someone is diagnosed with a disease that has a strong correlation with genetics, their doctor will let them know which family members should also be tested. Don’t be afraid to speak up to your doctor or your family member’s doctor if you are worried about your risk.

Depending on which condition runs in your family, your doctor may choose to run certain tests or begin routine screenings at an earlier age.

screenings and be aware that you may need to do them sooner or more often based on your family history.
“Creative play that bubbles up is like a spring from deep within a child.”

—Joan Almon
Store shelves are boasting brightly colored boxes full of gadgets and toys for the children in your life. But before you fill your cart with the season’s latest, make sure your purchases are the safest choices for the kids on your shopping list.

**Match toys to kids’ ages** Check the toy’s packaging for age restrictions to ensure the gift is appropriate. These age guidelines take into account the game or toy’s compatibility with a child’s maturity, interest level, and risk for choking or injury.

You will also want to consider other children who live in the household. An eight-year-old may be excited to receive a jewelry-making set, complete with hundreds of small beads, but if there’s a two-year-old in the house, it might not be the best present.

“One of the many things we’ll see is toddlers putting beads into their nose or ears, and most often they found them in an older sibling’s playthings,” says Nancy Pook, MD, emergency medicine physician and medical director of the Network Operations Command Center at Kettering Health Network.

For that reason, it’s a good idea to pay attention to the news during the first few weeks after popular toys have hit homes as holiday gifts.

**Look for potential hazards** Prevention of risky situations is crucial to keeping your children safe; however, if an accident happens, you should know what to do. If a swallowed toy is blocking the child’s airway, it might be appropriate to perform the Heimlich maneuver, but you will want to call 911 immediately. Even if your child is breathing and does not appear to be distressed, it is still a good idea to bring them to the emergency department where doctors have special tools to remove the foreign bodies.

**Tips to keep your little ones safe**

- **Store shelves**
  - Something age-appropriate to keep your little one occupied.

- **Avoid toys with small parts**
  - The most common toy-related incident seen with young children is their eating or breathing in objects—so it’s essential to keep small toys, especially those with small plastic parts that can’t be seen on an X-ray, stored away.

  “Be attentive to what’s in the child’s environment,” Dr. Pook says. “Keep things organized and put them in bins so the baby or toddler can’t get into something that may be sitting around.”

  Ingestion of batteries—especially button batteries—can also be a dangerous risk for young children, as they can cause damage in just a couple of hours, says Dr. Pook.

- **Stay alert**
  - “Occasionally things like lead exposure will pop up in recently manufactured toys, but it’s rare,” Dr. Pook says. “Unfortunately, you just have to pay attention to safety warnings that come out later if it’s a brand-new, manufactured toy.”

**Know where to go**

When the unexpected happens, it’s important to know where to go for care. Visit ketteringhealth.org/emergency to find a list of emergency center locations.

If an emergency is happening, call 911.
**YOUR HEALTH CALENDAR**

Register online at ketteringhealth.org/healthcalendar or call toll-free 1-844-883-3420.

**HEALTHY LIVING EVENTS, CLASSES, & SCREENINGS**

Call 1-844-883-3420. Registration required unless otherwise noted.

**CAREGIVING**

**Powerful Tools for Caregivers**

This free, six-week educational workshop is for people who are taking care of a family member or friend. It is designed to support the family caregiver and improve his or her well-being. Call to learn more.

**DIABETES**

**Duck Diabetes**

Learn how to reduce the risk of getting diabetes and enjoy better health in this free, one-hour presentation. Get practical tips for grocery shopping, eating out, losing weight, and increasing physical activity. Call for dates and locations.

**Diabetes Support Groups**

If you are living with diabetes, you are not alone. Free diabetes support groups meet each month in Beavercreek, Centerville, and Hamilton. Led by a certified diabetes educator, these groups allow participants to gain knowledge as they share information and ideas. Call 1-888-822-4114 for more information.

**EXERCISE & FITNESS**

**Adult Fitness**

This program provides one hour of one-on-one instruction to work toward your specific goals or on overall fitness. The program can accommodate all levels and goals, including post-rehabilitation, weight loss, and performance. Call 1-855-583-9991.

Kettering Sports Medicine

**Dartfish Movement Analysis**

Use video motion-analysis software to improve your gait pattern and other motions to prevent injury and improve sport performance. Call 1-855-583-9991.

Kettering Sports Medicine

**Get Moving/Get Fit**

This six-week total body fitness program uses fun circuit-training exercises, treadmill running or walking, and flexibility and core-strengthening exercises. Call 1-855-583-9991.

Kettering Sports Medicine

**Metabolic Efficiency**

This program determines how many calories your body burns and assists you in balancing calories consumed with calories used. With this information, exercise physiologists, dietitians, and athletic trainers help you personalize a plan. Call 1-855-583-9991.

Kettering Sports Medicine

**FINANCIAL AID PROGRAMS AVAILABLE**

If you ever need emergency or medically necessary care from a hospital (or have already obtained care) and are concerned about your ability to pay your hospital bills, you should know about Kettering Health Network’s financial aid programs. These programs ensure that all patients receive the best quality medical care available, regardless of their financial situation. Some patients may be eligible for a full or partial discount. For more information, call 1-877-952-6778 or visit ketteringhealth.org/financial.

**MORE ONLINE**

Visit ketteringhealth.org/healthcalendar for more classes and screenings.
Nutrition Consultation
Experts teach and coach individuals of all ages to reach their goals. Learn about fitting healthier foods into a busy lifestyle, recovering from illness, optimizing athletic performance, or managing a chronic disease. Call 1-855-583-9991.
Kettering Sports Medicine

Sports Acceleration
This training program is uniquely designed for individuals ages 10 and up for targeting specific training needs and goals. Call 1-855-583-9991.
Kettering Sports Medicine

Yoga
This back- and joint-friendly class eases chronic pain; supports relaxation and better sleep; promotes better breathing and mental focus; and improves balance, strength, flexibility, and mobility. Cost: $35 for Years Ahead members; $45 for all others.
Sycamore Medical Center
Mondays, Feb. 3–March 9
Thursdays, Feb. 6–March 12
Mondays, March 23–April 27
Thursdays, March 26–April 30
6–7 p.m.

Prices and availability are subject to change without prior notification. Unless otherwise noted, registration is required for all classes and screenings.

HEART & STROKE
Blood Pressure Screenings
Know your numbers and get your questions answered. No registration required. Free.
Charles I. Lathrem Senior Center,
Kettering
Jan. 7, Feb. 4, March 3
11 a.m. –1 p.m.
Miamisburg Community Center
Jan. 17, Feb. 21, March 20
11:30 a.m. –1 p.m.
Town & Country Shopping Center,
Kettering
Jan. 24, Feb. 28, March 27
9:30–11:30 a.m.

NUTRITION
Weight Management Made Simple
Start the new year learning winning strategies for weight management and proper hydration. A dietitian and chef will discuss positive thinking, environmental cues, and healthy eating tips.
Rec West Enrichment Center
Jan. 8, 1–2 p.m.

Mediterranean Keys to Health
Learn how living a Mediterranean lifestyle can lead to greater vitality and longevity. A dietician and chef will discuss which foods and practices promote good health.
Rec West Enrichment Center
March 11, 1–2 p.m.

SAFETY
Stop the Bleed
Learn how you can save a life. This one-hour class prepares bystanders to stop uncontrolled bleeding until help arrives.
Kettering Medical Center, Dining Room No. 3
Jan. 27, Feb. 24, March 23
7–8 p.m.

STOP SMOKING
Say Goodbye to Tobacco
This free, five-week class takes participants through the quitting process and provides a month of nicotine patches, as well as gum or lozenges. Provided in partnership by Kettering Health Network and Public Health–Dayton and Montgomery County.
Kettering Medical Center, Dining Room No. 3
Wednesdays, Jan. 8–Feb. 5
Wednesdays, Feb. 19–March 18
6–7 p.m.
“Obesity is linked to increased risk of many forms of cancer, including endometrial, kidney, gastric, colon, pancreatic, and esophageal,” says Kettering Health Network oncologist Heather Riggs, MD. Getting a minimum of 150 minutes of moderate physical activity each week can help people maintain a healthy weight. “Exercise also reduces the risk of recurrent cancer for colon cancer and breast cancer survivors,” says Dr. Riggs.

Cigarette smoking is responsible for the majority of cases of lung cancer and causes 80% to 90% of lung cancer deaths. Smoking can also cause cancer of the mouth and throat, voice box, esophagus, liver, stomach, pancreas, kidney, bladder, colon, and rectum. If you smoke, talk with your primary care provider about ways to quit. You can also call 1-888-971-6318 to learn about classes that can help.

The HPV vaccination is recommended at 11 to 12 years of age for both boys and girls, and “catch-up” vaccinations can be given to adolescents and adults.

According to the National Cancer Institute, about 38% of men and women will be diagnosed with cancer at some point in their lives. While doctors and researchers are still working to find a cure, there are steps people can take to lower their risk of developing cancer.

Screening guidelines

Following screening guidelines can help detect cancer early. Know your body and regularly check for any physical changes (spots, lumps, bumps), and monitor for changes in energy level. If a concern arises, make an appointment with your primary care provider.

For healthy individuals who do not have a family history of cancer, cancer screenings should begin at the following ages:

21: Cervical
40: Breast
45: Colon and rectal

Screening frequency and approach will change as people age. Make sure to talk with your health care provider about recommended screening guidelines for you.

Sources: Centers for Disease Control and Prevention; World Health Organization
Hit the produce aisle

“More and more epidemiological research points to the association of saturated fat intake and red meat consumption with the risk of colon cancer and prostate cancer,” says Dr. Riggs. “Diets rich in fruits, vegetables, and whole grains are linked with lower cancer risk.” Avoid processed foods and empty calories found in sodas and snack foods, and focus on eating fresh, nutrient-dense foods instead.

Protect your skin

Skin cancer is the most common cancer in the United States. The biggest environmental factor linked with developing skin cancer is exposure to UV rays through the sun and tanning beds. To reduce your risk, stay out of tanning beds, and when spending extended amounts of time outdoors, use sunscreen and wear sun-protective clothing.

Know your family history

Prevention programs and strategies may differ for people who have a strong family history of cancer. If several of your family members have been diagnosed with cancer, be proactive and discuss preventive strategies with your primary care provider. In some cases, genetic testing may be appropriate to identify whether an increased risk of cancer exists.

While these tips can help minimize your overall risk, there are still some factors that are out of your control.

“It is important to note that cancer can happen to a person who has made ‘perfect’ lifestyle choices,” says Dr. Riggs. “Some cancers increase in risk as people grow older, such as prostate and breast cancers.”

HERE TO HELP

Learn more about cancer prevention and other cancer care services at ketteringhealth.org/cancercare
Every 43 seconds, someone has a heart attack.

“The unfortunate part is not everyone who has a heart attack will know they’ve had one,” says Kettering Health Network invasive cardiologist Syed Ahmed, MD. “We’re working to educate everyone on the symptoms of a heart attack, because we can save a lot of lives if a heart attack is diagnosed and treated earlier.”

A heart attack occurs when blood flow to the heart is abruptly cut off or significantly reduced. When this happens, the cells in the heart can be damaged and fail to function properly.

The most common symptom of a heart attack is angina, which is significant chest pain or a feeling of heaviness on the chest that lasts for more than a few minutes or goes away and comes back. “People often describe this sensation as an elephant sitting on their chest,” says Dr. Ahmed. “This pain and discomfort can also radiate to the jaw, back, and arms, due to shared nerve pathways between the heart and these locations.”

Other common symptoms of a heart attack include cold sweat, dizziness, and light-headedness.

“A fair majority of people will know they are having a heart attack because most people present with the classic symptoms,” says Dr. Ahmed. “However, there is a percentage of the population who will not know they’re having a heart attack when it’s happening.”

Subtle symptoms Up to 40% of all heart attacks are silent—meaning they go undetected.

People who experience uncharacteristic signs of a heart attack are more likely to miss that they’re having one and are less likely to get treatment to prevent a future heart attack. Abnormal symptoms of a heart attack—such as excessive fatigue, fainting, and nausea—are easy to miss because they can be attributed to other ailments.

“When people experience atypical heart attack symptoms, they may think ‘I didn’t sleep well, I ate something bad, or I have the flu,’” explains Dr. Ahmed.
Prompt action and prevention

Heart disease is the leading cause of death for both men and women in the United States.

Men and women experience classic heart attack symptoms nearly equally; however, women are more likely to miss atypical symptoms. Commonly overlooked symptoms in women include indigestion, fatigue, lower chest and upper abdominal pain, upper back pressure, and shortness of breath.

Knowing the full range of heart attack symptoms and receiving prompt medical attention can positively influence your health in the short and long term.

You can minimize your risk of having a heart attack by being proactive about your health. “Many of the risk factors for having a heart attack are modifiable,” says Dr. Ahmed.

Obesity, high blood pressure, diabetes, high cholesterol, lack of physical activity, and smoking all elevate your chances of having a heart attack. The good news is that most of these conditions can be improved through lifestyle choices. Working with your primary care provider to maintain optimal health can yield positive benefits in heart function, overall health, and life expectancy.

“Patients are their own best advocates,” says Dr. Ahmed. “They’ve lived in their bodies their entire lives and will know if something is wrong. Listen to your body, and if something is off, seek help.”

Sources: American Heart Association; Live Science; Physician’s Weekly

 KNOW YOUR HEART

Schedule a heart screening by calling 1-844-850-0022 or visiting ketteringhealth.org/heart

If you experience the symptoms above, call 911.

KNOW THE SYMPTOMS OF A HEART ATTACK

Classic symptoms
- Chest pain or heaviness
- Referred pain (located away from the organ involved) in jaw, arm, or back
- Dizziness
- Cold sweat

Atypical symptoms
- Excessive fatigue
- Nausea or vomiting
- Fainting
- Shortness of breath
- Upper back pressure or pain
Your guide to women’s wellness

Make the most of these essential visits
Overwhelmed with questions, you might struggle to pick up the phone and make that appointment. Here, Whitney Clark, APRN-CN, nurse midwife at Kettering Health Network, clears up the confusion to help you understand these essential appointments.

**Starting visits** It can be easy to think that if you aren’t sexually active or planning to start a family, women’s wellness visits can wait. However, if you have concerns, Whitney says exams can begin at any age. “When you are under the age of 21, the well-woman exam does not necessarily include a pelvic exam,” she says. “I know a lot of younger women are nervous because of the pelvic exams.”

Pap smears begin at age 21 and are recommended every one to three years, regardless of whether the patient is sexually active. It’s imperative that you keep up with screenings, as Pap smears test for cervical cancer by detecting abnormal cells on the cervix and also test for human papillomavirus (HPV). HPV is sexually transmitted and can be contracted even if you only have one sexual partner. Some rare forms of cervical cancer may be present without sexual transmission of HPV—so all women need to be screened.

**Speaking up** For some women, bringing up concerns about vaginal or breast health can feel awkward or even embarrassing, but it’s vital that you tell your care provider so that they can give you the best possible treatment. According to Whitney, these are the things you should bring up:
- Irregular bleeding with menstrual cycles
- Sexually transmitted infection concerns
- Vaginal or urinary concerns
- Breast pain, lumps, or skin changes
- Nipple pain or discharge

**Getting specialized care** While you can bring any health concerns to your primary care provider, scheduling an appointment with a women’s care provider gives you access to care specific to your reproductive health.

“Well-woman visits are great if you want to discuss birth control, pre-conception care, safe sex practices, or any concerns about your vaginal, sexual, urinary, or breast health,” Whitney says. “We do screenings for both breast and cervical cancer and take care of women when they become pregnant.”

**Being prepared** Especially when it comes to your first appointment, you may feel some anxiety stemming from being unsure of what to expect. Whitney suggests thinking about what you want out of your visit before arriving.

“I always suggest writing down your questions in your phone so that when you leave, you feel like you got the information you came for,” Whitney says. “Always advocate for yourself. We don’t know your day-to-day life and all of the values that may be important to you, so please make us aware. We are here to care for you.”

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**Check your calendar**

When it comes to scheduling your appointment, take a look at the calendar. While it is OK to have your annual exam during your menstrual cycle, try to avoid heavier flow days, which can interfere with Pap smear results. Remember that your care provider is there to assist you with concerns. If you’re experiencing irregular bleeding, they understand that it may be challenging to avoid your period when scheduling.

**Find a women’s health provider at ketteringhealth.org/obgyn**
MASHED
sweet potatoes and turnips

Makes 4 servings.

Ingredients
1 medium sweet potato (about ¾ pound), peeled and cut into 2-inch pieces
1 medium turnip, peeled and cut into 2-inch pieces
1 tablespoon canola oil
½ cup diced onion
¼ cup finely diced Italian parsley
Salt and freshly ground black pepper, to taste
¼ cup shredded reduced-fat Swiss or Gruyère cheese

Directions
• In large pot, place steamer filled with potatoes and turnips.
• Add 2 cups water, cover, and bring to boil.
• Steam until tender, about 15 minutes.
• Meanwhile, in small skillet, in oil, sauté onion and parsley over medium heat for 5 minutes.
• In large bowl, place tender potatoes and turnips, and mash with large fork.
• Stir in onion, parsley, and oil from pan.
• Season mixture to taste with salt and pepper.
• Lightly coat baking dish with oil spray, and add potato mixture, pressing down evenly.
• Top with cheese and broil for 2 to 3 minutes or until cheese is bubbly and lightly browned.

Nutrition information
Serving size: ¼ of recipe. Amount per serving: 121 calories, 4g total fat (less than 1g saturated fat), 18g carbohydrates, 4g protein, 3g dietary fiber, 65mg sodium.

Source: American Institute for Cancer Research

HEALTH TIP:
Try adding some nuts or seeds for more protein!

LOOKING FOR A NEW WAY to make some family-favorite recipes this winter? Try these different takes on classics like meatloaf and mashed potatoes.

To learn how nutrition can help improve your health, talk to your doctor about nutrition counseling at Kettering Health Network. Call 1-844-715-7508.
TERRIFIC
turkey
meatloaf

Makes 8 servings.

Ingredients

1 tablespoon extra-virgin olive oil
1 large onion, chopped
1/2 pound cremini mushrooms, trimmed and chopped
1/2 teaspoon dried thyme
Salt and pepper to taste
3 tablespoons Worcestershire sauce
6 tablespoons low-sodium chicken broth
1 teaspoon tomato paste
2 pounds ground turkey (mix of dark and light meat)
1/4 cup breadcrumbs
2 eggs, beaten
1/4 cup ketchup

Directions

• Preheat oven to 325 degrees.
• Heat oil in skillet over medium heat.
• Sauté onions and mushrooms, add thyme, and season with salt and pepper.
• Cook until onions are translucent, about 10 minutes.
• Add Worcestershire, broth, and tomato paste and mix thoroughly.
• Remove from heat and allow to cool to room temperature.
• In a large mixing bowl, combine turkey, breadcrumbs, eggs, and onion-mushroom mixture.
• Mix well and shape into a rectangular loaf in shallow baking dish. Brush ketchup on top.
• Bake 90 minutes or until meat is cooked through and internal temperature is 165 degrees.
• Serve hot. Leftovers may be served cold in sandwiches.

Nutrition information

Amount per serving: 238 calories, 6g total fat (2g saturated fat), 14g carbohydrates, 30g protein, 1g dietary fiber, 335mg sodium.

Source: American Institute for Cancer Research
Have a Healthy New Year!

See page 4 to learn how to set SMART resolutions.

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