



# Health & Medical

## GUIDE

January 2022  
A Special Supplement to

**Daily Advocate**  
**EARLY BIRD**  
DailyAdvocate.com

**Overcoming Energy Issues**  
*Strategies to solve a lack of stamina*

**The Merits of Rest**  
*What sufficient sleep does  
for the human body*

**Additives & Answers**  
*What to know about added sugars*



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# Health & Medical

## GUIDE



- 3 Strategies to solve stamina issues
- 4 Alleviate everyday aches and pains
- 5 Answering questions about added sugars
- 6 What sufficient sleep does for the human body
- 7 Why breakfast still matters
- 9 Common side effects of medications and supplements
- 10 How aging adults can maintain a healthy weight
- 11 The nutritional value of popular types of fish

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# Strategies to solve stamina issues

**A**thletes know that energy is vital to their training and performance. But every athlete experiences days or periods when energy levels wane. Lack of energy can compromise performance and derail individuals' fitness goals, especially if they can't find ways to increase their stamina.

Individuals can try various strategies to improve their stamina. Certain solutions may be temporarily effective, but people who want to commit to a long-term fitness regimen should forgo fads in favor of long-term remedies to improve their endurance. The following are some strategies athletes can try to overcome stamina issues.

**Design a multifaceted fitness regimen.** Strength training and cardiovascular exercise are often separated, and that can have an adverse effect on stamina. The fitness and wellness retailer Johnson Fitness notes that a healthy combination of strength and cardio training, sometimes referred to as concurrent training, allows the body to perform at its best. When the body is performing at peak capacity, energy levels should not be an issue.

**Remember to rest.** It might seem counterintuitive to suggest that rest will actually help athletes avoid prolonged periods characterized by a lack of energy. But rest is vital to recovery. The American Council on Exercise notes that rest allows the body to repair muscle tissue, which is routinely damaged during exercise. Without that time to repair, athletes may feel fatigued when they begin their workouts, and insufficient rest between workouts increases the risk for injury.



**Eat before you exercise.** Athletes who exercise on an empty stomach may note their workouts tend to start off sluggish, and that's not a coincidence. The Cleveland Clinic notes that food fuels exercise by providing energy the body needs to get through a workout. Carbohydrates can provide the energy individuals need to make the most of their workout, but men and women who like to exercise in the early morning hours may not reap those rewards. In such instances, a small piece of fruit or granola bar can increase blood sugar levels, which are at their lowest after waking up, and provide a small yet useful energy boost.

**Switch things up.** Sagging stamina could be a byprod-

uct of boredom. Experienced fitness enthusiasts know that exercising as part of a daily routine and a routine exercise regimen are not one and the same. Periodically switch up a workout so the body does not grow accustomed to the same exercises and the mind does not grow bored with performing the same exercises. New challenges can reinvigorate a passion for exercise, which should reduce the mental stamina associated with doing the same exercises over and over again.

Many athletes confront a lack of stamina at some point. Various strategies can help athletes overcome a lack of energy so they can stay the course and achieve their fitness goals.

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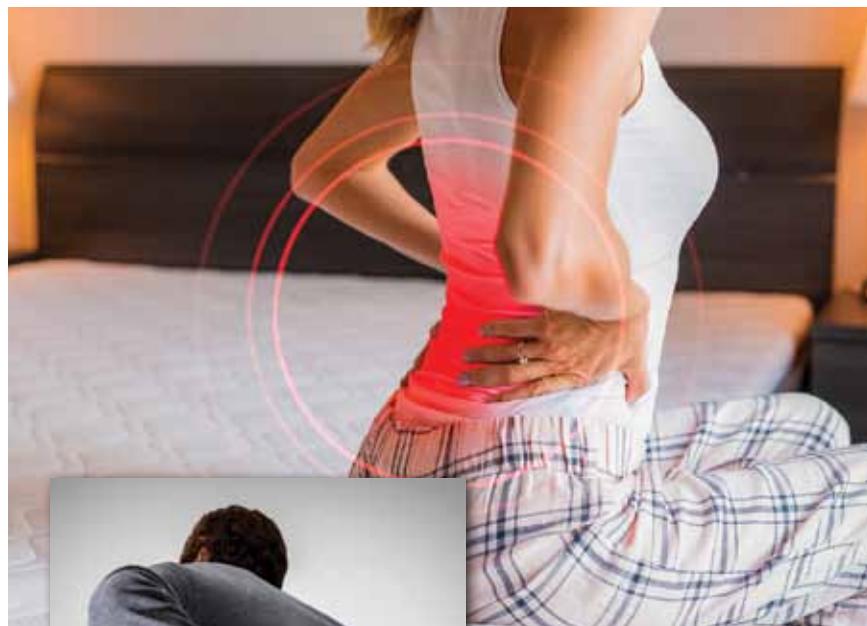
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## Alleviate everyday aches and pains



**Lower back pain is common. Various strategies can reduce aches and pains.**

**P**ain occurs for a variety of reasons. Pain may be a byproduct of overuse of a particular part of the body, or it could signal an underlying illness or condition. Sometimes injury is at the heart of aches and pains.

Daily aches and pains may be seen as a normal byproduct of aging, but that does not mean aging individuals should simply accept pain. In fact, daily discomfort can be remedied with some relatively easy techniques.

**Get moving.** Lower back pain is common among adults, and most often appears when individuals are in their mid-30s and 40s. Strength training and cardio exercises can remedy this pain because these activities increase blood flow and help build core muscles, which support the spine. Support can alleviate pressure on the discs in the back. Exercising also will build strength in other areas of the body and support joints.

**Practice good posture.** Sitting and standing with optimal posture can help the body feel better. The body is designed to stand in a “neutral” position that stacks the pelvis, head and torso, according to DMC Healthcare. When posture is out of whack, this puts undue stress on muscles, leading to pain. Drooping your head or shoulders also can create unnecessary tension that leads to headaches. Good posture can alleviate this.

**Exercise more often.** Certain pains

arise when exercising for the first time or performing a new activity. Allan H. Goldfarb, Ph.D., a professor and exercise physiologist at the University of North Carolina, Greensboro, says when you do the same activity again and again, your muscles will start to get used to it and soreness will be reduced. Don't give up on exercise too soon, but include off days in your routine to give your body time to become more acclimated to increased physical activity.

**Get tested.** Speak with your doctor if you have chronic pain in one or more areas. Such pain may be a sign of osteoarthritis, an inflammatory condition that is associated with aging. Rheumatoid arthritis and other autoimmune conditions can cause aches and pains as well, leaving the joints and tendons inflamed and a body with low energy. A doctor can rule out these conditions or help you get the therapy and medications you need.

**Increase stretching and movement exercises.** Incorporate stretching and movement exercises like yoga or tai chi into your daily regimen. These activities slowly stretch areas of the body and can improve range of motion and flexibility over time.

These are just a few ways to address common aches and pains. Medical interventions, physical therapy, occupational therapy and ergonomics assessments, and massage therapy also may help to alleviate aches and pains.

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## Answering questions about added sugars

Thanks to the internet, the average consumer now has access to more information than ever before. In the days before the internet, trust factored heavily into the consumer-business relationship. Though trust still has a place in that relationship, consumers can now access product reviews on seemingly anything, removing much of the risk associated with buying a product or service. However, many consumers are not making the most of that access, particularly when it comes to buying food.

When buying food, individuals can rely on product labels to determine nutritional value. A quick glance at food labels reveals the amounts of various ingredients, including sodium and fiber, that are present in a given product. Customers may know to check for sodium content, but added sugars have long slipped under the radar. That's unfortunate, as high amounts of added sugars pose a significant threat to consumers' overall health.

### What are added sugars?

The Mayo Clinic notes that added sugars are the syrups and sugars that are added to foods during processing.

### What distinguishes sugar from added sugars?

Many foods, including fruits and vegetables, naturally contain sugar, but there's a difference between natural sugars and added sugars. Natural sugars, like those found in fruits and vegetables, contain calories and nutrients, while added sugars



contain all the calories without the nutritional value.

### So why is sugar added to foods and beverages?

Manufacturers add sugars for many reasons. According to the Mayo Clinic, added sugars can provide additional flavor, serve as a preservative or a bulking agent, and balance the acidity of certain foods, such as those that contain vinegar and tomatoes.

### If added sugars are so commonplace, how harmful can they be?

The Centers for Disease Control and Prevention notes that overconsumption of added sugars can contribute to an

assortment of health problems, including obesity, type 2 diabetes and heart disease. That's especially troubling when considering just how much added sugars the average person consumes. The U.S. Departments of Agriculture and Health and Human Services update their Dietary Guidelines for Americans at least once every five years. In 2020, those guidelines recommended that individuals over the age of two limit their added sugar consumption to less than 10 percent of their calories per day, and that children two and

under consume no added sugars. For individuals two and older, that translates to no more than 12 teaspoons of added sugars each day. The American Heart Association is even more cautious, urging women to consume no more than six teaspoons of added sugars per day while recommending that men limit their intake to nine or fewer teaspoons per day. Unfortunately, data from the USDA released in 2020 indicates that the average male between the ages of two and 19 consumed 18 teaspoons per day, while the average female in that age group consumed 15 teaspoons per day (adults age 20 and over consumed roughly the same amount of added sugars each day as young people).

### What can consumers do to avoid overconsumption of added sugars?

The easiest thing to do to limit added sugar intake is to read product labels and avoid products with especially high amounts of added sugars. Such products may include beverages like fruit juice, soda or sports drinks; certain breakfast cereals; and baked goods and desserts like cookies, pie and ice cream. Added sugars pose a significant threat to public health. But informed consumers can do much to eliminate this threat entirely.



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## What sufficient sleep does for the human body



Sleep is an often unsung hero of overall health. Diet and exercise get their fair share of glory, but without a good night's rest, even the most physically active, nutrition-conscious individuals are vulnerable to a host of ailments and illnesses.

According to the U.S. Department of Health and Human Services, most adults need seven or more hours of sleep on a regular schedule each night. Athletes may even benefit from additional sleep. In fact, a 2011 study published in the journal *Sleep* examined the effects of sleep extension on the athletic performance of collegiate basketball players. That study found that athletes asked to extend their normal sleep times exhibited faster sprint times and increased free-throw accuracy and a reduction in fatigue at the end of the sleep extension period. Improved athletic performance is not the only way that sufficient sleep benefits the human body.

### Sufficient sleep and the immune system

The Mayo Clinic notes that the immune system releases

proteins called cytokines during sleep. The release of certain cytokines needs to increase when individuals are experiencing infections or inflammation, which is one reason why doctors often recommend extra sleep to sick patients. Without adequate sleep, the immune system may not produce enough cytokines, and that can increase the frequency with which individuals get sick.

### Sufficient sleep and weight gain

The Harvard T.H. Chan School of Public Health reports there is mounting evidence to suggest a link between insufficient sleep and weight gain and obesity. Studies exploring this potential link have been conducted for decades and have examined how sleep affects people of all ages and genders. At the 2006 American Thoracic Society International Conference, researchers who had tracked women's sleep habits for 16 years found that those who slept just six hours per night were 12 percent more likely to experience major weight gain than women

who slept seven hours per night. Experts aren't entirely sure why this relationship exists, but the results of various studies support the idea that insufficient sleep is a potential catalyst for gaining weight.

### Sufficient sleep and chronic disease

The Centers for Disease Control and Prevention notes that insufficient sleep has been linked to the development and management of various chronic diseases. For example, the CDC indicates that insufficient sleep has been linked to an increased risk for type 2 diabetes. In addition, the CDC reports that instances of hypertension, stroke, coronary heart disease, and irregular heartbeat are more common among individuals with disordered sleep than they are among people without such sleep abnormalities.

Sleep is not often mentioned alongside diet and exercise as a vital component of overall health. But a good night's rest is no less vital to long-term health than a healthy diet and physical activity.

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## Why *breakfast still matters*



**M**any adults recall being told “breakfast is the most important meal of the day” when they were youngsters. Though the accuracy of that phrasing hinges on what people eat during their morning meal, scientific evidence supports the notion that breakfast is important to overall health. A 2017 study published in the *Journal of Physiology* found that eating breakfast decreased the activity of genes involved in insulin resistance and increased the amount of sugar taken up by the cells. Those two results suggest that eating breakfast could help protect against chronic illnesses, including type 2 diabetes. As important as breakfast can be, more im-

portant is what individuals eat for breakfast. Various cereals contain a significant amount of added sugars, which the Mayo Clinic notes have been linked to a host of adverse health effects, including weight gain, increased triglyceride levels and tooth decay. In 2019, registered dietitian nutritionist Sharon Collison told *Time* magazine that a morning meal that contains protein, whole grains, healthy fat, and a fruit or vegetable can increase satiety and reduce risk for snacking later in the day. In addition, such a breakfast should provide significant amounts of fiber, vitamins and minerals that can benefit both short- and long-term health.



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# EverHeart Hospice Shares 8 Common Myths and Misconceptions of Hospice Care

## Are all hospices the same

All hospices are not the same. A hospice can be a community-based, non-profit organization like EverHeart Hospice. However, it can also be for-profit and part of a national chain. When exploring hospice options, it is important to ask for the local hospice with a trusted record and is a non-profit entity.

## How is payment for hospice care covered?

Hospice care can be paid for in various ways, including Medicare, Medicaid, private insurance, private pay, or any combination of these methods. EverHeart Hospice will never turn anyone away due to their inability to pay.

## Does receiving hospice care mean I am giving up?

The goal of hospice is to provide comfort and support. Receiving hospice care means that the patient has decided to no longer seek curative medical care for their illness. Instead, they want to focus on comfort and quality of life to spend as much time with their loved ones making cherished memories.

## Can a hospice patient live alone?

A patient can choose to live alone and receive care. Supportive family members and friends, along with regular visits from the hospice care team, can enable a person to remain alone in their home.

## Is hospice care only for a patient who has cancer?

Hospice is not just for cancer patients. Any life-limiting or terminally ill patient with a life expectancy of six months or less may qualify a person for hospice care. Increasingly, patients with diseases other than cancer are becoming hospice patients.

## Can a person in a nursing home receive hospice care?

Patients can choose to receive hospice care wherever they call home. This may be their own home, nursing facility, assisted living facility, or an inpatient hospice care center.

## Will a hospice patient pass away sooner than a patient without hospice care?

This is not true, and in some cases, patients may live longer. Hospice care can provide better control of pain and symptoms, may lessen stress within the family unit, and an adjustment to care focused on comfort rather than curative treatment brings a sense of relief to both the patient and their family.

## Is hospice care only for older adults?

Anyone who meets the requirements can choose hospice care. There are no age restrictions. Older adults most often receive care, which leads to this myth.

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# Common side effects of medications and supplements

**H**ealth professionals recommend a bevy of medications to their patients when they the benefits of such remedies outweigh the possible risks. The same can be said for vaccinations and other health therapies, such as vitamin and mineral supplementation. While supplements and medications are safe when taken as directed, they still have the potential to cause some unwanted side effects.

Over-the-counter medicines, prescriptions or even herbal dietary supplements can cause side effects. WebMD notes that most of these effects are minor and may only be a temporary inconvenience. But some side effects may be more serious. Recognizing common side effects may not make them easier to confront, but it can give people an idea of what to expect. WebMD, the DNA testing firm Sequencing and the healthcare services research experts at Sehat report that the following are some common side effects of medications and supplements.

## Stomach discomfort

Since most drugs and supplements need to go through the gastrointestinal system to be absorbed, stomach discomfort, constipation and nausea can occur. This is one reason why experts typically recommend taking antibiotics, which can cause indigestion and diarrhea, with food. The vitamins and minerals in multivitamins also can cause stomach discomfort. Non-

steroidal anti-inflammatory drugs may cause the formation of gastric ulcers and stomach bleeding when taken for extended periods of time.

## Drowsiness

Drowsiness is often associated with antihistamines, anti-tussive (cough) medicines and muscle relaxants. Drowsiness can be exacerbated if medications are mixed with alcohol.

## Skin rashes and dermatitis

Some topical medications, supplements and other medicines may lead to rashes or itchiness. A rash may be an indication of an allergic reaction. Severe allergic skin reactions may warrant cessation of certain medications and such side effects should be discussed with a doctor immediately. Vaccines also may cause pain or itching at injection sites, but that irritation tends to recede quickly.

## Confusion or restlessness

Medications such as decongestants may increase blood pressure and contribute to confusion, restlessness, and even insomnia. Decongestants, when taken in high doses, also can cause an intoxicating high, which is why they are so heavily regulated.

## Weight gain

Certain medications, particularly those that adjust hormone levels like contracep-



tives and many anti-anxiety and antidepressant medications, can lead to weight gain.

Medications and supplements are often the most effective way to help individuals

confront issues regarding their physical and mental health. However, if any side effects become bothersome, individuals should speak with a healthcare provider to find out if there is an alternative or if the medication should be discontinued.





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Tips to help you stay healthy!

**1 WASH YOUR HANDS**

To prevent the spread of germs during the COVID-19 pandemic, you should also wash your hands with soap and water for at least 20 seconds or use a hand sanitizer with at least 60% alcohol to clean hands

**BEFORE and AFTER:**

- Touching your eyes, nose, or mouth
- Touching your mask
- Entering and leaving a public place
- Touching an item or surface that may be frequently touched by other people, such as door handles, tables, gas pumps, shopping carts, or electronic cashier registers/screens

**2 COVER YOUR COUGH AND SNEEZE**

If you are wearing a mask: You can cough or sneeze into your mask. Put a new, clean mask on as soon as possible and wash your hands.

If you are not wearing a mask:

- Always cover your mouth and nose with a tissue when you cough or sneeze, or use the inside of your elbow and do not spit.
- Throw used tissues in the trash.
- Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

**3 DISINFECT**

- Clean high touch surfaces regularly or as needed and after you have visitors in your home. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- If someone is sick or has tested positive for COVID-19, disinfect frequently touched surfaces.
  - Use a household disinfectant product according to manufacturer's labeled directions.
  - If surfaces are dirty, clean them using detergent or soap and water prior to disinfection

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SOURCE: CDC 2022

<https://www.cdc.gov/coronavirus/2019-nCoV/prepare-getting-sick/prevention.html>

# How aging adults can *maintain a healthy weight*



**C**alorie-counting and watching one's weight is often seen as a young person's game. But even aging men and women should recognize the importance of maintaining a healthy weight.

Older adults may experience weight gain or unintentional weight loss. Understanding how to address each in healthy ways is important.

### Weight loss tips

More than two-thirds of Americans, including adults age 65 and older, are overweight and obese, according to *U.S. News & World Report*. A combination of factors can contribute to weight gain in older adults, including a slower metabolism and a tendency to be more sedentary with age. Empty nesters also may be less likely to cook their own meals, relying on convenience foods — some of which may be high in fat and/or calories.

Sustained healthy weight at any age is linked to improved heart health, mental health benefits like increased self-confidence, healthy joints, and much more. These tips can help aging individuals maintain healthy weights.

### Incorporate strength or resistance training into your weekly routine.

Hormone production slows down as the body ages, and that may result in a loss of muscle mass. Lifting weights or engaging in resistance training with elastic bands or body weight can restore muscle tone and speed up metabolism. Adults should aim for strength training twice a week.

### Monitor sugar and starch intake.

Many older adults have elevated blood sugar levels due to insulin resistance. When cells become resistant to insu-

lin, glucose doesn't get used up and remains in the blood. Eventually this can lead to pre-diabetes, metabolic syndrome and type 2 diabetes. Many people with these conditions have a hard time losing weight. Avoiding added sugars and extra carbohydrates could help.

**Practice portion control.** A 60-year-old can't eat the same way he or she did at age 30 or 40. Nutritionists say that, with every decade that passes, people generally need about 100 fewer calories a day to maintain their weights. Cutting calories slowly and steadily helps people maintain healthy weights, especially when they couple this with exercise.

### Avoiding malnutrition-related weight loss

Malnutrition is a common component in unintentional weight loss in aging populations. Reduction in senses of smell and taste, smaller appetites and lack of desire to make meals can contribute to malnutrition and weight loss. Underlying health problems also may lead to unwanted and unhealthy weight loss. Tracking weight loss and getting sufficient nutrients is vital to aging adults' overall health.

A 2014 study published in the *American Journal of Clinical Nutrition* found that having a body mass index at the lower end of the recommended range for adults increased risk for mortality more so than being overweight. Individuals whose BMI is less than 23 could be putting themselves in jeopardy. Older adults need to adjust their routines as they age in order to maintain healthy weights. Such adjustments can reduce seniors' risk for disease and improve their quality of life.



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# The nutritional value of popular types of fish



The following is some nutritional information on some popular types of fish, courtesy of the United States Department of Agriculture. Nutritional information for raw fish is based on a standard three-ounce serving size.

**Cod:** (Pacific): 70 calories, 0.54 grams fat, 15.22 grams protein

**Flounder:** 78 calories, 1.02 grams fat, 16.02 grams protein

**Haddock:** 74 calories, 0.61 grams fat, 16.36 grams protein

**Halibut:** (Atlantic and Pacific): 94 calories, 1.95 grams fat, 17.69 grams protein

**Mahi mahi:** 72 calories, 0.60 grams fat, 15.72 grams protein

**Ocean perch:** 81 calories, 1.38 grams fat, 15.84 grams protein

**Salmon (farmed):** 156 calories, 9.22 grams fat, 16.92 grams protein

**Tilapia:** 81 calories, 1.44 grams fat, 17.07 grams protein

**Tuna:** 93 calories, 0.81 grams fat, 19.89 grams protein

The way fish is prepared can alter its nutritional profile. Baking, grilling or broiling without adding fat are the most healthy ways to prepare fish. Enhance the flavor of fish with fresh herbs and citrus marinades.

**F**ish is an important component of a healthy diet. Compared to many other sources of protein, including beef, pork and chicken, certain varieties of fish are lower in calories per serving size. Plus, fish is an important source of omega-3 fatty acids, which have been linked to heart and brain health. The American Heart Association recommends that people eat at least two servings of fish each week. Knowing how various types of fish stack up when compared to one another can help people decide which fish to include in their diets.



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# JANUARY IS CERVICAL HEALTH AWARENESS MONTH



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