



# better you

IMAGINE THAT.

## Brain food

Special diet can cut Alzheimer's risk

## Bleacher butt blues?

Try these tricks

## Is your heart older than you?

44% who say yes can turn back time

January 2018  
CHIhealth.com





## Are You at Risk for Alzheimer's?

The 50-year-old noticed her mother showing alarming signs of forgetfulness and confusion. So she cut back on the processed foods her mom had in her refrigerator – as well as in her own.

Although more research needs to be done, studies show that eating more fruits, vegetables, fish, nuts and legumes – coupled with less meat, high-fat dairy and sweets – means reduced risk of Alzheimer's.

But you can't control every risk factor for Alzheimer's. Just getting older increases your risk, says CHI Health Clinic Geriatrician Heather Morgan, MD. Nearly one-third of people age 85 and older have the disease.

"Another factor can be family history," Morgan said. Those with a parent or sibling

with Alzheimer's are more likely to develop it. "But you can certainly help reduce your risk."

A few brain-smart lifestyle and wellness choices you can make include:

1. Avoid head injury. Wear your seatbelt, use a helmet when you ride your bike and make your house fall-proof.
2. Improve your heart health. Anything that is good for your heart is good for your brain. The risk of Alzheimer's increases if the heart is damaged by heart disease, diabetes, high cholesterol and high blood pressure.
3. Use it or lose it. Morgan suggests "thinking" activities such as reading, playing an instrument, traveling, playing with grandchildren and doing puzzles.
4. Exercise the body, too. "Activity can benefit brain cells by increasing blood and oxygen flow to the brain, as well as the number of cell-to-cell connections, and decreasing inflammation," Morgan said.
5. Keep friends and family close. In a study of healthy older people, researchers found more frequent social contact translated into better cognitive function.

There's no cure currently for Alzheimer's and by 2025, the number of people in the U.S. age 65 and older with Alzheimer's will reach an estimated 7.1 million. But there's a tremendous amount of research going on to not only predict and diagnose Alzheimer's but to slow its progression and treat it as well.

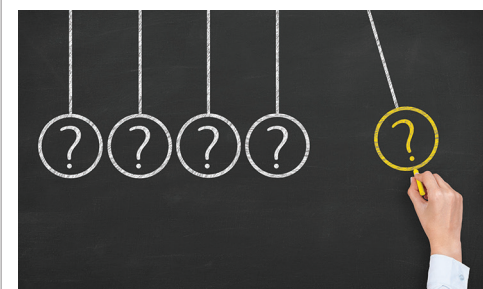
## Diagnosis: No Longer a Guessing Game?


Figuring out whether a relative has Alzheimer's could soon become easier.

Two CHI Health doctors are involved in a national study to see whether PET scans that detect amyloid deposits in the brain are able to help physicians diagnose and treat Alzheimer's disease, leading to better results.

Up to now, doctors relied on a patient's medical history, cognitive testing and a physical exam to try and detect Alzheimer's. A definitive diagnosis was not possible until the person died and an autopsy was performed confirming the presence of amyloid in the brain.

"There has never been a study of this scale to evaluate the clinical value of brain amyloid imaging in diagnosing and caring for those affected by Alzheimer's," said CHI Health Clinic Geriatrician Heather Morgan, MD, one of the doctors in the study. "The results of this study will be so important for those affected by Alzheimer's disease."





## Sidestepping Alzheimer's with Brain-Building Foods

Can eating right help you sidestep Alzheimer's? A Rush University study followed seniors over a five-year period to study the effects of a hybrid Mediterranean diet and the DASH diet for hypertension. Researchers called it the "MIND" diet – Mediterranean-DASH Intervention for Neurodegenerative Delay.

Seniors who followed the MIND diet reduced their risk of developing Alzheimer's by as much as 53 percent, and those who didn't follow it rigorously still reduced the disease as much as 35 percent. Foods included healthy fats, whole grains, omega-3s, fruits, vegetables, low-fat dairy and fish.

Researchers pointed out that even small changes in diet – with more berries, whole grains and just one serving of fish a week – helped protect participants' brains from dementia.

For more, visit [CHIhealth.com/healthy-foods](http://CHIhealth.com/healthy-foods)

# 'Urine' THE CLEAR



## CLEAR, COLORLESS

You may be drinking too much water. If accompanied by excessive thirst, it could indicate diabetes insipidus, caused by a malfunctioning pituitary gland and/or kidney.



## ORANGE

You may be dehydrated. If accompanied by pale stools and yellow skin and eyes, it may indicate a serious liver condition.



## PALE OR TRANSPARENT YELLOW

This is the optimal color of urine. Your body is properly hydrated.



## RED OR PINK

This may be due to red- or dark-colored foods or certain medications. It can also stem from a bladder or kidney problem.



## DARK YELLOW

You're becoming dehydrated. Drink more water.



## DARK BROWN

Certain foods, such as fava beans and aloe, or particular medications may be the cause. A urinary tract infection could also be the culprit.

Go ahead and look before you flush. The color of your urine provides important health clues.

“The darkness of your urine shows how hydrated you are, and the color can be the first clue of a medical condition that needs attention,” said Karen Staack, MD, CHI Health Clinic primary care provider.

Pale yellow, which comes from a pigment called urochrome, indicates healthy hydration.

Cloudy urine can signal an infection or the presence of phosphates which can lead

to kidney stones. Urine that’s consistently foamy and frothy suggests a possible kidney issue.

The medications you take and foods you eat can also influence urine color – carrots can cast an orange tint – but that’s only temporary.

“Something you should never ignore is bright red urine. That can signal a bladder or kidney problem that requires evaluation,” Staack said.

## Gotta Go? Gotta Go? ...when you have to pee all the time

### What’s normal?

6-8 times a day (men and women) is normal.

10+ times may be a sign something is going on.\*

\*Drinking excess fluids or taking diuretics for high blood pressure? You may go 10 times a day or more.

### Why might I be going too much?

- » Enlarged prostate or prostatitis
- » Urinary tract or kidney infection
- » Interstitial cystitis
- » Vaginitis
- » Overactive bladder syndrome
- » Bladder dysfunction or bladder cancer
- » Weight gain
- » Diabetic ketoacidosis
- » Stroke or neurological disease

### If it’s not a medical issue, how can I go less often?

**Lifestyle** Lose weight; drink less coffee, tea and alcoholic beverages.

**Physical therapy** Kegel exercises and bladder training can address incontinence.

**Medication** Medications can reduce frequency and urgency.

**Surgery** Vaginal sling procedures can help control stress urinary incontinence.

## Water Not Your Cup of Tea?

Good old H<sub>2</sub>O is a great for hydration. With zero calories and additives, it’s considered the ideal way to replenish fluids. But if you’re craving flavor, try these tasty water makeovers:

- Infuse with a combo of fresh herbs and fruits/veggies (i.e. berries & mint).
- Try sparkling water.
- Add a sugar-free flavoring packet.
- Squeeze in some fruit juice.
- Brew unsweetened green or black tea.

Researchers have found milk and sports drinks are just as effective for replenishing fluids, but come with extra calories.

For more, visit [CHIhealth.com/BetterYouMoreWater](http://CHIhealth.com/BetterYouMoreWater)

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# Stand and Cheer for Your Health

## You watched from the stands, so why are you the one with sore muscles?

### Bleacher Butt (n.)

A condition caused by prolonged sitting on the hard wood or metal seats of bleachers for sport events, which compresses the gluteal muscles between the pelvic bones and the flat wooden surface, resulting in pain and paraesthesias. More common in older adults and worse in cold weather.

Ask any soccer mom, Husker fan or youth sports parent: Sitting on bleachers is no laughing matter. It's not just sore backs and numb tushies. American spectators are slowly sitting themselves to death.

As a society we are spending more time seated than ever before. "Our bodies weren't designed to sit so much – driving, at work, in front of the TV and at our kids' sporting events," said Carlos Prendes, MD, primary care provider with CHI Health Clinic. "Sitting really is the new smoking."

Studies show highly sedentary people are at significantly greater risk of obesity, type 2 diabetes, cancer, cardiovascular disease and depression. Even if you regularly work out, research shows those

who sit for six hours or more a day are more likely to die earlier than someone who only sits for three.

"It's the 'use it or lose it' philosophy," Prendes said. "Regularly using your muscles keeps them healthy and pliable, but lock them in a sitting position day after day and they'll get stiff. Year after year, they'll become less proficient at running, jumping or even standing." In fact, sitting is partly why people have a hard time getting around as they age.

How do you watch from the bleachers and still keep your muscles active? It's simple according to Prendes: "Stand more. Move more."

At least 10 minutes out of every hour. You don't have to go to the gym. Even leisurely movement can help reduce aches and pains and have a profound impact on your longevity."

As an additional benefit, the doctor adds, "Standing and moving triggers the breakdown of fats and sugars. You'll burn more calories, possibly leading to weight loss and increased energy."



## Fan-tastically Healthy On-the-Go Foods

Sports and concession stands go hand in hand, and can mean empty calories – full of fat, salt and sugar. But even on the run, healthy choices are possible with a little planning.

**Eat before you go.** Throw together a slow cooker meal in the morning. Or microwave a frozen dinner (15 g fat, less than 800 mg sodium). Add a whole grain roll and fresh fruit to complete the meal.

**Bring it with you.** Pop some pre-packaged string cheese, to-go yogurt,

sliced fresh fruit or peanut butter-filled celery in your pocket. Dried fruit, fresh fruit and granola, wrapped in a peanut butter-slathered whole wheat flatbread or tortilla, is a nutritious portable meal!

**Choose wisely at the concession stand.** Water, rather than soda or sports drinks. Popcorn instead of chips. Choose a hamburger (blot the grease), using mustard not ketchup or mayo, over a hotdog or brat. And skip the largest-size chocolate bars and candy.



## Get-Moving Strategies for Spectators



Get a fitness tracker that reminds you to move every hour.



Stand along the sidelines.



Actively fidget for 5 seconds each time the whistle blows.



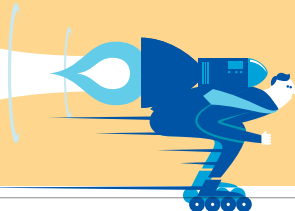
Stand and cheer during every time-out.



Walk at halftime and between each game.



## Foods That Jump-Start Your Metabolism



**ALMONDS** Because they're naturally dense, almonds provide a large amount of healthy macronutrients and good calories in a small portion size.



**SALMON** Even though it contains more calories than most white fish, salmon is low in saturated fat and high in protein and the healthy omega-3 essential fatty acid.



**SPINACH** Leafy green vegetables like spinach provide more nutrients than any other food. Eating spinach can protect against arthritis, colon cancer, heart disease and osteoporosis.



**WHEY PROTEIN** The highest quality and best form of protein, it provides the body with the necessary building blocks to produce amino acids that are used for building muscle tissue.



**WATER** Although not technically a food, nearly 67 percent of our body weight is actually water weight. Our muscles are 75 percent water and our blood is 83 percent water, so it only makes sense that adequate hydration is needed to enjoy optimal body function.

## Stubborn Weight Sticking Around? Check your thyroid



Trying to shed those extra pounds, but can't seem to make any headway? Sean Mullendore, MD, CHI Health Clinic primary care provider, said having your thyroid checked is a good place to start. "It's definitely a good idea to check the thyroid if you're trying to lose weight and having difficulty because the thyroid is one of the pieces of any weight gain, but usually it's not just the thyroid alone," Mullendore said. "There's always a complex relationship between the thyroid, weight gain and body mass index. There are so many other pieces."

Mullendore said one of those pieces could simply be how seriously the individual is sticking to lifestyle modifications, including a healthy diet, increased physical activity and modifying behavior.

Thyrotropin or TSH test is a blood test that measures the level of thyroid stimulating hormone (TSH). Health care providers use this test to diagnose problems affecting the thyroid. This butterfly-shaped gland, located near the base of your throat above your collarbones, produces two hormones (T3 and T4) that affect your energy levels, mood, weight and other important parts of your health.

The pituitary gland in your brain makes a chemical called TSH, which

triggers your thyroid to make T3 and T4. When your pituitary gland makes too much or too little TSH, this can cause your thyroid to be overactive (hyperthyroidism) or underactive (hypothyroidism).

**'There's always a complex relationship between the thyroid, weight gain and body mass index.'**

**- Sean Mullendore, MD**

Symptoms of hypothyroidism can include weight gain, fatigue, constipation, menstrual cycle irregularity, infertility, skin problems, hair loss or thinning hair, intolerance to cold temperatures and the inability to focus. Hypothyroidism is typically treated by hormone replacement, which is usually administered by taking a pill first thing in the morning on an empty stomach.

People who have thyroid problems also may have tendency for other endocrine issues such as diabetes, calcium metabolic disorder and adrenal gland insufficiency. "That would be something that your physician would definitely want to check," Mullendore said.

## The Skinny on Diet Soda

Did you know drinking diet soda on a regular basis can lead to weight gain? The artificial sweeteners in diet pop trigger insulin, sending the body into fat-storage mode and leading to weight gain.

Gaining a few extra pounds is perhaps one of the better results when it comes to Americans' addiction to these "diet" drinks. The chemicals in diet sodas and their sugary counterparts have been linked to:

- » Type 2 diabetes
- » Softening of tooth enamel
- » Lung tumors and blood cancer
- » Kidney damage
- » Raised blood pressure
- » Lower bone mineral density

Finally, consider that diet soda drinkers are 43 percent more likely to experience a vascular event such as stroke, heart attack or vascular death.



For more, visit [CHIhealth.com/BetterYouDietSoda](http://CHIhealth.com/BetterYouDietSoda)



# How Old Are You, Really?

Even though you feel young at heart, your ticker is probably a lot older than you think. Studies show 44 percent of Nebraska and Iowa residents have a “heart age” five or more years greater than their actual age. That’s unsettling, considering people with older hearts are more likely to suffer a heart attack or stroke – the leading causes of death in the U.S.

## What is your 'heart age?'

To find out your heart age, use the CDC’s online heart age calculator:

[www.cdc.gov/heartdisease/heartage.htm](http://www.cdc.gov/heartdisease/heartage.htm)

According to Matthew Halfar, MD, a primary care provider with CHI Health Clinic, “The ‘heart age’ calculator is a simplified version of a tool we use to determine the risk of a heart attack or heart disease. The good news is that it’s never too late to adopt a healthier lifestyle that will help reduce these risks.”

The Centers for Disease Control and Prevention reports a 50-year-old man could lower his heart age by 14 years by quitting smoking for a year. He could also take off another six years by controlling his blood pressure.

Reducing blood sugar, controlling cholesterol and eating healthier are helpful in addressing the other components of your cardiac risk. “And becoming more active has a huge impact on wellness,” Halfar said. “The more a person’s risk factors are reduced, the more reassuring the ‘heart age’ will be.”

Just take the first step, encourages Halfar. “Walking is one of the simplest ways to get active and stay active. For people who do not routinely exercise, I typically prescribe 30 minutes of walking three times per week. Start out at a comfortable, manageable pace and see where that takes you!”

For more, visit [CHIhealth.com/BetterYouBenefitsofWalking](http://CHIhealth.com/BetterYouBenefitsofWalking)

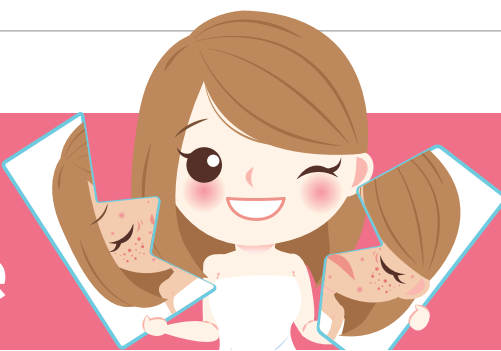


## Eating Healthy and Still Gaining Weight?

They parade as healthy foods, but can really be junk food in disguise. If you’re eating what you think is a “good for you” diet, yet still gaining weight, take a closer look at these could-be imposters:

- ! Energy/granola bars** Healthy? Not dipped in chocolate. Watch for added calories.
  - ! Microwave popcorn** Uses unhealthy trans fats to make them pop.
  - ! Pretzels** High in salt. And dipping, to make them palatable, piles on the calories.
  - ! Sushi** Fried and/or filled with mayo (saturated fat)? Find a different roll.
  - ! Dried fruit & sports drinks** Contain alarming amounts of added sugar.
  - ! Smoothies & yogurts** Only with fresh fruit, nonfat yogurt and no added sugar.
  - ! Salads** Great on their own, but toppings will get you in trouble calorie- and fat-wise.
- Instead try:**
- 👍 String cheese and whole grain crackers
  - 👍 Hard-cooked egg and a slice of whole wheat toast with a half teaspoon of margarine
  - 👍 Low-fat cottage cheese topped with diced pepper and tomato
  - 👍 Cut-up fruit or vegetables with nonfat yogurt dip
  - 👍 Whole wheat pita filled with hummus

## Your Skin Doesn't Lie



Anti-aging is a multibillion-dollar business. Creams, serums and lotions all promise to combat the natural decline of protective oils (sebum) as we age. But more important than what we put on our skin are the lifestyle choices we make.

How to look 10 years younger and save some money in the process:

- Break up with the sun**  
 Ninety percent of wrinkles are from sun exposure. Only about 10 percent are genetic. Wear a sunscreen with an SPF of at least 30 daily. And find some shade!
- Quit smoking**  
 Smoking isn’t just bad for your heart and lungs. It causes lip lines, crow’s feet and some skin cancers. It can make infection and scars, including acne scars, more likely too.

- Get your ZZZZZs**  
 Your skin repairs itself while you sleep. People who skip their seven to eight hours have more fine lines and uneven coloring, and less skin elasticity. Settle on a position that reduces pressure on your face.
- Shut down your sweet tooth**  
 Sugar attacks collagen and elastin, causing wrinkles and sagging. Instead, eat fruits, vegetables and good fats like those found in salmon.





# The Doctor Is In



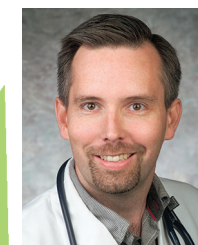
**J. RUSSELL BOWEN, MD**  
Primary Care Provider,  
CHI Health Clinic

## Should every fever be treated, or is it OK to let it run its course?

When micro-organisms threaten healthy tissue, the brain's hypothalamus raises the body's core temperature in defense – producing a fever. Higher-than-normal temps slow the growth of the attacking virus and improve the functioning of infection-fighting immune cells.

This natural infection-fighting process can be interrupted by fever-reducing medications. So for mild fevers, try letting nature run its course.

The exception? 100.4°F or greater for infants 0 to 3 months, fevers lasting more than three to five days, or if the fever sufferer is difficult to wake, not drinking enough to stay hydrated, has difficulty breathing, or is experiencing pain that doesn't respond to over-the-counter medications. For unvaccinated or incompletely vaccinated children and adults, and those who have chronic illnesses or are immune-compromised, the fever's cause should be evaluated.



**CHRISTOPHER CONNOLLY, MD**  
Primary Care Provider,  
CHI Health Clinic

## Is drinking coffee good or bad for me?

There's no definitive answer about potential health benefits of coffee. Some evidence has linked cognitive improvement – meaning increased focus, drive and alertness – to coffee. Some studies have shown coffee drinkers experience fewer headaches, while others found people can become susceptible to caffeine withdrawal headaches and habitual caffeine consumption has been associated with migraine headaches.

Two or three cups of coffee per day aren't usually going to be an issue. If you cut caffeine consumption around 2 p.m., you'll do OK sleeping because it's out of your system. The "safe range" for daily caffeine consumption is 30 to 300 milligrams. More than that can negatively impact heart rate and increase anxiety. Like most things, just consume coffee in moderation and you'll probably be fine.

## How do I know if my ache or pain is serious enough to see a doctor?

In general, you're your own best advocate. You know your body best.

If it's pain that's out of the ordinary, if it's unrelenting, if it's getting worse or if it's accompanied by other symptoms – and especially if it's pain in an area you've never had pain before – get it checked out.

When it comes to joint or muscle pain, it's generally time to be seen if there's a significant change, if the pain worsens or if your quality of life or normal activities are affected.

Never delay if it's chest pain or worst headache of your life – go immediately to the emergency room.



**MONICA SCHMIDT, DO**  
Primary Care Provider,  
CHI Health Clinic

## Do men really suffer more and have worse flu symptoms than women?

It's possible that the tongue-in-cheek malady known as the "man flu" is an actual illness.

Women are more likely to get the flu shot. Not only does it decrease the likelihood they will get the flu covered in the vaccine, it also has the potential to decrease symptoms of a flu strain not covered in the vaccine.

A 2008 study also found women have a more robust antibody response after getting the flu shot. If a vaccinated woman comes into contact with the flu, her body is more likely to be successful in recognizing it and fighting it off.

My unscientific observation in the office? Men do generally seem more miserable.

What can you do about it? Get your flu shot! Together we can prevent the man flu.



**LAUREN SCHREFFLER, APRN**  
Primary Care Provider,  
CHI Health Clinic





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## CHI Health Clinic Primary Care

### Locations

#### QUICK CARE

HyVee Grocery Stores

#### **Council Bluffs Location**

2323 W Broadway

#### **Grand Island Location**

115 Wilmar Ave.

#### **Fremont Location** - Coming Spring 2018

840 E. 23rd Street

#### **Kearney Location**

5212 3rd Ave.

#### **Lincoln Locations**

6001 Village Dr.

5010 O St.

84th & Holdrege

#### **Omaha Locations**

73rd and Hwy 370

79th and Cass

96th and Q

108th & Fort Street

132nd and West Dodge

144th and Stony Brook

156th and West Maple

180th and Pacific

180th and Q

#### IOWA

Bedford

Council Bluffs Madison Avenue

Council Bluffs West Broadway/  
Priority Care

Corning

Dunlap

Glenwood

Lenox

Logan

Missouri Valley

Oakland

Woodbine

#### NEBRASKA

132nd & West Center/  
includes Direct Primary Care

161st & West Maple Family Health Center/  
Priority Care

42nd & L Family Health Center/  
Priority Care

81st & West Center

Bellevue Family Health Center/  
Priority Care

Benson

Clarkson

Columbus

Creighton University Medical Center –  
Bergan Mercy

Dundee

Elkhorn

Florence

Howells

Gretna

Immanuel Medical Office Building One  
Suite 3100

Immanuel Medical Office Building One  
Suite 6200

La Vista Family Health Center/  
Priority Care

Lakeside/includes MDVIP

Maple Hills

Midlands Medical Office Building One  
Suite 1820

Midlands Medical Office Building One  
Suite 5800

Millard

Nebraska City Medical Clinic

Plainview

Schuyler

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