



CHI Health

better you

IMAGINE THAT.

Hope for Horrible
Headaches

Secrets of
"Super-Agers"

In a Fog?

Blame Inflammation

April 2019
CHIhealth.com



Symptoms to watch for:

- 3 or more headaches a week
- Taking a pain reliever almost every day
- Headaches are getting worse

If you have more severe symptoms, don't wait until your next doctor's visit. Take action now if you have:

- Confusion
- Trouble talking, walking or seeing
- Nausea or vomiting
- High fever, numbness or weakness on one side of the body
- Loss of balance
- Pain that keeps you up at night
- Light or sound sensitivity

Headaches 101: When You Think Your Head's in a Vice

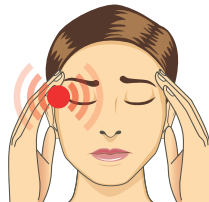
It's a universal gripe – it's estimated seven in 10 people have at least one headache a year.

Headaches can be mild and they can be severe. Some are so sharp or throbbing the pain incapacitates a person at home or at work. In fact, an estimated 45 million Americans call them “disabling.”

“The good news is many headaches can be managed with medications and changes in lifestyle,” said CHI Health Family Medicine Provider Randolph Waldman, MD. “But you have to be alert. A headache can tip off the patient and doctor to a disease or other medical condition,” he said.

Headache Types

Not all headaches are created equal. Some are just an annoying nuisance. Others are intense and put a stop to your day. Common types include:



Migraine

One side of head
Light and sound sensitivity



Tension

Band around the head
Aching pressure, triggered by stress



Sinus

Eyes and cheeks
Pressure and facial pain



Cluster

Behind one eye at a time
Sometimes a series of headaches
Swelling, redness and sweating



Allergy

Top of head
Runny nose, sneezing and watering eyes



Exertional

Anywhere in head
Exertion such as exercising

Migraines: Hope for the Worst Headaches



Pill Drill: Which Pain Reliever is Best?

Over-the-counter pain relievers are not created equal.

"Ibuprofen is typically better for muscle and joint aches, and acetaminophen is a bit better at reducing fevers," said Carleigh Koenck, MD, CHI Health internal medicine specialist.

When in doubt, check with your care provider, and never exceed the recommended dose.

Ibuprofen

(Advil, Motrin) Nonsteroidal anti-inflammatory drug (NSAID)
Reduces inflammation, which reduces pain

Acetaminophen

(Tylenol) Analgesic and antipyretic
Relieves pain and reduces fever

Migraines are among the top 20 most disabling illnesses in the world. And 85 percent of chronic sufferers are women.

Now a new, simple procedure called sphenocath can help even some of the chronic migraine patients get back to their lives.

"Sphenocath involves placing a small plastic tube into the nostril and to the back of the nose," said CHI Health Radiologist Chad Eicher, MD. "Local anesthetic medicine is injected in both nostrils and the patient remains in place for seven to 10 minutes."

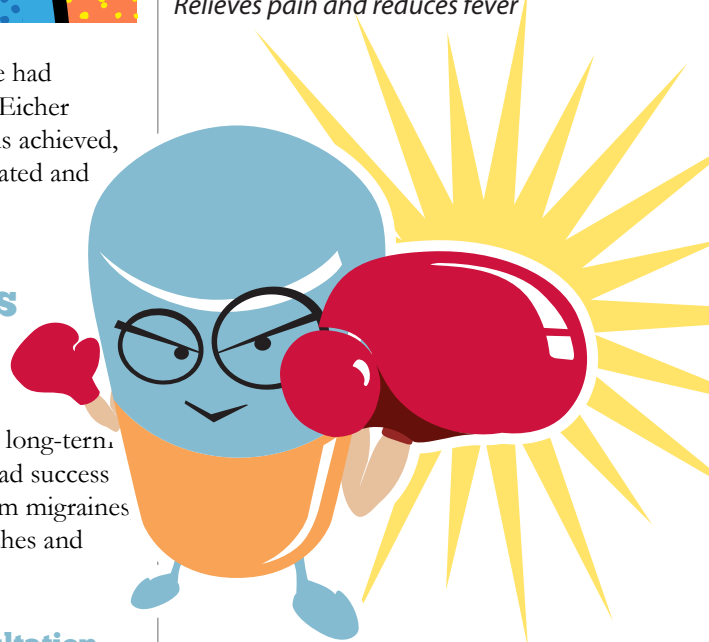
Studies show that up to 80 percent of patients will show significant improvement in symptoms.

"We at CHI Health have had similar success rates," Dr. Eicher said. "If significant relief is achieved, the procedure can be repeated and

85 percent of chronic sufferers are women.

become part of a patient's long-term treatment plan. We have had success with patients suffering from migraines, facial pain, chronic headaches and trigeminal neuralgia."

To schedule a consultation, call 402-717-8146.





On the Menu: Food-Related Headache Pain

Some foods can trigger headaches, as can dehydration and skipped meals. What bothers one person doesn't affect another, so tracking your headaches in a journal can help determine your specific food triggers.

Culinary Culprits



Tyramine: If you take monoamine oxidase inhibitor (MAOI) medications for depression, avoid foods with tyramine (aged cheeses, red wine, alcohol, processed meats). Tyramine is also a well-known migraine trigger.



Alcohol: The ethanol in alcohol is a vasodilator which widens blood vessels and a natural diuretic which causes dehydration.



Caffeine: Too much caffeine or caffeine withdrawal can trigger headaches, so consume in moderation.



Nitrates and nitrites: Found in processed meats (hot dogs, bacon, lunch meats, etc.), it widens (dilates) blood vessels which can cause headaches.



Monosodium glutamate: MSG also widens blood vessels and is found in soy sauce, meat tenderizer and foods with "hydrolyzed fat" or "hydrolyzed protein."

Massage the Pain Away



Before you take a pain reliever for that nagging headache, try self-massage. Studies show how massage therapy can relieve the pain of tension headaches.

Try gently rubbing at your temples, the bridge of your nose or the base of the skull. A mini-massage of the head, neck and shoulders can also ease headache pain.



Nebraska is Parkinson's Country: Researchers Studying Why

It's a concerning trend. More people are on the Parkinson's Disease Registry in Nebraska per capita than in most other states.

"We are not sure why," said CHI Health Neurologist Melinda Burnett, MD. "Exposure to pesticides and herbicides has long been known to be a risk factor for getting Parkinson's disease, but that does not explain the whole story. There may be something different about what happens here in Nebraska. Studies are underway to figure that out."

Parkinson's is a disorder of the central nervous system that affects a person's movement and often includes tremors. It can be hereditary or caused by environmental triggers.

Other symptoms include fatigue, pain, thinking and swallowing difficulties as well as sleep problems.

According to Burnett, there haven't been any important changes in the medical treatment of Parkinson's for decades. "But over the last couple

of years, new formulations of old medications have gotten FDA approval, and these new medications may help with side effects."

Even more help is on the way. An FDA-approved Duopa pump releases the main medication used to treat Parkinson's directly into the intestines. And some 30 medications are in clinical trials right now, though none of them are expected to be released anytime soon.

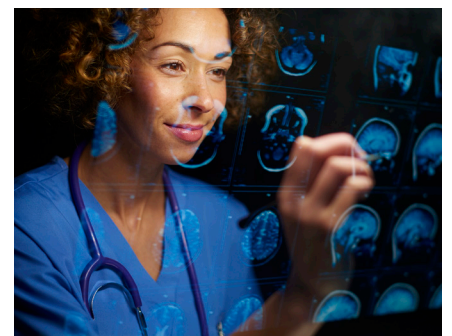
"We have learned a lot about the underlying mechanisms of Parkinson's disease over the last decade," said Burnett. "Drug companies are starting to design molecules specifically targeting those mechanisms, which gives a drug a better chance of being successful."

"I am hopeful that in the next decade I will be able to prescribe something that will actually start to fix the underlying problem in the brains of people with Parkinson's," Burnett said.

Neurological Institute is Uniquely Designed to Help

Everyone is at risk for Parkinson's disease. More men than women get it and more than 96 percent of those diagnosed are over 50. The CHI Health Neurological Institute stands ready to help Parkinson's patients throughout the Midwest with:

- Movement Lab and Functional Gait Recovery Program helps assess and treat gait and balance problems. These brand new programs are the only ones of their kind in the region.
- BIG and LOUD Therapy helps with speech and swallowing.
- High-tech treatments, including brain surgery and the new levodopa pump.
- Multidisciplinary team, including speech and physical therapists plus unique access to a Doctor of Pharmacy, Michele Faulkner, PharmD, RPh, who sees patients in clinic.
- Movement Disorders program led by Mayo Clinic-trained Melinda Burnett, MD, who has completed two movement disorder fellowships.



Feed Your Mind to Stave Off Dementia

Can a good diet help ward off dementia? New research suggests nutrition makes a difference.

“With Alzheimer’s disease, for example, genetics play a significant role – but you can certainly help reduce your risk,” said CHI Health Geriatrician Heather Morgan, MD.

Rush University researchers found seniors reduced their risk of developing

Seniors can reduce their risk of developing Alzheimer’s disease by as much as 53% by following the MIND diet.

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“MIND” stands for Mediterranean-DASH Intervention for Neurodegenerative Delay. It’s a diet that combines the Mediterranean diet and DASH diet for hypertension. The MIND diet includes healthy fats, whole grain, Omega-3s, fruit, vegetables, low-fat dairy and fish.

Researchers found those who loosely followed the MIND diet still reduced Alzheimer’s disease by as much as 35 percent. Even small changes in diet – more berries, whole grains and just one serving of fish a week – helped protect participants’ brains from dementia.

10 MIND Diet Go-Tos



5 MIND Diet No-Nos



Snore No More:

New Ways to Treat a Noisy Problem



Rumble, rasp, rumble, rasp, wheeze ... nudge, “Roll over!”

Snoring is a symptom, not a disease. So how can you – or your long-suffering partner – work out what’s behind your snoring?

“Weight gain is one of the top reasons. Problems with your nose, mouth and/or throat run a top second,” said Aaron Robinson, MD, an ear, nose and throat specialist with CHI Health. The first step to a soundless night, and a happy partner, is getting evaluated by a doctor.

If you’ve tried all the obvious remedies like nasal sprays, rinses, sleeping on your side and not drinking alcohol, there are several new procedures to explore, according to Robinson.

“These aren’t your dad’s snoring solutions,” he said. “We have several cutting-edge, nonsurgical treatments that can be done right in your ENT’s office with very little pain or side effects.”

Nasal Implant. Sometimes weak or collapsed nose cartilage can block normal airflow. “Placing an absorbable nasal implant inside the wall of the nose to support or brace up the cartilage can diminish the blockage. It’s like an adhesive night-time nasal strip,

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only on the inside of your nose, where it can’t fall off,” said Robinson.

Cryotherapy. When exposed to allergies, pollutants and/or infections, the Vidian nerve can cause nasal tissue inflammation. “Cryotherapy – cold gas not unlike compressed air – sprayed

into the nose freezes the nerve, interrupting the message, shrinking nasal passages and reducing mucus,” he said.

Oral Appliance. Some people have extra-large tonsils, uvula and/or tongue, that when relaxed, flops to the back of the throat. “We work with dentists to make an oral appliance, a sophisticated mouth guard that moves the jaw slightly forward, creating uninterrupted air flow,” Robinson said.

His advice if your child is snoring: “Have their tonsils and adenoids evaluated. Sleep apnea is the number one reason for tonsil removal in children.”

Robinson also adds, “Loud snoring, waking up choking or gasping and pauses in breathing need to be evaluated with a sleep study to rule out sleep apnea. And while a CPAP machine can help snoring, it’s used to treat sleep apnea, not snoring.”



Brain Fog: Inflammation is to Blame

Feeling fuzzy, groggy, or confused? Just not able to concentrate or remember?

Some call that feeling of living in a hazy reality, where you feel disoriented, scattered and dull “brain fog.” It’s likely a sign of inflammation, according to Brittani Moeller, DO, a family medicine provider with CHI Health.

“Fifty percent of our brain is made up of immune-based microglial cells. When activated, these cells feed inflammatory messages to the brain,” Moeller said.

“Inflammation in the brain causes neurons to fire more slowly, slowing down mental acuity, recall and reflexes. Sluggish neurons also shut down the production of energy in the cells. This means that cells fatigue easier and you may lose your ability to focus for long periods of time.”

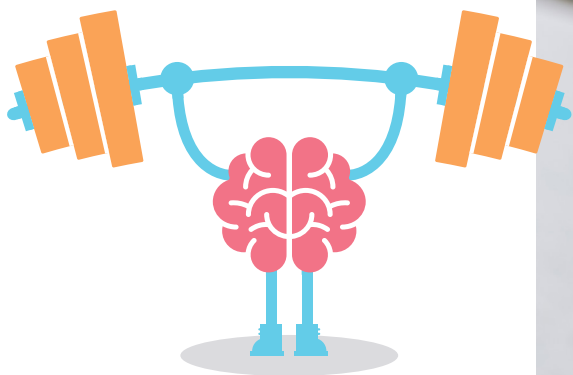
So how can you boost your energy, clarity and motivation ... essentially clear the fog?

“Some medications are effective in reducing inflammation, but limiting the inflammatory triggers is key. This isn’t just in the brain, but your whole body,” Moeller said.

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- Reducing stress and getting adequate sleep makes it easier to fight off infection and inflammation.

- Take your blood sugar seriously. Skipping meals or binging on sugar can trigger spikes in blood sugar and the release of pro-inflammatory stress hormones.
- Prevent infections (get your flu shot!) which tap into the stress response system and slowly drain energy.
- Adopt a healthy diet of vegetables, lean meat and good fats like fish oils or nuts. Culprits of increased inflammation include gluten, MSG, aspartame, food high in sugars and bad fats. It may be necessary to cut one or many things from your diet.
- Changing hormones (common in pregnancy and menopause) can activate microglial cells. If you think this applies to you, talk with your doctor.



Exercise Your Brain, Enrich Your Life

Use it or lose it...it isn't just for muscles.

While brain training software has flooded the market, the verdict is still out on its effectiveness. To keep your brain healthy, stick to brain training that involves real world activities – but with a little novelty and a challenge.

- Learn a musical instrument or new language
- Brush your teeth with your opposite hand
- Take a cooking class
- Drive home via a different route
- Take up a new hobby or sport
- Do math in your head

Lifestyle matters, too. Studies have shown not smoking, rarely drinking, maintaining a healthy weight, eating lots of fruits and veggies and exercising regularly can reduce your risk of dementia by 60 percent.



Think Before It Shrinks: Brain Secrets of 'Super-Agers'

It's true the human brain shrinks as you age. It's not because brain cells die, but because the junctions between nerve cells, called synapses, shrivel. With that withering comes forgetfulness, sometimes depression and even premature death in severe cases.

The good news is shrinkage can be slowed or even reversed with healthy habits, particularly improving your heart health, managing blood sugar, improving your sleep – and challenging your mind.

In fact, researchers studying “super-agers” – people in their 70s and 80s who have the mental capacity of those decades younger – found that embracing new mental challenges helped preserve brain tissue and function.

Brain Attack: Prevention and Detection

Every four minutes, someone dies from a “brain attack” commonly known as a stroke. When blood flow to an area of the brain is cut off, brain cells are deprived of oxygen and begin to die.

“We use the saying ‘time is brain.’ If treated with clot-busting medication within three hours of onset, we can significantly reduce long-term disability for the most common type of stroke,” said Pam Palmer, APRN, a nurse practitioner with CHI Health. “That’s why it’s incredibly important for everyone to know the signs of a stroke and to call 9-1-1 immediately.

“Things to look for include sudden numbness, weakness, confusion, trouble speaking, understanding or seeing, loss of balance or coordination and/or severe headache with no known cause,” said Palmer.

Some recover completely from strokes, but more than two-thirds of survivors will have some type of disability. The silver lining according to Palmer: “Up to 80 percent of strokes can be prevented by managing your risk factors.”

- **Know your blood pressure.** If it is high, work with your doctor to lower it.
- **Find out if you have atrial fibrillation.** This “irregular heartbeat” can lead to higher risk of clotting.
- **If you smoke, stop.** Smoking doubles risk for a stroke.
- **If you drink alcohol, do so in moderation.** Heavy drinking increases stroke risk.

- **Manage your cholesterol.** High cholesterol puts you at risk for heart disease, which can increase your risk of stroke.
- **Control your blood sugar level.** Being diabetic increases your stroke risk.
- **Exercise daily.** Perform moderate exercise (with doctor’s permission) at least 30 minutes per day for five or more days per week.
- **Watch your diet.** Cutting down on fat and salt may lower your blood pressure and stroke risk.
- **Know the flow.** Ask your doctor if you have circulation problems that increase your risk of stroke. If you do, medications can lower that risk.

Find out if you are at risk for a stroke at CHIhealth.com/StrokeRisk.

B	E	F	A	S	T
BALANCE	EYES	FACE	ARM	SPEECH	TIME
Loss of Balance	Lost Vision	Face Drooping	Arm Weakness	Speech Difficulty	Time to Call 911

Mental Health: It’s Really a Disease

While some forms of depression can be linked to stress, trauma, loss and other life events, research has found differences – like lower serotonin levels – in the brains of those

with clinical depression.

“There is a widespread misunderstanding of mental illness,” said Shu-Ming Wang, MD, family medicine, CHI Health “You can’t just ‘get over’ mental illness. But an easy first step to reducing your symptoms is to talk with your primary care doctor. We’ll

rule out other physical health conditions and help you find the right mental health specialist.”

Getting the right help early is extremely important. “You wouldn’t hesitate going to the doctor if you had the flu. This is no different,” Wang said.



Setting Yourself Up for Seizure

About one in 10 people has had a seizure during their lifetime. This surge of electrical activity in the brain has some everyday causes that have nothing to do with serious neurological disorders. Even so, you should always get checked out by a doctor after a seizure.

Common Seizure Causes

Stress

Between 5 and 20 percent of people with epilepsy may be misdiagnosed and in fact suffer from seizures provoked by anxiety or underlying trauma.

Low blood sugar

Drop too low and your brain has trouble functioning normally.

Sleep deprivation

One-third of our lives is spent sleeping. Lack of sleep's restorative properties is a powerful trigger.



Feeling Sick?

Visit **Quick Care** located inside select **HyVee** stores.

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1. See a CHI Health physician assistant or nurse practitioner for minor illnesses in patients 18 months and older.
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Quick Care does not provide emergency services.

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For a complete list of the conditions we treat, available screenings and locations visit CHIhealth.com/QuickCare.



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