

BELLIN FOR WOMEN

ESSENTIALS *FOR* HEALTH

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Welcome to Essentials for Health, the monthly newsletter of Bellin For Women. This newsletter is designed to help in you in your goal of taking a more active role in your own health. It's a source of information for you, from health and wellness education to health topics in the news to recipes you can try at home. But it's more than that. It's a connection to the Bellin For Women community, bringing BFW's special encouragement and energy to your inbox every month.



ARTHRITIS – NOT JUST ONE DISEASE

Arthritis is actually an umbrella term for about 100 different diseases that affect the joints and surrounding tissues. The Arthritis Foundation estimates more than 50 million adults and 300,000 children in the United States have some form of arthritis.



Inflammatory. Rheumatoid arthritis (RA) is a serious autoimmune condition that disproportionately strikes women and is the most common type of inflammatory arthritis. When you have RA, your immune system mistakenly attacks your body, triggering joint inflammation and damaging other organs. Doctors believe genetics and environmental factors (such as smoking) interact to cause RA. Patients also typically experience fatigue, fever, weight loss, anemia, and eye or lung inflammation. Early diagnosis and treatment with disease-modifying anti-rheumatic drugs (DMARDs) is critical to prevent long-term joint and organ damage.

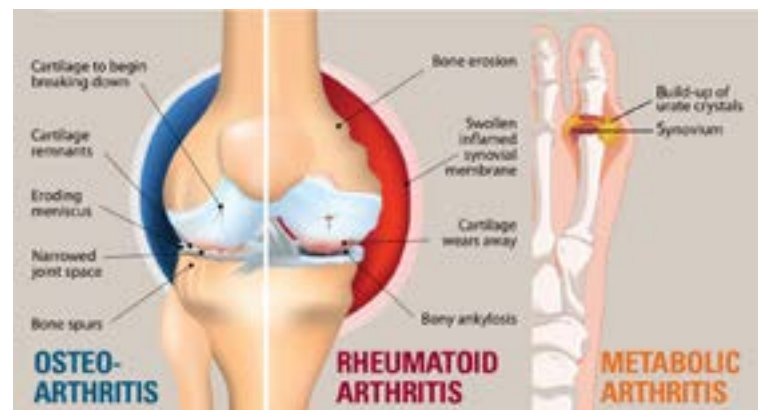
Metabolic. If you've ever experienced a bout of gout, you know it can produce severe joint pain, accompanied by sore, red or swollen joints. Gout develops when too much uric acid, a chemical formed by the breakdown of certain foods, accumulates and forms sharp crystals in your joints—especially the big toe (really!). Gout can also cause kidney stones. Most gout attacks resolve on their own in three to 10 days, but you may need medications for severe or chronic cases.

Protect your joint health

- Avoid repetitive use injuries from sports, work, or leisure activities
- Maintain a healthy weight to prevent excess stress on joints
- Eat a healthy diet, including plenty of omega-3 fatty acids
- Get regular physical activity, including aerobic exercise and weight training to build strong muscles and ligaments around your joints
- Manage your stress (stress makes arthritis worse and can trigger a gout attack)
- Take appropriate precautions when playing sports (you are more likely to develop osteoarthritis in joints with injuries)

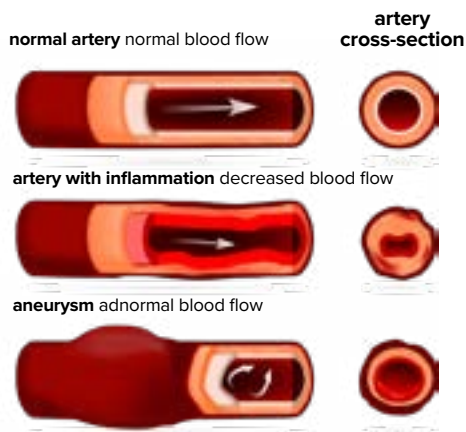
MOST COMMON TYPES OF ARTHRITIS

Degenerative. Osteoarthritis is the most prevalent form of arthritis. It occurs when the protective cartilage in your joint (usually the hip, knee, lower back, and small joints of the hands) wears away due to age or repetitive use. This degeneration can cause the bones to rub against each other, producing pain and stiffness and reducing your range of motion. If you have mild to moderate osteoarthritis, your doctor will likely recommend exercise, physical therapy, and pain or anti-inflammatory medications. In severe cases, you may need surgery or a joint replacement.



WHAT IS AN ANEURYSM?

An aneurysm (AN-u-rism) is a bulge in an artery wall. As blood pumps through your body, it puts pressure on the artery walls. This can cause an aneurysm to grow larger and weaken the artery wall. Most aneurysms occur in the aorta, which is the main artery in your chest and abdomen. You can also develop aneurysms in the brain (cerebral aneurysm), intestines, spleen, groin, behind the knees or in the carotid arteries, which run up either side of the neck.



Some people are born with an aneurysm. Others develop aneurysms because of damage to the artery wall. Your risk for aneurysm increases with age. Smoking, high blood pressure, atherosclerosis (build of plaque on the artery walls), infections, and disease can also increase your risk, as can a family history or certain genetic conditions.

Doctors often find aneurysms during unrelated medical tests and may recommend

medicines to lower your blood pressure. You may need surgery to repair or replace the damaged artery.

If you have risk factors for an aneurysm, talk to your doctor about whether screening is appropriate for you.

Aneurysms can grow for years with no symptoms, or expand quickly and rupture. A ruptured aneurysm is a medical emergency!

Symptoms of a ruptured aortic aneurysm

- Pain
- Dizziness
- Clammy skin nausea or vomiting
- Rapid heart rate
- Low blood pressure
- Shock

Symptoms of a ruptured cerebral aneurysm

- Sudden headache
- Seizures
- Changes in sight, breathing, or heart rate

NO-BAKE ENERGY BALLS

Oatmeal is high in fiber and can be beneficial in helping with digestion and reducing risk for colorectal cancer.

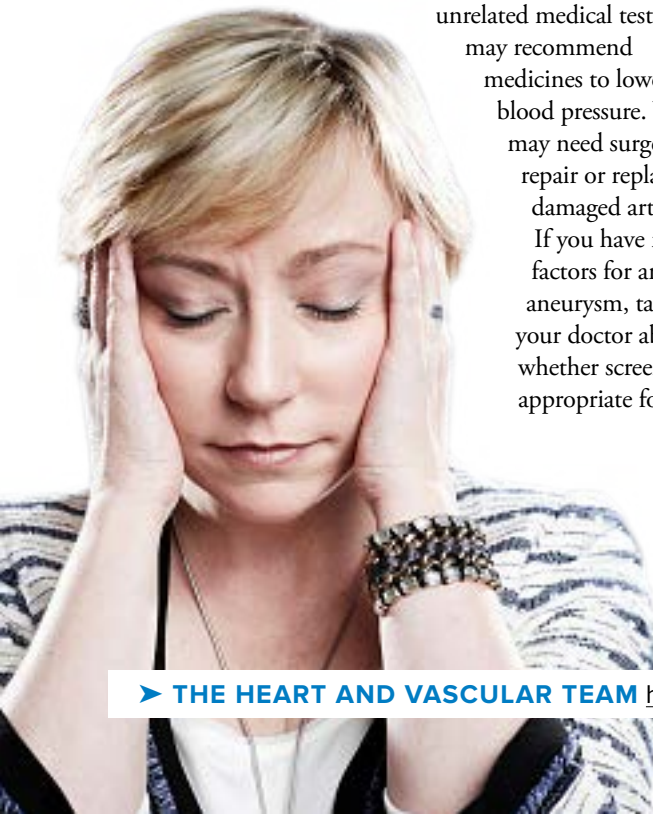
Ingredients

- 1 cup dry oatmeal
- ½ cup unsweetened shredded coconut plus
- 1/3 cup for topping
- 2 tablespoons natural almond butter
- ½ cup ground flax seeds
- ½ cup dark chocolate chips
- 1/3 cup honey
- 1 teaspoon vanilla extract



Preparation

- 1 Mix all ingredients thoroughly and refrigerate for one hour.
- 2 Form into 2-inch balls, then roll in shredded coconut.
- 3 Set balls on wax paper and place in sealed container in refrigerator.



GASTROINTESTINAL PROBLEMS IN PREGNANCY

Pregnant? Congratulations! As you've already discovered, your body is going through many changes, some of which may cause gastrointestinal (GI) problems, such as nausea, vomiting, constipation, diarrhea, gallstones and heartburn. Ninety-one percent of pregnant women report nausea, especially in the first trimester, and up to half experience vomiting.

Fortunately, these unpleasant side effects usually don't last long and—more importantly—they don't harm you or your baby. In fact, pregnant women who have mild nausea and vomiting have better pregnancy outcomes than those who don't.

Health experts suspect the increase in progesterone, a pregnancy hormone, is at least partly to blame. Progesterone delays muscle contractions, which may cause your stomach to empty more slowly, thus producing nausea.

Your growing baby also puts pressure on your abdominal organs.

At-home remedies relieve most GI symptoms and will not harm your baby. If your symptoms persist, or are severe, talk to your doctor.

Relief for pregnancy-related GI problems

- Drink plenty of fluids to replace those lost from vomiting or diarrhea
- Eat smaller, more frequent meals throughout the day
- Avoid fatty foods and eat foods high in fiber to help you form stools that are easy to pass

- ▶ **DIGESTIVE HEALTH** https://www.bellin.org/services_programs/digestive-health/contact-us
- ▶ **PRIMARY CARE** https://www.bellin.org/services_programs/primary-care/primary-24_hour_access

- Try not to eat for several hours before bed
- If you have heartburn, elevate the head of your bed about six inches
- Don't smoke!
- Do Kegel exercises to strengthen your pelvic floor and prevent pregnancy and post-delivery bowel problems
- Replace lost electrolytes from vomiting or diarrhea with orange juice and bananas

DON'T SWEAT IT

Sweating is your body's built-in cooling system and a perfectly normal phenomenon. However, some people emit a strong body odor when they sweat (bromhidrosis).

Your sweat is essentially odorless and does not become smelly until it comes in contact with the bacteria on your skin. As your sweat breaks down the bacteria, it can cause what you recognize as body odor. Although sweating and related body odor can be embarrassing and disruptive, it's not usually a sign of anything serious.

In most cases, you can treat bromhidrosis by bathing frequently and using antibacterial soap. Deodorants, which help mask odor and reduce the number of bacteria, and antiperspirants, which temporarily block sweat pores, also help. Promptly remove sweaty clothes before they begin to smell and avoid odor-producing foods, such as curry spices, onions, garlic and alcohol. If body odor still troubles you, be sure to talk to your doctor about other treatment options.

Did you know?

You have three types and about 4 million sweat glands that help regulate your body temperature.



UPCOMING EVENTS

Breaking Bad Habits – Sturgeon Bay

September 6, 2018, 6:15pm – 7:15pm: Bellin Health - Sturgeon Bay, 311 N. 3rd Avenue

How to Talk to Your Kids About Mass Shootings – Green Bay

October 2, 2018, 6:00pm – 7:30pm: Bellin Health Titledown Sports Medicine and Orthopedics, 1970 S. Ridge Rd., Green Bay

Dangers of Self-Medicating – Green Bay

November 9, 2018, 5:30pm – 7:00pm: Green Bay, Kavarna Coffeehouse, 143. N. Broadway

Debbie Downer or Moody Judy – Marinette

November 15, 2018, 5:30pm – 6:30pm: Bellin Health Marinette, 2820 Roosevelt Rd.

▶ **FOR MORE INFORMATION** and to register, go to www.BellinForWomen.com