

BELLIN FOR WOMEN

ESSENTIALS *FOR* HEALTH

PROUDLY SPONSORED BY *belin*health

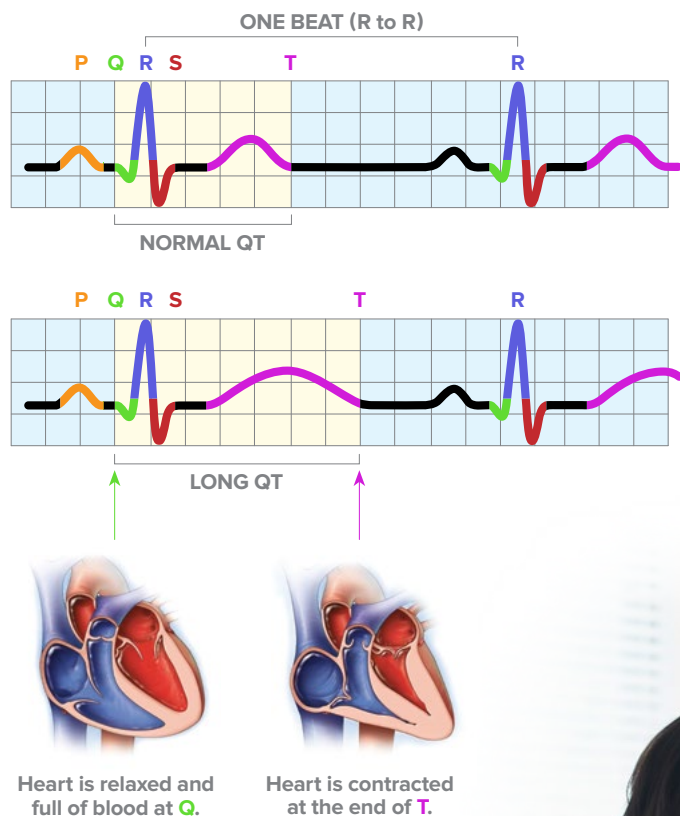
Welcome to Essentials for Health, the monthly newsletter of Bellin For Women. This newsletter is designed to help in you in your goal of taking a more active role in your own health. It's a source of information for you, from health and wellness education to health topics in the news to recipes you can 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.



LONG QT SYNDROME AND SUDDEN CARDIAC ARREST

Your heart has an electrical system that tells it when and how to beat rhythmically. If this system malfunctions, you may develop a heart problem, such as an arrhythmia, or—in the worst-case scenario—your heart may suddenly stop beating. This is sudden cardiac arrest (SCA). SCA is not the same as a heart attack, which occurs when a blockage in an artery prevents blood from getting to the heart. During a heart attack, your heart continues to pump blood, although a heart attack can lead to SCA.

Each section of an electrocardiogram (ECK or EKG) is referred to by a letter name: Q, R, S and T.

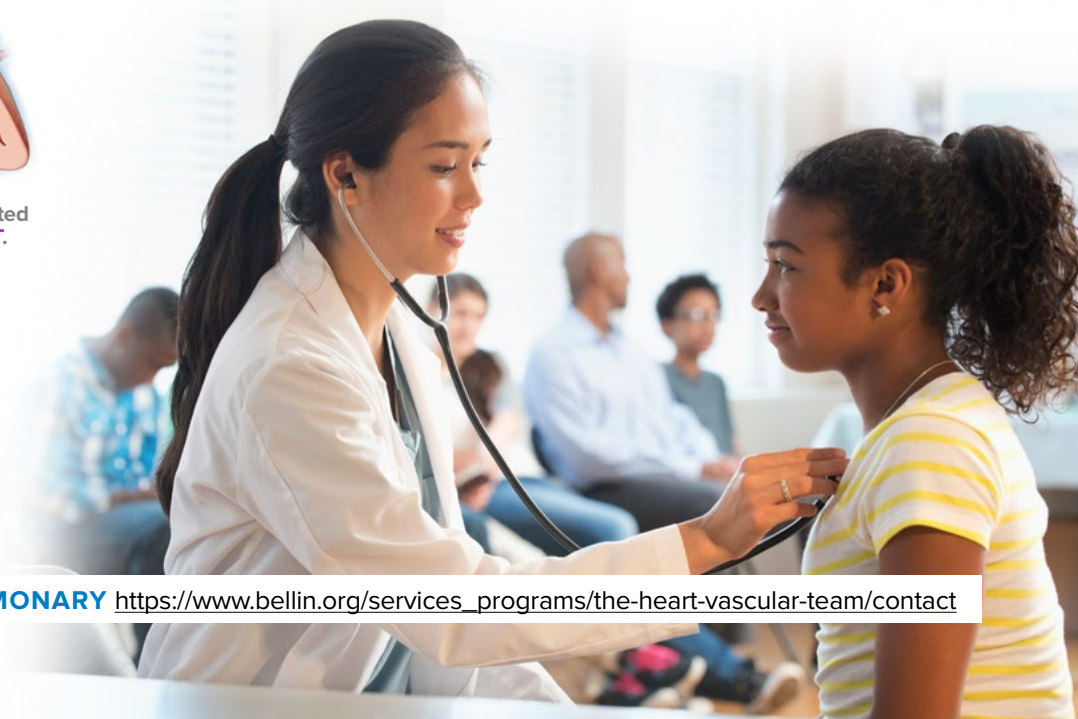


Long QT Syndrome (LQTS)

When your heart beats, it creates a specific wave pattern on an electrocardiogram. Each part of the wave pattern has a letter: P, Q, R, S, and T. The interval between Q and T measures activity in the ventricles, the bottom chambers of the heart. If this interval is longer than normal, it's called Long QT Syndrome. LQTS is hereditary and usually affects children or young adults. Fortunately, it's rare. Although LQTS may not produce symptoms, children with LQTS often have at least one fainting episode by the time they are 10.

When you hear about a young athlete who dies suddenly, LQTS is often to blame. It's not that LQTS is more common in athletes; it's that a long QT interval may occur during physical activity (or under intense emotions). About 66 children die each year from LQTS (nearly eight million youngsters play high school sports). The American Heart Association has developed a 14-point checklist to screen young athletes (ages 12 to 25) for heart disease and LQTS. If anything on the checklist is positive, further screening is recommended.

The widespread distribution of Automatic External Defibrillators (AEDs) in public spaces (including schools) has helped more people survive SCA. An AED shocks the heart and restores the heartbeat until medical help arrives. You can generally treat LQTS by avoiding strenuous activity, taking medications, and for some patients, getting an implantable cardioverter defibrillator, which helps regulate the heart's rhythm. If you have a family history of SCA, or your child has fainted, talk to your doctor about screening for LQTS.



ARE YOU LEAKING?

In your gut, that is.

Although the entire gastrointestinal system is technically your gut, we typically think of the gut as the small intestine where most of the digested food you eat passes into the blood stream and nourishes your body. The surface of the intestine (the intestinal barrier) allows tiny particles of digested food to leave and keeps harmful outside substances from getting in. Your gut is also teeming with billions of healthy bacteria that aid in food digestion and absorption and protect you against pathogens.

Sometimes, this intestinal barrier begins to leak, allowing toxins in and incompletely digested proteins, fats, and waste product out. Your immune system perceives these particles to be harmful, which triggers an autoimmune response that causes inflammation and prevents your body from absorbing the nutrients it needs.

Many health experts believe there is an association between this increased intestinal permeability and inflammatory conditions, such as diabetes and Crohn's disease. In fact, leaky gut syndrome, as it's called, accounts for at least 50% of chronic health complaints. In people who have a leaky gut, the balance of healthy and unhealthy bacteria in the gut is also out of balance.

How to prevent a leaky gut:

- Limit or avoid polyunsaturated fats and oils with omega-6 fatty acids (such as canola).
- Consume omega-3 fatty acids, from extra virgin olive oil, coconut oil, avocados, grass fed butter and fish.
- Eat mostly vegetables and plant based foods, including nuts and seeds.
- Incorporate fermented foods, such as sauerkraut, kimchi, and miso into your diet.
- Limit use of antibiotics and non-steroidal anti-inflammatory drugs (such as ibuprofen).
- Consider taking a high-quality probiotic supplement.

GREEN SMOOTHIE

This recipe's key ingredient is kale, which is packed with fiber, potassium, vitamin C, and B6, all supporting heart health.



Ingredients

- 2½ cups water
- 2 cups kale leaves
- ½ avocado
- 1 banana (frozen)
- 1 tablespoon chia seeds
- 2 tablespoons ground flaxseeds
- 1 teaspoon ground cinnamon
- 1/2 cup ice

Preparation

Combine all ingredients and blend on high until smooth.



WHY AM I SO TIRED ALL THE TIME?

Sleep—we all need it. However, for many of us, getting enough sleep—or getting a restful night’s sleep—is as elusive as the rabbit at the dog track. As a result, we wake up asking ourselves: Why am I so tired all the time?

It may be that making a few changes in your routine (sleep experts call this sleep hygiene) can help you sleep better and wake refreshed and energized.

- Keep a routine. Get up and go to bed at roughly the same time each day, including weekends. If you need more sleep, go to bed earlier, rather than sleeping in later.
- Create a restful, comfortable sleeping environment. Turn down the temperature, make sure your bedroom is dark and quiet and wear comfortable clothes.
- Avoid stimulants before bedtime. Alcohol and caffeine can interfere in your sleep. So can exercising too close to bedtime because it raises your body temperature.

- Teach your body it’s time for bed by establishing some sleep-friendly routines. Take a warm bath, drink a cup of herbal tea, read quietly or do some relaxation exercises, for example.

The main cause of sleepiness is not enough sleep. Adults need 7 to 9 hours per night and even 30 minutes less can make you drowsy, underproductive, or moody, according to the National Sleep Foundation.

If, after two weeks, you are still persistently tired, it’s time to see your doctor. You may have an underlying medical condition, such as sleep apnea or depression, that is standing in the way of you and your *Zzzzzs*.

DOGS GOOD FOR YOUR BONES



Those of us who have pets don’t need scientific research to tell us all the ways our beloved furry friends contribute to our well-being (how about companionship and stress relief, to name just two). However, owning a dog in particular can benefit your health in a way that cats and other pets cannot. Some studies show that dog owners get more exercise than other pet owners because they have to take their dog for a walk.

Physical activity, such as walking, imparts countless benefits, including helping you maintain a healthy weight, lowering your blood pressure and building strong bones and joints. It’s hard to say for sure whether people who own dogs engage in physical activity because they own a dog and have to walk it, or if physically active people are just more likely to get a dog as a pet. It really doesn’t matter—the end result of owning a dog is a healthier you. If you are looking for motivation to get more exercise, perhaps man’s best friend is just what the doctor ordered.

IMMUNOTHERAPY

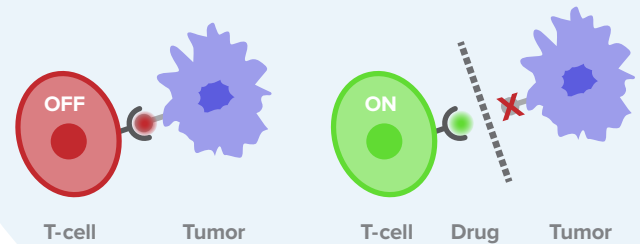
For people struggling with a serious cancer diagnosis, the idea of using the body's own immune system to eliminate tumors is pretty exciting. Your immune system normally protects you against disease and infections. Unfortunately, it doesn't always recognize cancer cells as dangerous because tumors form from your own cells growing out of control. Harnessing the immune system to fight disease—by stimulating it to work more effectively or giving it “tools” to fight harder—is called immunotherapy. Scientists and doctors believe immunotherapy has great potential in the fight against cancer.

Immunotherapy works better for some types of cancers than for others, and, when combined with conventional treatments (chemotherapy or radiation, for example), it can be even more effective. In a small percentage of patients, immunotherapy actually cures cancer.

HOW DOES IMMUNOTHERAPY WORK?

Tumor cells bind to T-cells to deactivate them

Immunotherapy drugs can block tumor cells from deactivating T-cells



Although immunology holds great promise, there is still much we don't know and as of now, it is extremely costly. In addition to limited effectiveness, immunotherapy treatments have the potential to cause severe side effects, including autoimmune or inflammatory diseases such as sudden onset, type 1 diabetes. Because side effects sometimes don't develop until months later, doctors don't always associate the side effects with the treatment, so they may be more common than we realize.

If you have advanced cancer and few treatment options, the idea of coping with a secondary disease such as diabetes is a trade off you may be willing to make. Ask your doctor if there is an immunotherapy research study (clinical trial) you might qualify for.

► **THE CANCER TEAM** https://www.bellin.org/services_programs/the-cancer-team

UPCOMING EVENTS

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

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

Football 101 – Green Bay

October 11, 2018, 6:00pm – 7:30pm: Bellin Health Tiletown Sports Medicine and Orthopedics, 1970 S. Ridge Rd., Green Bay

Life & Leaks – Managing Urinary Incontinence – Marinette

October 30, 2018, 5:30pm – 6:30pm: NWTC Marinette, 1601 University Dr

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