

# HEALTHY *Connections*

YOUR HEALTH, YOUR LIFE

## TAILORING YOUR TAILGATE Eat to Win

FORREST CITY  
MEDICAL CENTER

SMART HABITS FOR  
MODERN CONVENIENCES

**CARBONATED BEVERAGES:**  
GOOD, BETTER, BEST

# 4 REASONS to Put Down Your Phone

Occasionally disconnecting from your smartphone benefits your health. Here's why.

**1. Smartphones are hard on your musculoskeletal system.** Text neck — back, neck and shoulder pain linked to constantly looking down at your phone — and thumb tendonitis from too much texting are just a few of the overuse injuries linked to frequent smartphone use.

**Smartphones distract you from your surroundings.** Injuries from falling down stairs, running into objects and stepping into traffic are on the rise as people spend more time using their smartphones while commuting on foot, according to the American Academy of Orthopaedic Surgeons.

**3. Smartphones are a haven for germs.** Studies have found that phones harbor viruses and bacteria, if not cleaned regularly.

**Smartphones interfere with getting things done.** A study published in the *Journal of the Association for Consumer Research* found that having your smartphone within reach — even if the device is off — can drain your brain power.

**Conclusion:** To prevent these pitfalls, be choosy about when and how often you use your phone.



Talk to your healthcare provider about any pain or difficulty with focus. Don't have a provider? Call East Arkansas Medical Group at (870) 890-4115.

## EASE THE PAIN OF EXCESSIVE PHONE USE



Anje Hoffpauir

Perhaps cell phone overuse has damaged or caused pain to your shoulders, neck, back, wrists or hands. Or worse, cell phone distraction may have caused a fall from a misstep. Your doctor may determine that physical therapy would help. The Physical Therapy Department at Forrest City Medical Center is staffed with therapists who are trained to provide rehabilitation from chronic disease, physical injury or deterioration. For circumstances requiring therapy, we're pleased to introduce Anje Hoffpauir, Occupational Therapist, with more than 17 years of experience.



Learn more on our Rehabilitation Services page at [ForrestCityMedicalCenter.com](http://ForrestCityMedicalCenter.com) or call (870) 825-2517.

## TAKE ACTION AGAINST DISTRACTION

Text messages, emails, phone calls and social media alerts, digital distractions are part of everyday life. As your attention is pulled in competing directions, you may feel like you have an ever-shortening attention span. Restore your ability to focus with these attention-span-boosting strategies:

- **Finish one task at a time.** Multitasking can harm your productivity and increase the likelihood of mistakes, according to the American Psychological Association.
- **Practice mindfulness.** A recent *Journal of Cognitive Enhancement*-published study found that performing meditation-based exercises may help improve reaction time and attention.
- **Time tasks based on peak productivity when possible.** Focus is typically highest in the morning and wanes in the early to mid-afternoon before rising again in early evening.



# Can You Spot HEART DISEASE?

You likely know that chest pain is a sign of heart disease, but that telltale symptom isn't the only one that should be on your radar.

Warning signs of serious diseases can show up in places you'd least expect. For example, signs of impending heart disease, heart attack and stroke may cause noticeable changes in your:

- **breath** — Bad breath is one potential sign of gum disease, which may increase your risk of heart disease and stroke, according to the American Academy of Periodontology.
- **ears** — Having a diagonal crease on your ear lobe, known as Frank's sign, has previously been associated with a greater risk of heart and peripheral vascular disease. A recent study published in *The American Journal of Medicine* found that Frank's sign may also be a predictive warning of ischemic stroke.
- **eyes** — Plaque can cause blockages in all arteries that carry blood from your heart to your body, including the arteries that supply blood to your retina and optic nerve, according to the American Academy of Ophthalmology. Your eye doctor can spot changes associated with these blockages and other problems during your eye exam.
- **jaw** — Pain in your jaw is one of several surprising symptoms you may experience during a heart attack.
- **legs** — Swelling, pain or numbness in your ankles, feet and lower legs can point to heart-disease-associated poor circulation, according to the U.S. National Library of Medicine.
- **stomach** — Nausea with or without vomiting is another sometimes overlooked heart attack symptom.

In addition to these lesser-known symptoms, chest pain, back pain, fatigue, shortness of breath and breaking out in a cold sweat are associated with heart disease and heart attack.

## Fast Fact

More than 45 percent of heart attacks are silent, which means they don't cause chest pain or other easily recognizable symptoms, according to a 2016 study published in *Circulation*.




Do you know the risk factors of cardiovascular disease? Discuss them with your primary care physician (PCP). Don't have a PCP? Visit [EastArkansasCare.com](http://EastArkansasCare.com) to find a physician.

## THE HEART OF THE MATTER

With the addition of our Cardiac Catheterization Laboratory, Forrest City Medical Center can focus on functions and disorders of the heart and circulatory system. Our cath lab is equipped with the latest digital technology, and our diagnostic imaging services provide your physician with timely and accurate information, giving you a thorough diagnosis of your condition. Many physicians will order imaging for patients who have a blood clot in the heart, atrial fibrillation (AFib), peripheral vascular disease (PVD), a leaky valve or another coronary artery disease. Your physician may want to order diagnostic procedures


offered through our cath lab if you have risk factors combined with certain symptoms such as:

- a cold foot
- heart murmur
- indigestion symptoms that radiate into the arm or neck
- ongoing tingling in the left arm
- prolonged chest discomfort
- shortness of breath
- swelling in the ankles
- unexplained fatigue



Some people trace the history of tailgating in America to the early days of the Civil War, when Washington, D.C., residents took food to enjoy while watching the First Battle of Bull Run outside the city.

# Your Playbook for a **HEALTHIER TAILGATE**



Tailgates are an annual autumn ritual for football fans, but that doesn't mean this year's menu has to consist of the same old salty, fatty fare. It's time for a more nutritious lineup.

Fall weekends wouldn't be the same without friends and family gathered outside your team's football stadium, laughing, tossing footballs, making predictions for the upcoming game and of course, enjoying lots of food. Typically, tailgate food is hearty, but far from heart-friendly — burgers, hot dogs, beef chili, fried chicken, chips, dips and cakes, to name a few. The feast is always enjoyable, but it leaves you longing to follow your team's example and go with a new, better-for-you game plan from time to time.

Don't let fears of overturning tradition or disappointing your guests' taste buds stop you from having a healthier tailgate. Change can be refreshing, and you don't have to sacrifice taste by prioritizing health. Use these sure-to-score plays to revamp your tailgate.



## 1

### 1ST DOWN: THE DRAW

The big draw at any tailgate is often grilled beef or pork, or fried chicken. It's time for leaner options to have their day in the sun — and on your plate. Substitute ground turkey or salmon burgers and sliders for the beef varieties and be sure to use whole-grain buns. Instead of hot dogs and bratwurst, let guests make their own skewers of turkey or chicken, tomatoes, onions, bell peppers, squash, and any other ingredients you can think of. Soak chicken breasts in your favorite marinade the night before and then grill them at the tailgate as healthy swaps for fried chicken. Using a marinade or rub to flavor meat will help you cut down on the use of salt.

## 2

### 2ND DOWN: THE OPTION

A good tailgate includes plenty of side dishes to complement the main course. At a typical tailgate, it's easy to overindulge in the bevy of snackable side dishes, such as chips, macaroni and cheese, rolls, baked beans, and potato salad. That's why it's important to provide a variety of healthy options, such as grape tomatoes, carrot sticks, broccoli florets and cucumber slices for dipping, as well as baked chips with salsa or guacamole. A fruit salad can make for a colorful and refreshing change of pace, especially on hot, early-season game days when fall hasn't quite yet arrived.

## 3

### 3RD DOWN: THE COUNTER

Counter plays are designed to fool opponents. Your guests will be delightfully surprised when dessert comes from the grill instead of a cake carrier or cookie sheet. A variety of fruits lend themselves to grilling, including peaches, apples, pineapples and pears. Eaten warm off the grill, these fruits are a treat for any sweet tooth. If you prefer your dessert cold and have a small, portable refrigerator, dip strawberries in dark chocolate and let them chill for 15 minutes before enjoying.

## 4

### 4TH DOWN: THE TOSS

To wash down all of that delicious, healthy food, toss out beer, sodas and sports drinks in favor of water that's anything but boring. Fill several large pitchers with water and add a few lemon, lime or orange slices to give it a crisp, refreshing taste.



Ask your physician if nutritional counseling is right for you. If you don't have a health care provider, visit [EastArkansasCare.com](http://EastArkansasCare.com).

## DRAW UP YOUR GAME DAY MENU



Amanda Smith, M.S., R.D., L.D.

If you're a rookie at drawing up a healthy tailgate menu, get some coaching from a professional. A registered dietitian

can provide a wealth of information, especially if someone on your team has health conditions requiring special attention, such as diabetes or cardiovascular disease. Registered Dietitian Amanda Smith, M.S., R.D., L.D., at Forrest City Medical Center, is available for individualized dietary counseling. With a physician referral, consultation service fees are often covered by insurance.

*Make a game plan for your next tailgate. To learn more about our Nutritional Services, call (870) 474-2906 or visit [ForrestCityMedicalCenter.com](http://ForrestCityMedicalCenter.com).*

### EXTRA POINT: THE PLAY-ACTION

Tailgating is built around food, but there is much more to it than enjoying the spread. Football Saturdays and Sundays are for making memories with loved ones, and a great way to do that is by getting active. Don't just sit around snacking and watching TV at your tailgate — toss a football, play cornhole or take a walk to meet your fellow tailgaters and see what they're cooking. Staying on the move burns calories, reduces screen time, keeps you connected to what's going on around you and calms the jitters you may feel ahead of kickoff. Then again, with all the fun you have tailgating, you may forget there's a game to watch.





# PROSTATE PROACTIVITY

Gentlemen, don't let prostate cancer sneak up on you. Talk with your doctor about screening.

While prostate cancer is responsible for the second highest number of cancer deaths among men in the United States, according to the American Cancer Society (ACS), finding prostate cancer early through screenings and biopsies can make it easier to treat.

## SCREENING METHODS

If warranted, screening may include a prostate-specific antigen (PSA) test. PSA tests examine your blood for elevated levels of PSA. Though prostate cancer can increase PSA levels, other factors, such as medications or infections, can cause these levels to rise as well.

If you have the test and your PSA is elevated, a biopsy may be recommended to confirm the presence of prostate cancer. In many cases, prostate cancer does not require immediate treatment if it's slow growing.

## DOCTOR DISCUSSION

Talk with your primary care provider (PCP) about your individual prostate cancer screening recommendation. He or she will take into account your personal and family medical history with the disease.

Typically, the ACS recommends that men begin talking with their PCP about prostate screenings at age 50. Men with higher risk factors — such as those with African-American heritage and/or a family history of prostate cancer — should start the discussion in their forties.



# Mammograms and More

If you haven't already begun routine mammograms, how do you know when to start?

Breast cancer is one of the most commonly diagnosed cancers in American women and the American Cancer Society recommends that women who are at a lower risk of developing breast cancer should begin annual mammograms between the ages of 45 and 54.

## HIGH-RISK FACTORS

Certain risk factors can increase a woman's chances of breast cancer, and your primary care provider may recommend you begin your mammogram screenings earlier than women with less risk factors.

These risk factors include:

- **age**—being age 55 or older
- **alcohol consumption**—drinking more than two alcoholic drinks per day
- **family history**—having a first-degree relative, including a mother, sister or daughter, diagnosed with breast cancer
- **race/ethnicity**—African American women are more likely to develop more advanced-stage, aggressive breast cancer at a younger age
- **smoking**—women who smoke are at a higher risk
- **weight**—being overweight or obese can put women at a higher risk

## OTHER SCREENINGS



Alison Shepherd, MSN, APRN

In addition to breast cancer screenings with digital mammography at Forrest City Medical Center, patients can also receive bone density screenings to check for osteoporosis. The bone density screening is simple, quick and painless. Primary care providers can order the test and will receive their patients' results in a matter of days. If you're not sure which screening is right for you, speak with your primary care provider.



If you don't know your risk factors, discuss them with your primary care physician or call (870) 890-4115 to schedule an appointment at East Arkansas Medical Group.



Alison Shepherd, MSN, APRN, is accepting new patients at the Family Practice Clinic of East Arkansas Medical Group. If you need a family provider, visit [EastArkansasCare.com](http://EastArkansasCare.com) to schedule an appointment.

# Fizzy LOGIC

Learn whether your favorite carbonated drink falls flat or is a bubble above the rest with this guide.

## FIZZY FAILURES

Drinks in this category typically have more than 30 grams of sugar per 12 oz. serving.

- cola
- energy drinks
- ginger ale and tonic water
- sparkling juices



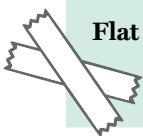
**Flat Fact:** As few as two energy drinks can put you over the U.S. Food and Drug Administration's daily recommended limit of 400mg of caffeine.

## FIZZLE OF THE PACK

These drinks are an improvement, but more research needs to be done about artificial sweeteners to determine their effects on the body.

- diet sodas
- diet sparkling juices
- no-calorie soft drinks

**Flat Fact:** Drinking two or more artificially sweetened sodas daily has been linked to a 30 percent or more decline in kidney function in women in a study performed by Harvard Medical School.



## FIZZY FREEDOM

No calories. No sugar. No caffeine. No problem.

- club soda
- mineral water
- seltzer water



**Flat Fact:** The American Dental Association has found that most sparkling water is just fine for your teeth. However, if you enjoy adding lemon or indulging in citrus-flavored varieties, do so sparingly — citric acid can damage the enamel in your teeth.



Our registered dietitian can guide you to the proper limits of caffeine, sweeteners and other additives. Call (870) 474-2906 to learn about individualized nutrition consultations.



**According to the American Heart Association:**

- Men should consume no more than 36 grams of sugar daily.
- Women should consume no more than 25 grams of sugar daily.

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (870) 261-0000 (TTY: (800) 285-1131).

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số (870) 261-0000 (TTY: (800) 285-1131).

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This publication in no way seeks to serve as a substitute for professional medical care. Consult your doctor before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.

# Time to prevent COLORECTAL CANCER?

Colonoscopies take about 30 minutes and can remove polyps that may become cancerous. According to the American Cancer Society, when colorectal cancer is found early, there is a 90 percent five-year survival rate. Talk with your doctor about whether it's time for your colonoscopy.



If you're due for a colonoscopy, don't wait any longer. Call (870) 600-2082 to schedule an appointment with our General Surgeon Jeremy D. Whitt, M.D., FACS.

*Dr. Whitt is a member of the medical staff at Forrest City Medical Center.*