

HEALTHY *Connections*

YOUR HEALTH, YOUR LIFE

You Say You Want a
RESOLUTION?



FORREST CITY
MEDICAL CENTER

**MATTERS OF
THE HEART**

**CELEBRATE
HEALTH
YEAR-ROUND**



A Heart-healthy Valentine

Do you typically celebrate Valentine's Day with boxed chocolates and roses? Consider swapping those traditional treats for two things that are good for your heart.

Dark chocolate, which is generally lower in sugar than milk chocolate, is high in flavonoids. These compounds in dark chocolate may reduce your risk for heart disease, according to the American Heart Association (AHA). Before you indulge, check the fat and calories in that dark chocolate heart. Consume in moderation — a little taste of dark chocolate goes a long way.

Flavonoids aren't just in your favorite Valentine's Day treats though. Look for these potentially beneficial substances in food sources, too, such as onions, apples, almonds and sweet potatoes.

Drinking polyphenol-rich **red wine**, in moderation, may also have benefits for the heart. These antioxidants keep blood vessels flexible. Again, the key word is *moderation*. If you drink alcoholic beverages, according to the AHA, keep your limit to no more than two drinks daily for men and one daily for women.

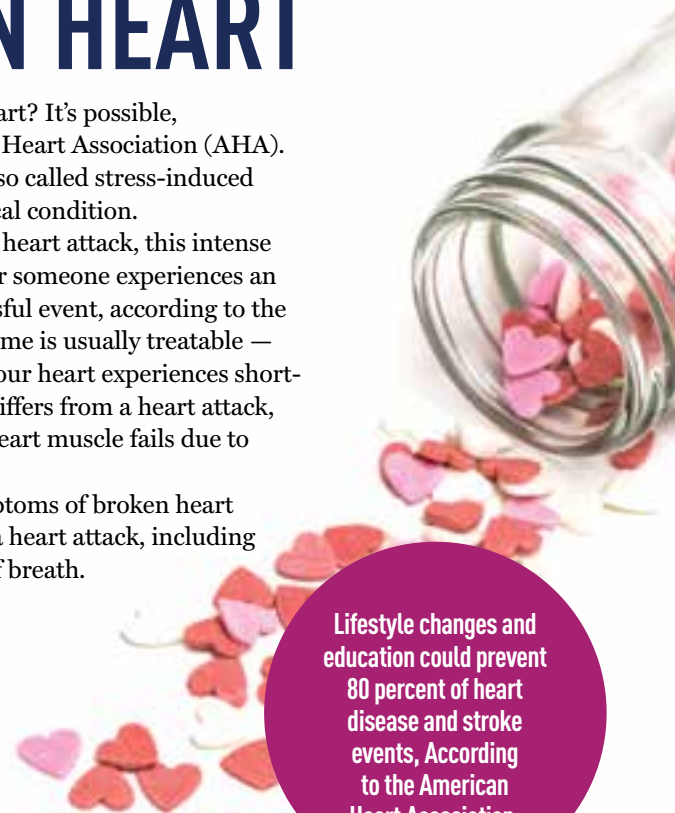
The Risks of a BROKEN HEART

Can you die of a broken heart? It's possible, according to the American Heart Association (AHA). Broken heart syndrome, also called stress-induced cardiomyopathy, is a medical condition.

Often misdiagnosed as a heart attack, this intense chest pain can happen after someone experiences an extreme, emotionally stressful event, according to the AHA. However, the syndrome is usually treatable — during this event, part of your heart experiences short-term muscle failure. This differs from a heart attack, which happens when the heart muscle fails due to blockages in the arteries.

Common signs and symptoms of broken heart syndrome mirror those of a heart attack, including chest pain and shortness of breath.

Lifestyle changes and education could prevent 80 percent of heart disease and stroke events, According to the American Heart Association.



MAMMOGRAMS May Help Detect Heart Disease

Your routine mammogram may provide more information than just your breast health. The American College of Cardiology reports finding that mammography may be helpful in identifying your risk for heart disease by identifying breast arterial calcification. The presence of these calcifications is a risk factor for coronary arterial calcifications, which are an early sign of heart disease.



Fast Fact

According to the American Heart Association, people with atrial fibrillation have a five-fold higher risk of stroke than someone without this form of arrhythmia.

It's ELECTRIC

If the heart beats too fast, too slow or out of sync, then there's a problem with the electrical system.

EAST ARKANSAS' NEW CHOICE FOR HEART HEALTH

Forrest City Medical Center's new Catheterization Lab offers timely and convenient help to those with risk factors for atrial fibrillation (AFib). In about two hours you can receive the same services that otherwise would require almost a full day's trip to Memphis or Little Rock.

In addition to AFib treatment, our services also include diagnostics for peripheral vascular disease, leaky valves, blockages, blood clots and other coronary artery diseases. Our Cath Lab might benefit you if you experience symptoms, such as:

- heart murmur
- ongoing tingling in the left arm
- prolonged chest discomfort
- shortness of breath
- swelling in the ankles
- unexplained fatigue

The body's blood pump — the heart — is powered by two systems: the circulatory system (the arteries and veins that carry the blood) and the electrical system. The electrical system fires impulses that tell the heart muscle when to contract. Any problem with these impulses is called an arrhythmia.

Most arrhythmias cause no long-term or serious problems. Others can be a sign of another heart issue, and some arrhythmias are life-threatening.

FEEL THE BEAT

Many arrhythmias have no symptoms.

However, the most common symptoms are:

- palpitations or heart flutter
- skipped heartbeat
- slow or irregular heartbeat

You may also sweat or experience shortness of breath, chest pain or anxiety when an arrhythmia occurs. Any time you experience these symptoms, contact a medical provider — the abnormal rhythm may have affected your heart function.

WHEN IT'S A PROBLEM

One of the more serious kinds of arrhythmias is atrial fibrillation, or AFib, which occurs when the heart muscle quivers instead of

contracting fully. This can cause the blood to pool in the chambers of the heart, increasing the risk of blood clots forming. According to the American Heart Association, this kind of arrhythmia doubles the risk of heart-related death, if untreated.

Although AFib often has no symptoms, you should talk to your doctor if you are concerned. Risk factors include:

- advancing age
- chronic conditions, such as thyroid problems, diabetes and asthma
- family history of AFib
- high blood pressure
- obstructive sleep apnea
- other heart disease, including valve problems and history of heart attack



If you are at risk for AFib or have symptoms of arrhythmia, talk with Cardiologist Pranab Das, M.D., about treatment options. Call his office at (901) 401-9667.

Dr. Das is an independent member of the medical staff at Forrest City Medical Center.

Resolutions

FOR A

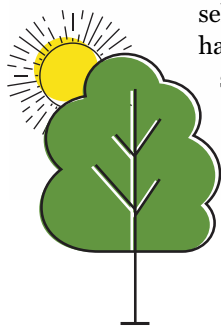
Better YOU



✓ MENTAL HEALTH

Resolution: Take a 10-minute walk every day.

According to the Anxiety and Depression Association of America, as little as five minutes of daily aerobic activity can boost mood, improve sleep, increase self-esteem and release tension. It doesn't have to be intense activity, either. Studies suggest a 10-minute, brisk walk can be as beneficial for your mental health as a 45-minute workout. Walk on your lunch break, around the park while your kids are playing or before your morning shower.



✓ DIGESTIVE HEALTH

Resolution: Swap your afternoon pick-me-up with kombucha.

Whether it's a candy bar or a caramel macchiato, satisfying that 3 o'clock craving can wreak havoc on your stomach. Foods rich in sugar and fat can cause excess gas, bloating and heartburn. The solution? Grab a bottle of kombucha, instead. Sweet and tangy, this popular fermented-tea beverage can curb your sweet tooth while actually improving your digestive health. Kombucha is full of probiotics that help build up healthy intestinal bacteria to balance gut flora, which is great for GI health as well as your immune system.



FAST FACT

Researchers have found that kombucha has a higher antioxidant content than unfermented teas. More study is needed to determine whether antioxidants in kombucha kill free radicals in the body that can damage cells and cause cancer.

RAMS

RETHINK YOUR RESOLVE

Before you settle on a resolution, make sure it passes the RAMS test. A good resolution should be:

- **Reasonable** — You don't need to run a marathon. Start by improving your 5K pace.
- **Actionable** — "Be more active" is a praiseworthy goal, but what steps will you take to get there? Choose active verbs like "eat" and "walk" over passive ones like "be."
- **Measurable** — Attach a number to your goal so you can track your progress. Instead of "volunteer more," resolve to volunteer for three hours, twice a month.
- **Sustainable** — Set a short-term goal, but keep the long term in mind. Make sure the healthy changes you've made are simple enough that you can keep them going in 2019 and beyond.



MUSCLE & JOINT HEALTH

Resolution: Stand up and stretch every 30 minutes at work.

Do you sit at a desk all day? Chances are you've experienced some of its effects — low back pain, sore wrists, a stiff neck or achy knees, to name a few. Over time, extended periods of sitting can damage your nerves, tendons and ligaments. Taking regular breaks from sitting can relieve immediate discomfort and help minimize long-term effects. Walk around the office or do some simple stretches, such as lifting your arms over your head or doing lunges. Set a recurring alarm on your phone or desktop calendar to remind you.



HEART HEALTH

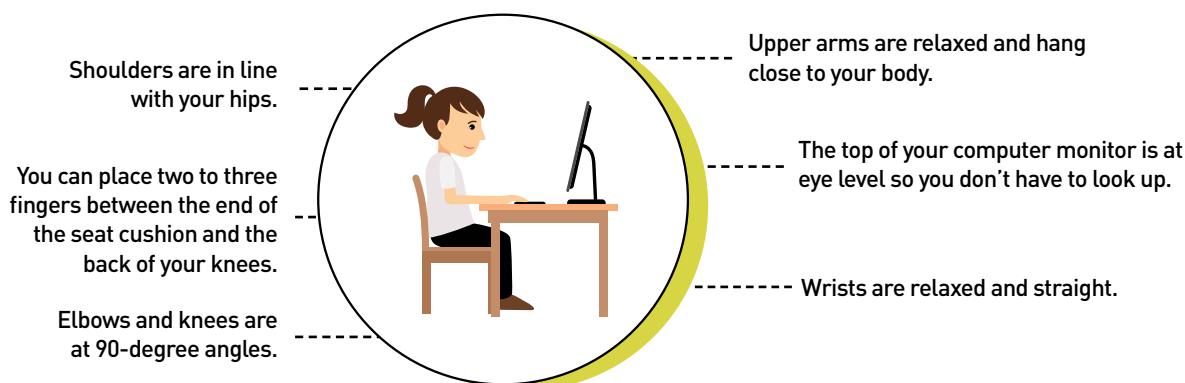
Resolution: Limit yourself to one sugary drink per week.

Soda, sweetened iced tea and sports drinks are laden with sugar that can cause excess weight gain, a major risk factor for heart disease. A 2014 study found that consuming too much added sugar may increase your risk of dying from heart disease, even if you aren't overweight. Diet and zero-calorie sodas aren't any better. In a 2015 study published in the *Journal of the American Geriatrics Society*, older adults who drank diet soda daily for nearly a decade experienced almost triple the increase in waist size compared to those who never drank it.



BACK PAIN IS SO LAST YEAR

Feeling fidgety at work? Constantly shifting in your chair to relieve aches and discomfort may be a sign your workstation is less than ergonomic. Rearrange your workspace for the new year and put a stop to poor posture. For a more ergonomic setup, make sure that:



MAKE IT STICK

For long-term success, turn your resolution into a habit. One study found that successfully forming a habit can take up to 254 days. If you start on Jan. 1, it could be September before your lifestyle change becomes automatic.

Many of us fail to keep resolutions. Not because it becomes too difficult, but because they fail to become habitual, and we forget to do them. To avoid this, take advantage of what behavioral psychologists call contextual cues. A contextual cue is a specific situation, a time and place you encounter every day that you learn to associate with a given action or behavior. For example, if you place an apple by your car keys every night, you'll begin associating your morning commute with eating an apple. If you do it enough, it will become strange not to eat an apple on your way to work. By tapping into the power of contextual cues, you can keep your New Year's resolution and continue to build on it throughout the year.



SEEK PROFESSIONAL NUTRITIONAL HELP



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

A registered dietitian can be invaluable in helping you determine what to eat, how much to eat, and when to eat. Amanda Rockett, M.S., R.D., L.D., Forrest City Medical Center's Registered Dietitian, offers

nutritional counseling for patients with medical conditions, such as:

- cancer
- cardiovascular disease
- diabetes
- high blood pressure
- high cholesterol
- kidney disease
- obesity

A physician referral is required, and in many cases insurance will cover the services. Check your policy to determine your coverage. Patients of all ages are accepted.

Ask your doctor if nutritional counseling would benefit you. To learn more, call (870) 890-4115.

5 STEPS to a HEALTHIER YEAR

A new year almost always means a resolution to lose weight, and that usually means “diet.” Before you try one of the latest fads promising fast and easy weight loss, consider a healthy approach designed to meet your individual needs.

The following simple steps are designed to help you conquer the new year with an individualized nutrition plan to ensure a healthy, balanced diet for 2018.

1. Determine your dietary needs. It's important to consider your medical history as well as personal health goals — lose 10 pounds or lower your blood pressure or cholesterol levels. By working closely with your physician and local registered dietitian, you can identify areas needing the most improvement and begin taking steps to improving your overall health.

2. Design your healthy diet. Consider how many calories you need to eat each day to lose or maintain weight. This can be done by accessing EatRight.org or contacting your local registered dietitian. Determine if your current eating patterns need a makeover. Make sure you are eating at least three times per day with the least distractions possible during mealtime. Review your current diet and determine in which food groups you are lacking and areas of overindulgence. Find balance by listing all your favorite foods from each group and making a meal-by-meal plan to incorporate each food group daily.

3. Start a food diary or calorie journal.

Keeping track of your daily intake is key to successful balance and achieving health goals. Record each meal eaten per day, including portion sizes and calories consumed. Review your food intake and calories consumed weekly to find areas that need improvement. You can create your own journal or use

online calorie counting tools and apps to track your progress.

4. Set exercise and fitness goals. Make a plan to get out and get moving every day. Health clubs, gyms and home fitness equipment are great ways to get started with physical activity. If weight loss is your goal, make sure you get plenty of aerobic exercise, such as walking and running. If increased strength is your goal, begin resistance training either at home or in a health club. Always check with your physician before beginning any exercise regimen to make sure you are healthy enough to participate.

5. Stay motivated to maintain your results. Potential roadblocks, such as busy schedules, vacations and holidays, can cause us to stumble on our path to healthy lifestyles. Don't forget to reward yourself for achieving your goals. Wear a fitness band or pedometer as reminder to stay on track. Include friends and family on your journey and hopefully inspire someone else to begin a healthy lifestyle. Total commitment to achieving your goals will ensure success.



Ask your doctor before beginning any new exercise program or making drastic changes to your diet. Need a doctor? We can help. Call (870) 825-2517.



A Healthier Holiday Calendar

Holidays aren't known for promoting healthy habits. In fact, it's hard to find one that isn't associated with large quantities of rich food or sweets. In 2018, give your holiday traditions a fresh start with these tweaks.

EASTER

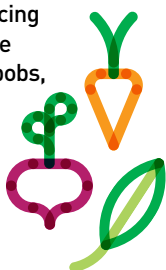
TRADITION: In addition to the religious celebration, Easter (April 1) is often celebrated with candy-filled baskets and a large meal.

TRY: Filling baskets with toys instead of candy. Add active events, such as a running egg hunt or an egg toss competition.

INDEPENDENCE DAY

TRADITION: Grilling hot dogs and hamburgers.

TRY: Introducing veggies to the grill with kabobs, for example.



HALLOWEEN

TRADITION: An estimated, 41.1 million children and teenagers went trick-or-treating in 2015 🍬.

TRY: Visiting neighborhoods where houses are a little more spread out. This will increase the number of steps you take while decreasing the total candy amount received.

📍 National Retail Federation

👤 U.S. Census Bureau, 2015 Population Estimates

📊 Pew Research Center

January



February



March



April



May



June



July



August



September



October



November



December



VALENTINE'S DAY

TRADITION: Americans spend \$1.7 billion on candy 🍬 every Valentine's day.

TRY: Exchanging the box of chocolates for dark chocolate-covered strawberries.



CHRISTMAS

TRADITION: 86 percent of Americans buy gifts for others at Christmas time 📺.

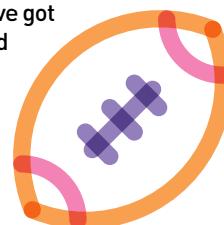
TRY: Giving the gift of health. Purchase a gym membership, fitness watch or yoga mat for the ones you love.



THANKSGIVING

TRADITION: Eating a large meal and watching football.

TRY: Playing a game of football while you've got plenty of family and friends around to participate.



WANT TO READ MORE?

Visit ForrestCityMedicalCenter.com/signup to receive other health and wellness articles and register for our eNewsletter.

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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.



When you have an emergency, turn to the emergency department at Forrest City Medical Center with confidence.

- The **30-Minute Pledge** means we will work diligently to have you initially seen by a medical professional within 30 minutes of your arrival.
- The **Level IV Trauma Center** designation means the ER has demonstrated an ability to provide advanced trauma life support (ATLS) prior to transfer of patients to a higher level trauma center. It provides evaluation, stabilization, and diagnostic capabilities for injured patients.

These, plus specialists in **Obstetrics** and **General Surgery**, mean we are at our best when you need us most.

Current Average ER Wait Time
ForrestCityMedicalCenter.com

FORREST CITY
MEDICAL CENTER
1601 New Castle Road, Forrest City, AR 72335

If you are experiencing a medical emergency, call 911.
Specialists are Employed and Independent Members of the Medical Staff at Forrest City Medical Center.