

HEALTHY *Connections*

YOUR HEALTH, YOUR LIFE

TIRED OF
ROUGHING IT?

*Winter Skin
Solutions*

**WHY 7,500 STEPS
IS ENOUGH**

**COLD & FLU
SEASON:
DON'T PASS IT ON**

FORREST CITY
MEDICAL CENTER

New Year, *New You*

Follow these tips to kick your year off the healthy way.

WALK YOUR WAY TO HEALTH

The prescription for a longer life may be as simple as taking fewer than 10,000 steps each day, according to a study published by *JAMA Internal Medicine*. Older women who comprised the study enjoyed a significant reduction in mortality — about 40% at 4,400 daily steps — but the health benefits of walking topped out at 7,500 steps, not 10,000.

One of the best things about walking is that it is easy to incorporate into your regular

routine, whether you choose to park far away from your office, take the stairs instead of the elevator or add a 30-minute walking workout before breakfast or after dinner.

When you walk, remember to:

- Choose shoes that are comfortable with proper support.
- Do not walk in icy conditions.
- Maintain good posture with your spine as straight as possible.
- Warm up and stretch before a long walk.



Alison Shepherd, MSN, APRN

MAKE TIME TO STAY HEALTHY

This year, revamp your health with proper physical activity, a healthy diet, plenty of rest and routine wellness exams from your primary care provider. Alison Shepherd, MSN, APRN, at East Arkansas Medical Group's Family Medicine Clinic in Forrest City is accepting new patients. Schedule your visit early in the year to discuss recommended screenings for your age and specific medical history.



Call (870) 633-0215 or visit ForrestCityAnytime.com to schedule your appointment at East Arkansas Medical Group.

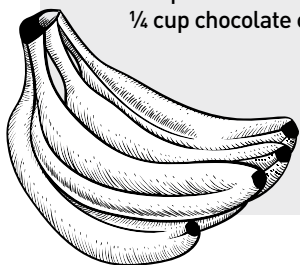
Alison Shepherd, advanced practice registered nurse and member of the allied health staff at Forrest City Medical Center, treats patients of all ages.

Grab-and-Go Breakfast Cookies

These one-bowl cookies are a fantastic option when you need a quick and healthy start to your day.

INGREDIENTS

3 large overripe bananas, mashed
½ cup all natural peanut butter
2 cups rolled oats
¼ cup chocolate chips



DIRECTIONS

1. Preheat oven to 350 F. Line a large cookie sheet with parchment paper.
2. Combine bananas and peanut butter. Stir in oats and chocolate chips.
3. Wetting hands to help prevent sticking, divide batter into eight sections and shape into balls. Flatten into cookie shapes.
4. Bake the cookies for 10 to 12 minutes.
5. Move to a wire rack to cool completely. Refrigerate cookies to store for up to five days.

NUTRITION

Serving: 1 cookie
Calories: 103
Carbohydrates: 19g
Protein: 6.5g
Fat: 6g
Fiber: 6g
Sugar: 1g





Winter EMERGENCIES

Medical emergencies do not take a holiday break during the season of soirées and icicles. Know what sends people to the emergency room (ER) this time of year and how you can avoid needing the ER.

CARDIOVASCULAR EVENTS

Heart attack and stroke are prevalent conditions during the winter months. Recognizing symptoms and acting fast before they cause irreversible damage is key.

Warning signs of a heart attack include:

- chest pain, pressure or squeezing that is ongoing for several minutes or goes away and returns
- cold sweat
- lightheadedness
- nausea
- pain in the arms, neck, jaw or stomach
- shortness of breath
- vomiting

If you are experiencing a stroke, you or a loved one may notice:

- face drooping
- arm weakness
- slurred speech

In either event, do not hesitate to call 911.

Timely emergency care can save heart muscle, brain tissue and possibly a life.



SLIPS AND FALLS

When the weather is icy and wet, losing your footing is easy to do. Falling is a key reason that people land in the ER. However, you can take steps to reduce your risk of getting up close and personal with the pavement.

A strong body is your greatest asset to minimize the likelihood of losing your balance, and it is never too late to set a solid foundation. Work on your balance with simple exercises such as tai chi and yoga. Also, make sure that your vision is clear. If your sight is blurry, make an appointment with an eye doctor to test your vision and get the necessary prescription for glasses or contact lenses.

Additionally, when you are in high-risk areas for falling, such as cracked sidewalks, ladders and stairs, take care to:

- Lift your feet completely as you take steps.
- Look where you are going.
- Use a cane or hang on to a railing, if you are having difficulty with your balance.
- Wear shoes with substantial tread to keep from slipping.



TIMELY TRANSPORTATION

Think you can drive yourself to the hospital faster than you can get there by ambulance? Consider this: Once the ambulance arrives at your location, first responders immediately assess your condition and communicate with emergency room (ER) staff. The ER at Forrest City Medical Center has been recognized with a Mission: Lifeline® Gold Referring Quality Achievement

Award from the American Heart Association. The hospital is designated by the Arkansas Department of Health as a Stroke Ready hospital, and it is a Level IV trauma center.

Know the symptoms of heart attack and stroke, and if you suspect these or any medical emergency, call 911 and ask for Emergency Medical Services of Arkansas, which is an ambulance service owned and operated by Forrest City Medical Center.



If you would like someone from our emergency medical staff to speak with your group or organization about how to be ready for an emergency, call (870) 261-0444 to make arrangements.

We work diligently to have you initially seen by a medical professional within 30 minutes of your arrival in the ER.



Give healthy skin a hand. Always carry nongreasy hand cream with you to apply after every time you wash your hands.

Taking Care of WINTER SKI

DIY SKIN CREAM

Get back to basics with a skin salve you can whip up at home. Made from just three ingredients, this cream restores moisture without anything extra that might cause skin irritation.

Combine equal parts organic cocoa butter and unrefined shea butter and add half the amount of coconut oil. Melt on the stove or in the microwave, whisking to combine.

Allow the mixture to cool to room temperature. When ready, whip with a whisk, stick blender or food processor. The resulting texture will be smooth and creamy, and the color will turn from yellowy green to white. Store in clean glass jars with lids.



Oh, the weather outside is frightful, and if you aren't careful, it can damage your skin. Resolve your winter skin woes with these tips.

Your skin is your body's largest organ and its first line of defense, according to the National Institute of Arthritis and Musculoskeletal and Skin Diseases. Healthy skin helps regulate body temperature, keeps infection-causing microbes out and prevents dehydration.

When skin loses too much oil and water, it can become dry. Your skin might be in trouble if you experience:

- cracks that may or may not bleed
- flaking or peeling
- itching
- rough texture
- tightness, especially after washing

Not just a winter woe, dry skin can affect people of all ages at any time of year. Learn how to manage three common skin concerns.

1.

CHAPPED LIPS

Keep your lips moisturized with American Academy of Dermatology-recommended lip products that contain:

- castor seed oil
- petrolatum
- hemp seed oil
- shea butter

Other types of lip products can be irritating — avoid products with flavors, fragrance, eucalyptus or menthol. Also, don't lick your lips. The saliva evaporating on your lips can cause them to become drier. Use a thick ointment, such as petroleum jelly (the common name for petrolatum), if your lips are especially cracked.



2.

ELEPHANT ELBOWS

If your elbows (or knees, or anywhere on your skin) feel tight, dry and flaky, there are several remedies you can try.

- Choose fragrance-free detergents, skin care products and soaps to limit potential skin irritation.
- Close the bathroom door and take a short 5- to 10-minute bath or shower using warm water and a gentle cleanser.
- Moisturize your skin with a cream or ointment immediately after you bathe or shower — lotions are less effective and often contain skin-irritating ingredients. Look for products that contain jojoba oil, olive oil or shea butter.

- Use a humidifier to restore moisture to the air in your home and provide relief from the dry air inside and out.
- Wear gloves when you wash dishes, go outdoors or can come in contact with chemicals or other substances.



3.

CRACKED HEELS

Dry skin can happen anywhere on your body, but cracked heels can be especially painful. Cracked skin on your heels is more likely if you wear open-back shoes, stand for long periods — especially on hard floors — or are obese. Protect feet with well-fitted shoes and padded socks, and use cream or ointment on heels when they are clean and dry to lock in moisture.

**HELLO, Hydration**

Hydration helps every part of your body. Drinking enough water allows your body to absorb nutrients, get rid of waste and cushion your joints. If you are not sure that you are consuming enough water, check your skin's elasticity by pinching a small amount so it's tented up and hold for a few seconds. If your skin springs back quickly, you are well hydrated; if it doesn't, try these tips:

- **Choose water.** At home or when eating out, water is the top beverage choice for hydration that can also save you money.
- **Hydrate with your plate.** Your water intake also comes from the foods that you eat. Fruits and vegetables, such as celery, cucumbers, and tomatoes, soups, oatmeal and smoothies can all contribute to your hydration goal.
- **Sip through the day.** The American Academy of Family Physicians recommends drinking six to eight cups of water a day but acknowledges that everyone has different needs. People who are on certain medications or have particular health conditions may need less water. Speak with your primary care provider about your appropriate daily hydration goal.



Visit EastArkansasCare.com or call (870) 633-0215 to schedule an appointment with Alison Shepherd, MSN, APRN.

Alison Shepherd, advanced practice registered nurse and member of the allied health staff at Forrest City Medical Center, treats patients of all ages.

WINTER SUNBURN

Sunburn is always a risk to your skin. During the winter, even on overcast days, the sun's ultraviolet rays can go through the clouds. Snow can also reflect the sun's rays. Use a broad-spectrum sunscreen with a sun protection factor (SPF) of 30 or higher. If you are concerned about the chemicals in sunscreen irritating your dry skin, choose a mineral sunscreen made with zinc oxide or titanium dioxide. The AAD recommends these types of sunscreens for those with sensitive skin. Applying sunscreen will also help slow the signs of aging, as sun damage can cause wrinkles and age spots. Apply sunscreen 30 minutes before going outside and reapply every two hours.

CONSULT THE EXPERTS

If dry, flaky skin continues despite at-home remedies, it might be a sign of something more serious. Speak with your primary care provider (PCP) if:

- Pain and itching from dry skin is keeping you awake.
- Scratching has caused open sores or cuts.
- You feel itching without a visible cause.

The SLEEP-HEALTH Connection

More than 30% of U.S. adults say they don't get enough sleep, according to the Centers for Disease Control and Prevention.



Not getting enough sleep can increase your risk of chronic health conditions, including obesity, Type 2 diabetes and stroke. Conversely, living with these conditions can make it difficult to get the sleep you need, causing a vicious cycle that can be hard to break.

Are you getting enough sleep? According to the National Sleep Foundation, adults ages 18 to 64 should sleep between seven and nine hours every night. Older adults need a little less, though they should still aim for a minimum of seven hours.

THE COST OF LOST SLEEP

Sleep helps keep you sharp. Without it, you may forget things or have difficulty paying attention. Limited sleep can also make you groggy, interfere with work responsibilities and make it harder to control your emotions and stress levels. However, lack of sleep doesn't only affect your mind.

Sleep deprivation and its related conditions also take a heavy toll on your heart. Sleep deficiency, obesity and diabetes are all linked to high blood pressure and heart disease. The increased stress from lack of sleep can put further strain on your

heart and make it more likely that you'll experience a heart attack.

SLEEP DISORDERS

Sleep disorders such as insomnia, sleep apnea and restless leg syndrome can keep you from falling asleep and disrupt your sleep patterns during the night. Common symptoms include:

- feeling sleepy during the day
- needing more than 30 minutes to fall asleep
- snoring, gasping, choking or not breathing for periods of time at night
- taking frequent naps
- waking up multiple times during the night

If you notice signs of a sleep disorder, speak with your physician. They can help you get back to a healthy sleep schedule.

NEED ANSWERS? SLEEP ON IT



Nizar Issa, M.D.

Obstructive sleep apnea (OSA) is a sleep disorder that describes when your airway closes multiple times

a night while you sleep. This restricts your ability to breathe. Over time, the lack of oxygen can increase your risk for serious health conditions.

If OSA is a concern, Nizar Issa, M.D., a board-certified Pulmonologist at East Arkansas Medical Group, may recommend a sleep study.

Following the sleep study, Dr. Issa will interpret the results and recommend treatment.

Dr. Issa has offices in Forrest City at 904 Holiday Drive, Suite 400, and in West Memphis at 210 South Rhodes.



Call (870) 630-9362 to schedule an appointment with Nizar Issa, M.D., a board-certified Pulmonologist at East Arkansas Medical Group.

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

SICK

Etiquette

Mind your manners — and your health — with these tips.

1. Practice Self Care

Every year, get vaccinated against the flu and stay up to date with your immunization schedule. Your primary care doctor can help.

Boost your immune system by:

- drinking alcohol in moderation or not at all
- eating a healthy diet with plenty of vegetables and fruit
- getting 150 minutes of moderate aerobic physical activity every week
- not smoking
- sleeping seven to nine hours every night

2. Keep Your Germs to Yourself

While a slight cough or runny nose may not be enough to skip work or school, make sure you stay home if you:

- are unable to perform your studies or work tasks
- have a fever over 100 F
- have diarrhea or vomit multiple times
- show other symptoms of the flu, such as headache, congestion, dry cough, fatigue and muscle aches

Wait 24 hours after your symptoms subside to return to work or school — you may still be contagious before then.

3. Do Unto Others ...

When you sneeze or cough, cover your mouth and nose with a tissue and throw it away. If you don't have a tissue, cover your face with the bend of your arm.

Whether you are sick or not, wash your hands for 20 seconds with soap and water:

- after sneezing, coughing or blowing your nose
- after touching or petting an animal
- after using the toilet
- before AND after caring for a wound
- before preparing or eating food

If you have a fever higher than 100 F, are experiencing difficulty breathing, or your cold worsens, visit ForrestCityAnytime.com or call (870) 633-0215 to schedule an appointment with a Forrest City Medical Center primary care provider.



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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.

HERE FOR *You*

In a crisis, emergency rooms (ERs) provide prompt medical care and determine next steps, if needed. Don't hesitate — severe symptoms may require an ER visit.

CALL 911 if you or a loved one experience:

- bleeding that won't stop
- chest pain or discomfort
- excessive abdominal pain
- loss of consciousness
- numbness isolated to one side of the body or an upper body part
- slurred speech
- vision problems



The Forrest City Medical Center emergency room is Stroke Ready, a Level IV trauma center and awarded the Mission: Lifeline® Gold Referring Quality Achievement Award from the American Heart Association. Visit ForrestCityMedicalCenter.com to learn more.

We work diligently to have you initially seen by a medical professional within 30 minutes of your arrival in the ER.

But remember:

**This list is not exhaustive!
Seek emergency care if you
experience any unusual or
alarming symptoms.**