



HealthcareConnections

APRIL 2018

Healthcare News

APRIL



is **Stress Awareness Month**

Everyone gets stressed out; it's a feeling most of us would like to avoid. It can come from work, finances, relationships, and many other places that generate pressure in our lives. Stress often leads to a loss of happiness and health. That's why one of the focuses in April is Stress Awareness Month.



LOWER YOUR STRESS during Stress Awareness Month!

What is stress?

Stress is a natural bodily response to perceived threats, demands, and dangers. When burdens start weighing down on you—whether they're physical or mental—your stress response kicks in to help you focus and stay alert. Your blood pressure rises, breath quickens, and your heart pounds to increase your ability to respond to an emergency. While small doses of stress are usually fine and can even be helpful in reacting to pressure, chronic stress can lead to long-term health risks.

The dangers of chronic stress

Constantly feeling overwhelmed can take its toll on you emotionally. It can lead to feelings of depression, irritability, loneliness, and a lack of motivation. Those effects on your mood can result in behavior changes, such as angry outbursts or social withdrawal. In extreme cases, some people turn to over or under eating, tobacco use, and in some cases, drug and alcohol abuse.

Stress doesn't just affect your mind; it can harm your body as well. Aches and pains are common side effects of stress. Nausea and dizziness can also appear, along with fatigue, and chest pain. But there is good news; these symptoms can be avoided.

How to reduce your stress

Situations that cause stress are called stressors. Any pressure, good or bad, can be a stressor. It can range from a major life change to simply being too busy. While we can't avoid all stressors, there are ways to bring your stress level down and regain your feeling of control.

- 1. Physical activity:** Exercise is a great way to burn the extra energy that builds up with stress. Physical exertion can metabolize stress hormones that leave you on edge. It also can help with the next step.
- 2. Sleeping more:** Rest can help put your overworked mind at ease. For some, lack of sleep may be the cause of the stress itself. Also, try to get to bed at the same time each day to help develop a relaxing routine.
- 3. Relaxation techniques:** Setting time aside to collect your thoughts can help put your worries into perspective. Meditation, yoga, tai chi, and massages are great ways to release pent-up stress.

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Stress Awareness Month (continued)

- 4. Socialize:** Talking to friends and family can help release built-up tension. Kind words, an uplifting conversation, or simply being able to say your frustrations aloud can help you relieve stress. Plus, having an outside perspective can find a solution you didn't see before.
- 5. Set time aside for yourself:** Having time to yourself can give you much needed peace to explore your passion. Learning a new skill, taking up a hobby, reading a book, or listening to music may be all you need to bring your stress levels down for the day.

April showers bring May flowers, but this month can also bring you your first breakthrough in lowering the stress in your life. De-stressing can not only be the start of a more satisfied and relaxed you, but a healthier one as well. Take a moment this spring and commit to being less frazzled, and more fulfilled.



OCCUPATIONAL THERAPY MONTH

Celebrating those who help others

April is also Occupational Therapy Month. Many people have gone or know someone who has gone to see an occupational therapist. It's a service dedicated to getting those who face extraordinary challenges on a path to recovery.

Occupational therapy works with people who have a debilitating injury, illness, or disability to regain their standard of living. The goal is to improve a patient's ability to perform tasks that are required for daily life and work environments. It can empower a child struggling with socializing, encourage an older adult to live on his or her own, or empower an injured person to relearn life skills. Occupational therapy is a rewarding experience to all people, regardless of age, circumstance, or situation.

Occupational therapy practitioners dedicate themselves to making positive changes in the lives of their patients by providing specialized care and services. Through the therapeutic use of everyday activities, they diligently work to help patients overcome whatever mental, physical, developmental, social, and emotional condition is impairing them.

For all these reasons and more, we say "thank you" to occupational therapists everywhere for the care they provide.



Would you like to see an occupational therapist?

Brenda Coram, OTR/L
Sara Hassinen, COTA/L

Call **641-932-1673** to schedule an appointment.

Happy Patient Experience Week!

We, at MCHC, deliver more than quality service to our patients; we deliver patience, understanding, value, and strive to go above and beyond in all areas of patient care. Our providers and physicians are exceptional and offer an excellent healthcare experience to each individual.



Monroe County
HOSPITAL & CLINICS

Healthy Recipe

Looking for a colorful and healthy treat to improve your rainy day blues? Tabbouleh II is a fresh, green salad that makes a perfect side dish to any dinner!

Tabbouleh II

1/4 cup of bulgur
 1/2 cup of water
 1 cup of chopped parsley
 1/4 cup of mint leaves
 5 tomatoes
 1 onion
 2 teaspoons of olive oil
 1 lemon, juiced

1. Place a 1/2 cup of water in a pan on your stovetop and set the burner on high.
2. Once the water is boiling, pour it into your bulgur.
3. Mix and cover with a towel. Let it stand for one hour. Now is the perfect time to begin preparing the rest of the ingredients!
4. Dice your tomatoes and finely dice your onion, as well as chop the mint leaves and parsley.
5. Once the hour is up, drain any excess water from the bulgur.
6. Combine the parsley, mint, tomatoes, onion, olive oil, and lemon juice into a bowl, and then add your bulgur.
7. Mix and serve!

Tips for the chef: You can add a pinch of salt to add to the flavor!

Do you have a recipe you'd like to share? Send us your healthy snack or meal at info@mchalia.com.

Don't become a diabetes statistic

Diabetes affects 1 in 3 Americans.

It is a life-changing and life-threatening disease that increases the risk of heart attacks, strokes, kidney disease, blindness, and amputation. Life with diabetes is tough, and that's why the Defeat Diabetes Foundation has declared April to be Defeat Diabetes Month.

Along with eating healthy, being active is one of the best ways to reduce your risk of diabetes. As the weather begins to warm up, this April is an excellent time to start making that positive change. Here are some fun outdoor

activities you can try to become more active this month and reduce your risk for diabetes.

- Take a walk
- Use the stairs
- Play a sport
- Visit your local park
- Bike around town
- Park in the back of the parking lot

They may seem simple, but making it a priority to work any of these into your daily routine can be the first step in reducing your risk of diabetes. Together, we can defeat diabetes.

Would you like to learn more ways to help defeat diabetes? Allison Judge, RN, Health Coach and Lori Vitko DNP, FNP-BC, CDE, Family Nurse Practitioner can help! Call 641-932-7172 to learn more.



April 2018

Susan Allison Outpatient Clinic

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>1</p>	<p>2</p> <p>Homedan Agarwal p.m.</p>	<p>3</p> <p>Sokol</p>	<p>4</p> <p>Sanders Curtis</p>	<p>5</p> <p>Coleman</p>	<p>6</p> <p>Marcus Onsrud Moratz</p>	<p>7</p>
<p>8</p>	<p>9</p> <p>Homedan Freeman</p>	<p>10</p> <p>Sokol</p>	<p>11</p> <p>Sanders Narayan</p>	<p>12</p> <p>Sokol Moratz</p>	<p>13</p> <p>Marcus</p>	<p>14</p>
<p>15</p>	<p>16</p> <p>Homedan</p>	<p>17</p> <p>Sokol</p>	<p>18</p> <p>Sanders Curtis Moore</p>	<p>19</p> <p>Sokol Coleman</p>	<p>20</p> <p>Marcus Onsrud</p>	<p>21</p>
<p>22</p>	<p>23</p> <p>Homedan Freeman</p>	<p>24</p> <p>Sokol</p>	<p>25</p> <p>Sanders Dickins Dawley</p>	<p>26</p> <p>Sokol Moratz</p>	<p>27</p> <p>Marcus</p>	<p>28</p>
<p>29</p>	<p>30</p> <p>Homedan</p>					

Outpatient Clinic Specialists

Ravinder Agarwal, M.D. - *Allergy & Immunology*
 Greg Moore, AUD - *Audiology*
 Richard Marcus, M.D. - *Cardiology*
 Rachel Onsrud, ARNP - *Cardiology*
 Heidi Curtis, ARNP - *Dermatology*
 Neal Sokol, D.O. - *General Surgery*
 Kelley Dawley, ARNP - *Neurology/Sleep Clinic*

Q. Stokes Dickins, M.D. - *Neurology*
 Joseph Coleman, M.D. - *OB/GYN*
 Brian Freeman, M.D. - *Oncology/Hematology*
 Shehada Homedan, M.D. - *Orthopedic Surgeon*
 Robert Moratz, DPM - *Podiatry*
 Tamarisa Narayan, M.D. - *Pulmonology*
 Shayla Sanders, ARNP - *Rheumatology*

For additional information or to schedule an appointment, please call 641-932-1678.