

inspire

YOUR HEALTH, YOUR LIFE

TAILORING YOUR
TAILGATE
Eat to Win

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.

2. 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.

4. 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.



Put that smartphone to use and make your family provider appointment with Big Bend Regional Health Center. Go to BigBendAnytime.com, choose your provider, pick your time availability and book your appointment today!

TIME FOR A SMART SPEAKER?

Smart speakers let you access information, listen to music, make purchases and even control the lights and temperature in your home using voice commands. They're convenient, but are they safe?

Just like with any electronic device, hacking is a possibility. Safeguard your information with these do's and don'ts:



Do enable settings that require you to enter a PIN number or password before making purchases.



Don't connect your smart speaker to unsecured Wi-Fi networks.



Do take home security off-line. For example, Symantec warns against using smart speakers to control automated door locks.



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.



AT LAST

PAIN-RELIEF

Chronic pain shouldn't keep you from the things you love.



When pain persists after an injury or stems from a cause that isn't easily identifiable or treatable, it can become chronic and last for several months to several years. Potential triggers for chronic pain include arthritis, cancer, headaches or migraines, nerve damage, and previous surgeries, injuries or infections, according to the American Academy of Family Physicians.

TAKE BACK YOUR LIFE

Opioids aren't the only treatment for chronic pain. Other remedies and lifestyle changes that can help you feel better include:

- **exercise therapy** — Prescribed exercise programs not only help relieve pain but also address problems with posture or muscle weakness that may contribute to pain, according to the Centers for Disease Control and Prevention. Low-impact activities, including walking, swimming, yoga and tai chi, are among the exercises physicians may recommend to ease low back, arthritis or fibromyalgia pain.
- **injections and nonopioid medications** — Over-the-counter and prescription remedies range from ibuprofen and acetaminophen to steroids, antidepressants and seizure medications. Epidural, corticosteroid or nerve block injections may also be part of your treatment plan, depending on the source of your pain.
- **massage, acupuncture and spinal stimulation** — These complementary therapies may be especially beneficial for those with low-back pain, according to the National Center for Complementary and Integrative Health.
- **surgery** — Back pain, headaches and facial pain from nerve damage and other conditions are among the types of pain managed with surgical solutions, according to the American Association of Neurological Surgeons.
- **weight loss** — Reducing the amount of weight on your joints can ease arthritis pain and slow progression of joint damage.

Review your symptoms with your physician to find out the possible source of your pain and the right way to manage it.



Big Bend Regional Health Center offers an OB-GYN, a pediatrician, a nurse practitioner and a family provider. Visit BigBendAnytime.com to make your family appointments today!

Fast Fact

More than 100 million Americans — close to roughly one-third of the U.S. population — have pain that persists over weeks and years, according to the National Institute of Neurological Disorders and Stroke.

STRETCH AND FLEX


Are you looking for an exercise class to keep you moving? Our Healthy Circle of Big Bend Regional Medical Center has three Stretch and Flex classes per week in both Alpine and Fort Davis. These classes are held Monday, Wednesday and Friday at the Methodist churches in each town.

These classes will help maintain your flexibility and keep you in motion! With exercises performed in a chair — or next to one — the class is low to no impact on achy joints. Some exercises use light weights — or none at all — and a small towel.

Let's get moving on our road to healthy with Our Healthy Circle and Big Bend Regional Medical Center.


If you are interested in joining Our Healthy Circle, please contact Ruth Hucke at (432) 296-5978 or email Ruth_Hucke@quorumhealth.com.

Patient results may vary. Consult your doctor about the benefits and risks of any surgical procedure or treatment.



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.



Big Bend Regional Health Center is rooting for a healthier you! Make an appointment for us to be on your team today! Go to BigBendAnytime.com or call (432) 242-4924. Same-day appointments are often available.

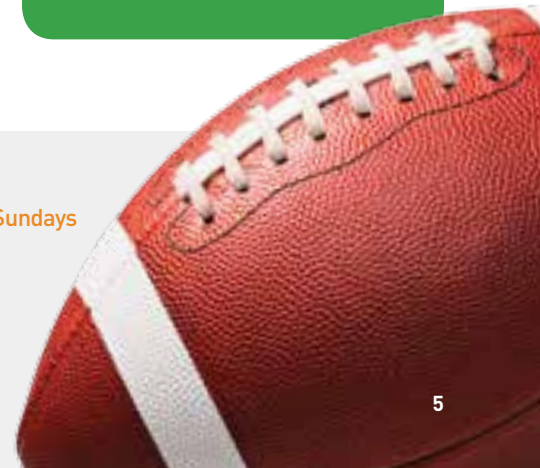
VICTORY OVER DEFEAT

Whether a nail-biter or a blowout, a loss by your favorite team can be hard to take — and, potentially, harmful to your health. The likelihood of heart attacks and deadly traffic accidents rises after a sports defeat, according to the co-author of a study of NFL fans that found a link between losing and unhealthy eating. Don't let passion for your team put you at risk after every loss. Use these tips to handle the agony of defeat:

- **Place sports in perspective.** It's OK to identify closely with your team, but it shouldn't be your whole identity. When your favorite squad loses, remember that it's only a game, and that there are other things that make your life rich. Focusing on them will lessen the sting of the loss.
- **Resist the temptation to binge on junk food.** In a 2013 study, researchers found that NFL fans' total calorie consumption and saturated fat intake rose by 10 percent and 16 percent, respectively, after losses by their team. The next time your side goes down in defeat, reach for a healthy snack — and enjoy in moderation.
- **Take a cue from your on-field heroes.** Many successful athletes adopt a short-term memory — they don't relish wins or lament losses for long. Instead, they prepare for the next contest.
- **Think of defeat as a prelude to victory.** True fans stick with their team through thick and thin. In the wake of a crushing loss, think how much sweeter the moment of triumph will be because of the temporary bitterness of defeat.

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.



HITTING YOUR STRIDE

More than 70 percent of ankle sprains occur in people with previous sprains that were not properly rehabilitated, according to the American Medical Society for Sports Medicine.

THE SHOES FOR YOU

If you have weak ankles, it's important to find the right shoes to keep them properly supported — and to keep you on your feet. Next time you go shoe shopping, keep these features in mind.

- **Ditch the heels.** Thin, tall heels focus all your weight on a smaller, less stable area. If you have to wear heels, go low and wide.
- **Don't go too flat.** Sandals and ballet flats are cute and on trend, but many don't properly support your arch. This allows your foot to roll inward, causing pain.
- **Invest in inserts.** If your shoes don't have arch support but you don't want to give them up, purchase insoles or inserts.

If you experience regular pain or swelling, take an extra step and support yourself. Wearing a compression bandage or brace inside your shoe can provide an extra layer of stability necessary to avoid discomfort.

Addressing chronic ankle instability (CAI) can help you maintain an active, independent life.

If your doctor's office or local urgent care gave out punch cards for ankle sprains, how many punches would you have? CAI affects people of all ages and occurs when someone does not rehabilitate an ankle sprain properly or re-sprains their ankle within six months of the first injury.

You may have CAI if you:

- consistently feel like you need to wear an ankle brace or compression bandage
- don't feel comfortable walking on uneven ground
- experience recurring ankle sprains
- frequently roll your ankle or feel it give out
- have persistent ankle pain

AN OUNCE OF PREVENTION

When sprained ligaments heal in a stretched position, they're more likely to roll or be unstable in the future. Prevent further sprains and future instability by:

- doing exercises designed to strengthen the ankle like standing calf raises and heel walks
- following your doctor's instructions after an initial sprain
- wearing shoes with proper ankle support

THE RIGHT TREATMENT

CAI develops in 10 to 20 people out of every 100 people with ankle sprains, according to the U.S. National Library of Medicine. Treatment options vary depending on the severity of your joint instability. For most people, the first option is physical therapy to strengthen the ankle and wearing a brace to stabilize it. Your doctor may also direct you to take nonsteroidal anti-inflammatory drugs, such as aspirin and ibuprofen.

If ligaments are still loose following physical therapy, your doctor may recommend surgery. Ankle surgery can either shorten and tighten ligaments or use a piece of tendon to function as an outer ligament. Rehabilitation provides better results at two to three weeks after surgery than it does six weeks after surgery, so talk to your doctor about starting physical therapy quickly.



Big Bend Regional Medical Center's Rehabilitation Services is pleased to offer physical, occupational and speech therapy. If you have any questions regarding our Rehabilitation Services, please call BBRMC at (432) 741-3654 today.

Patient results may vary. Consult your doctor about the benefits and risks of any surgical procedure or treatment.

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



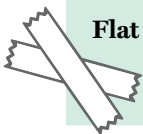
Flat Fact: As few as two energy drinks can put you over the U.S. Food and Drug Administration's daily recommended limit of 400mg of caffeine.

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.



Don't let your family's health fizzle. Call Big Bend Regional Health Center at (432) 242-4924 and make your appointments to keep them healthy and sweet! Or "pop" on over to BigBendAnytime.com to book the appointment that is best for you.



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 (432) 837-3447 (TTY: (800) 735-2989).

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số (432) 837-3447 (TTY: (800) 735-2989).

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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.

WHO KNOWS YOU **BEST?**

The one who's seen you at your worst. Count on your primary care provider to be your coach, friend and guide as you continue on your lifelong journey to optimal health.



Big Bend Regional Health Center has caregivers who would like to get to know you best. If you're looking for a family doctor, a pediatrician or an OB-GYN, we've got you covered. Go to BigBendAnytime.com and book your appointment today.