

SPRING 2016

Thrive

[with COPD/Asthma]



Your Heart: An Owner's Manual

What you can do to protect against heart disease every day of the year

You're no stranger to maintenance when it comes to your home. After all, you do dishes daily, laundry weekly and swap the batteries in your smoke detectors annually. (We can wait if you need to check on that last one.) Are you as vigilant when it comes to your ticker?

Consider this your heart handbook, organized by the upkeep you should provide daily, weekly, monthly and yearly.

Daily

JUST SAY NO. "The most important thing you can do for your heart is live a tobacco-free life," says Timothy Church, MD, PhD, a spokesman for the American Heart Association (AHA). After just 12 hours of being smoke-free, your heart rate and blood pressure drop, and the carbon monoxide levels in your blood return to normal.

continued on next page

continued from page 1

SLOW DOWN ON THE SALT. Don't go over 1,500 milligrams per day, as recommended by the AHA. Start by checking the sodium content on nutrition labels and choosing low-sodium options.

FILL UP ON FIBER. The AHA recommends at least 25 grams per day (one cup of black beans has about 12 grams), which may help lower cholesterol and reduce risk for heart disease.

Weekly

GET ACTIVE. "Sitting kills you," Dr. Church says. "Lead a physically active life and aim for 150 minutes of moderate-intensity activity each week." And yes, brisk walking counts.

EAT (MOSTLY) HEALTHY. You don't have to cut out all foods you love. Dr. Church advocates the 80/20 rule: "If 80 percent of the time you're doing the right thing, then 20 percent you can slip a little bit," he says.

Monthly

HIT THE DRUGSTORE. "Very effective heart medications are now generic," Dr. Church says. Don't let cost keep you from refilling your prescriptions. Talk to your doctor immediately if you're unable to afford a medication.

Yearly

BECOME A REGULAR. See your doctor annually for a checkup, and keep up with screenings. Have your blood pressure checked at least every two years, your cholesterol at least every five years and your blood sugar every three years.



Healthy Living

Managing COPD

If you have chronic obstructive pulmonary disease (COPD), the airways in your lungs are blocked by inflamed tissue, and your air sacs become stiff. You may cough often, wheeze, feel short of breath or get tired during simple activities. COPD treatment requires you to take medication on a regular basis.

Although there is no cure for COPD, small changes in your lifestyle can help you feel better:

- Take your medication. Set an alarm if you need a reminder.
- Remember that COPD is worsened by exposure to cigarette smoke, air pollution, chemical fumes and dust. Try to keep your home free of smoke and dust, and avoid situations where you'll encounter these conditions.
- Put items you use regularly within reach so you don't have to go up and down stairs or overexert yourself. Use a small cart to move heavy things, or ask for help.
- Get an OK from your doctor before you begin light exercise for five to 10 minutes each day. Eventually, work up to 20 to 30 minutes two to four times a week.
- Eat a diet full of fruits, vegetables, lean meats and whole grains, plus any supplements your doctor recommends.

Award-Winning Heart Care

Parrish is proud to provide the area's most recognized cardiovascular program for quality and service. Learn more at parrishthrive.com/heart-care.

Science of Weight Loss

FREE EVENT:

Learn the answers to your weight-loss questions. Tuesday, May 10, 10–11:30 a.m. parrishthrive.com/events



HealthBridge is a free portal for customized healthcare information you can access anytime, anywhere.

Learn a Thing or Two

Taking charge of your health is easy with Emmi education programs

Do you have an upcoming procedure that you're feeling scared or nervous about? Are you finding it hard to manage a chronic condition? Many people have the same concerns.

Parrish believes that the more information you have about your health, the better your results will be. This is why Parrish offers Emmi, a free, online educational program.

Understanding Emmi

Emmi programs are online presentations that make complex medical information easy to understand. Using plain language, animation and graphics, Emmi educates you about upcoming surgical procedures, chronic conditions and safety.

Emmi programs can help you:

- Understand conditions and treatments.
- Learn about risks and benefits.
- Make smarter decisions about your health.
- Communicate with your healthcare professionals.

Each Emmi program is about 15 to 30 minutes and can be watched at your convenience—from the comfort of your own home or wherever there is Internet access. You can view a program as many

times as you want, and it's easy to share with family and friends. When you're finished, you can print a summary of information to review anytime.

If you have a question or a concern about your health or procedure, contact your healthcare professional directly.

Getting Started

There are two ways to access Emmi:

- **Access code.** Sometimes unique access codes are issued by your

healthcare provider to view Emmi programs. If you have a code, visit parrishthrive.com/emmi and enter it to view your presentation.

- **Self-registration.** If you have a chronic condition or would like to browse the Emmi programs, you can self-register for as many programs as you like. Just visit parrishthrive.com/emmi-selfreg and see whether there is an Emmi program that's right for you.



Create Your Action Plan Today

If you have COPD or asthma, you know it's a chronic condition that requires ongoing management. Establishing an action plan is part of smart, healthy living, giving you and your loved ones steps to take to head off or relieve your symptoms.

The benefits of an action plan are especially clear when symptoms worsen. It contains details on your maintenance and rescue medications, oxygen needs and lifestyle factors. A plan helps you keep track of

your medications and make sure refills are ordered on time. And it's a way to communicate with emergency personnel so they can choose the best course

of treatment for you. Go to parrishthrive.com/actionplan to download a form, and then talk to your doctor about completing your personalized plan.



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Surprising Allergy Triggers

Stressed out over seasonal allergies? Don't get too wound up. Feeling frazzled might cause allergy flare-ups, a recent study found. What else can cause an episode? Watch out for these three unexpected triggers.

FRUITS AND VEGETABLES. As it fights off allergens, your confused immune system may mistakenly identify food proteins in some produce as pollen, causing swelling and itching in your mouth and throat. Talk to your doctor to come up with a plan.

ALCOHOL. If you're prone to nasal allergies or asthma, you may want to avoid drinking. Studies suggest that alcohol can worsen stuffy noses, sneezing and other symptoms.

YOUR PILLOWCASE. If you turn in before showering, pollen can catch a ride on your hair and skin and contaminate your bedding. Showering at night can help.

