

Thrive

SUMMER 2015

[with COPD/Asthma]



Stop the Sadness

How to handle stress and sorrow on your own or with a helping hand

We all experience stress and sadness: Work problems, health issues, loss of a loved one and financial troubles can make us feel anxious or trigger the blues. Nearly one out of every four Americans feels stressed out, according to the American Psychological Association.

Chronic stress can cause symptoms ranging from moodiness and racing thoughts to chest pain and fatigue. If left unchecked, it can lead to serious health issues such as heart disease, depression and autoimmune disorders.

But Jeffrey Lieberman, MD, former president of the American Psychiatric Association, says anxiety and unhappiness might not always be cause for concern.

How do you know when stress and sadness are normal emotional responses and when they might be signs of a mental health issue that requires treatment?

Dr. Lieberman lists three signs that you may need to seek help: Feelings of stress and sadness last for several weeks; the emotions lead to unhealthy behaviors like excessive drinking or drug usage, or thoughts of suicide; **continued on next page**

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and your reaction to the stressor is disproportionate to the event (like plotting violent revenge against your former boss after losing your job).

The most important question, according to Dr. Lieberman: "Is the event or your reaction to it distressing to you?"

If so, there is hope. It's possible to prevent stress and sadness from taking over your life.

What You Can Do About Stress

Try these four strategies to keep stress in check:

Sleep well. A lack of sleep amplifies the impact of stress, Dr. Lieberman says. Aim for seven to nine hours of sleep per night. For a restful slumber, avoid caffeine in the evening, don't watch TV in the bedroom, and sleep in a cool, dark room.

Exercise. Regular exercise has been shown to reduce stress hormones. "It releases endorphins that have a euphoric effect," Dr. Lieberman says. To prevent stress from affecting your health, try to get at least 30 minutes of moderate exercise per day.

Take a deep breath. Deep-breathing exercises trigger a relaxation response. This simple tool can be used anytime, anywhere. Start by inhaling deeply and then letting out a long, slow exhale. Repeat several times.

Ask for help. The worst thing you can do is ignore ongoing stress or sadness and hope that you'll get over it, Dr. Lieberman says. "People often rationalize or minimize their feelings or procrastinate about getting help," he says. "Don't wait until it's so severe that it takes over your life. There is nothing wrong with making an appointment to get help."



Manage Stress Naturally

Parrish Health & Fitness Center offers unique classes to help you cope with stress, whether you prefer fast-paced Zumba, meditation or aqua therapy. Visit parrishhealthandfitness.com to view the events calendar and discover what makes you feel most at ease.

Healthy Living



Take Care of Chest Pain

When it comes to chest pain, don't ignore it or let "call the doctor" slide to the bottom of your to-do list. "Women, who are typically so focused on caring for others, seem to minimize symptoms when they report feeling chest pain," says Deirdre Mattina, MD, an American College of Cardiology spokeswoman.

Establish a relationship with a primary care provider so that you can keep track of ongoing issues. And don't be afraid to admit when your body just doesn't feel right.

Severe chest pain can be a sign of a significant health issue, says Norman Edelman, MD, a senior medical consultant for the American Lung Association. "If it's unbearable, or getting worse rapidly, go to the emergency room," he says. "It's not the kind of pain you can deal with on your own."

You and Your Joints

FREE EVENT: Learn how small changes in lifestyle can keep you moving.

Tuesday, Aug. 11, 5–7:30 p.m.

parrishthrive.com/events



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

The Cost of Smoking

Every day, more than 3,200 American teens smoke their first cigarette. Would they rather smoke for a year—or take a 10-day Caribbean cruise? Here's a look at what someone could buy instead of a daily pack of cigs.

- 1 day —  **\$6.36.** 7 downloads on iTunes
- 1 week —  **\$44.52.** Tank of gas
- 1 month —  **\$190.80.** Pair of Air Jordan sneakers
- 1 year —  **\$2,289.** 10-night Caribbean cruise for two in a deluxe balcony suite
- 5 years —  **\$11,448.** Super Bowl weekend for four, including hotel, meals and tickets to the game
- 10 years —  **\$22,896.** Ford Mustang—all cash
- 20 years —  **\$45,792.** Buy a condo in Hawaii (10% down)
- 40 years —  **\$91,584.** Buy a 34-foot sailboat and say goodbye to civilization

\$35 billion
The combined profits of America's six biggest tobacco companies in 2010. **That would buy everyone on Earth 7 to 12 pounds of rice.**

\$60,700
This covers the first year of treatment for lung cancer, after adjustments for patient deductibles and coinsurance expenses. **That would send a student to Harvard for a year, including room and board.**

\$9.17 billion
Amount spent by the tobacco industry on ads and promotions in 2012 that encouraged smoking. **That would buy an iPad for 18.3 million families.**

Sources: Centers for Disease Control, National Cancer Institute, American Lung Association, World Lung Foundation

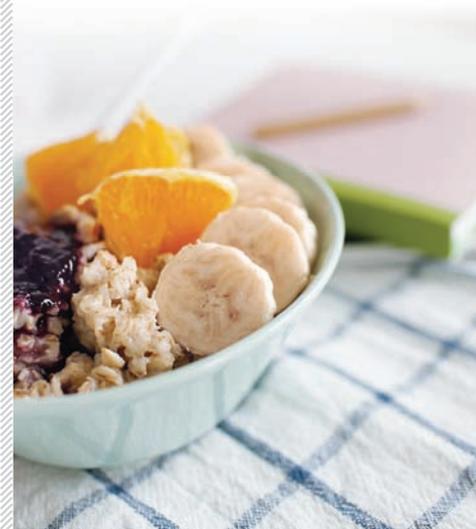


Create Your Action Plan Today

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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A Window to Your Health

When you make an appointment to have your teeth cleaned, you may wonder how that visit benefits your health. After all, you brush after each meal and floss regularly.

You may not realize it, but your mouth holds a lot of clues to your overall health. In fact, some early signs of heart disease, diabetes and other conditions show up in a dental exam. Your dentist can then recommend that you see your doctor for early treatment.

Here are several other ways your dentist and hygienist can work to keep your mouth healthy during a cleaning and exam:

- Performing a head, neck and tongue check for oral cancer or other problems.
- Looking for cavities and signs of gum disease.
- Removing a film of plaque and calcium along the gum line to prevent cavities.
- Applying fluoride or sealants to protect teeth.
- Recommending the best oral health products and at-home care for your dental health.

