

SUMMER 2015

# Thrive

[with Diabetes]



## Stop the Sadness

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

**W**e 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](http://parrishhealthandfitness.com) to view the events calendar and discover what makes you feel most at ease.



## Save Your Sight

Slight vision changes are hard to spot on your own. That's why regular eye exams are so important. Doctors can find and treat eye problems early and protect your sight.

All adults should be screened for glaucoma. And if you have diabetes, you should get a dilated eye exam for diabetic retinopathy every year. For both eye problems, symptoms of vision loss may not be noticeable at first. But left untreated, these eye conditions can cause severe vision loss and even blindness.

So do yourself—and your eyesight—a favor. Schedule a full eye exam today.

For more information, call Parrish Medical Group at **321-268-6PMG (6764)**.

## 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](http://parrishthrive.com/events)



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

# The Place to Heal Chronic Wounds

PMC adds hyperbaric oxygen therapy in Port St. John

By Kristine Mulry, PMC wound care program director



**T**he moment patients step inside either one of the Parrish Wound Healing Centers, they realize it is like no other. Here, the latest treatments and technology available are offered in a beautiful, soothing environment.

At the two Parrish Wound Healing Centers, a team of specially trained professionals cares for individuals with wounds that have resisted healing. After examining a wound, a physician will devise an individualized course of treatment, which may include hyperbaric medicine.

For this treatment, a hyperbaric oxygen (HBO) chamber is used to super-oxygenate a chronic wound. In a specially designed chamber, a person breathes in a prescribed amount of 100 percent oxygen to begin the healing process. It is the optimal environment for wounded areas to recover.

Hyperbaric medicine is used to heal delayed radiation injuries, soft-tissue infections, thermal burns, certain skin

grafts and flaps, crush injuries and diabetes-related wounds.

With chronic conditions such as diabetes, circulation becomes poor in the periphery of the body; therefore, the skin is unable to heal efficiently, resulting in diabetic ulcers. HBO therapy increases the oxygen concentration in the blood, thus increasing white blood cell counts. White blood cells collect damaged cellular tissue and protect the body from invading foreign substances. The result is a spurred growth of new blood vessels and tissues.

Spacious environments at both Parrish Wound Healing Centers provide comfort during HBO treatments. The centers are at Parrish Medical Center in Titusville and the Parrish Healthcare Center at Port St. John.

For more information, visit [parrishthrive.com/wound](http://parrishthrive.com/wound) or call 321-633-8695.

## Knowledge Is Power. Become Powerful!

Learn to take care of your diabetes. Parrish Medical Center's Diabetes Education Program\* and Nutrition Services are provided by diabetes educators (nurses and dietitians), pharmacists and exercise specialists. Small-group classes and individual appointments are available for you and a support person. A follow-up class can serve as a refresher and help you with problem-solving and fine-tuning your diabetes management. Nutrition services are also offered for people who want to focus on weight loss, carbohydrate counting and meal planning.

A physician referral is required for classes and clinical visits. Medicare and most insurance programs cover diabetes self-management education. Classes are at the Parrish Medical Office Building, 7075 U.S. Highway 1 in Port St. John. To register or get more information, call 321-268-6699.

## Avoid Diabetes-Related Foot Problems

Having high blood glucose (sugar) increases your risk for foot infections. Dry, cracked skin, poor blood flow and decreased feeling due to nerve damage all can lead to problems. Wounds may heal more slowly. Here are some tips for taking good care of your feet:

- **Check your feet daily.** Look at the tops, bottoms and sides. Use a mirror to help you see better.

- **Wash your feet daily** with mild soap and warm (not hot) water.
- **Wear properly fitting shoes** at all times. Make sure to check your shoes for rough areas and small objects inside before putting them on.
- **Remove your shoes and socks** at each doctor visit so your physician can examine your feet.

\*The Parrish Medical Center Diabetes Education Program has been recognized by the American Diabetes Association for quality self-management education.



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## Join HealthBridge

Sign up to receive regular tips for living well, details on upcoming events and classes, and more! Go to [parrishthrive.com/healthbridge](http://parrishthrive.com/healthbridge) to get started.

# Thrive

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## A Window to Your Health

**W**hen 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. If you have diabetes, make sure to tell your dentist, as having high blood glucose (sugar) increases the risk of tooth and gum disease.

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.



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