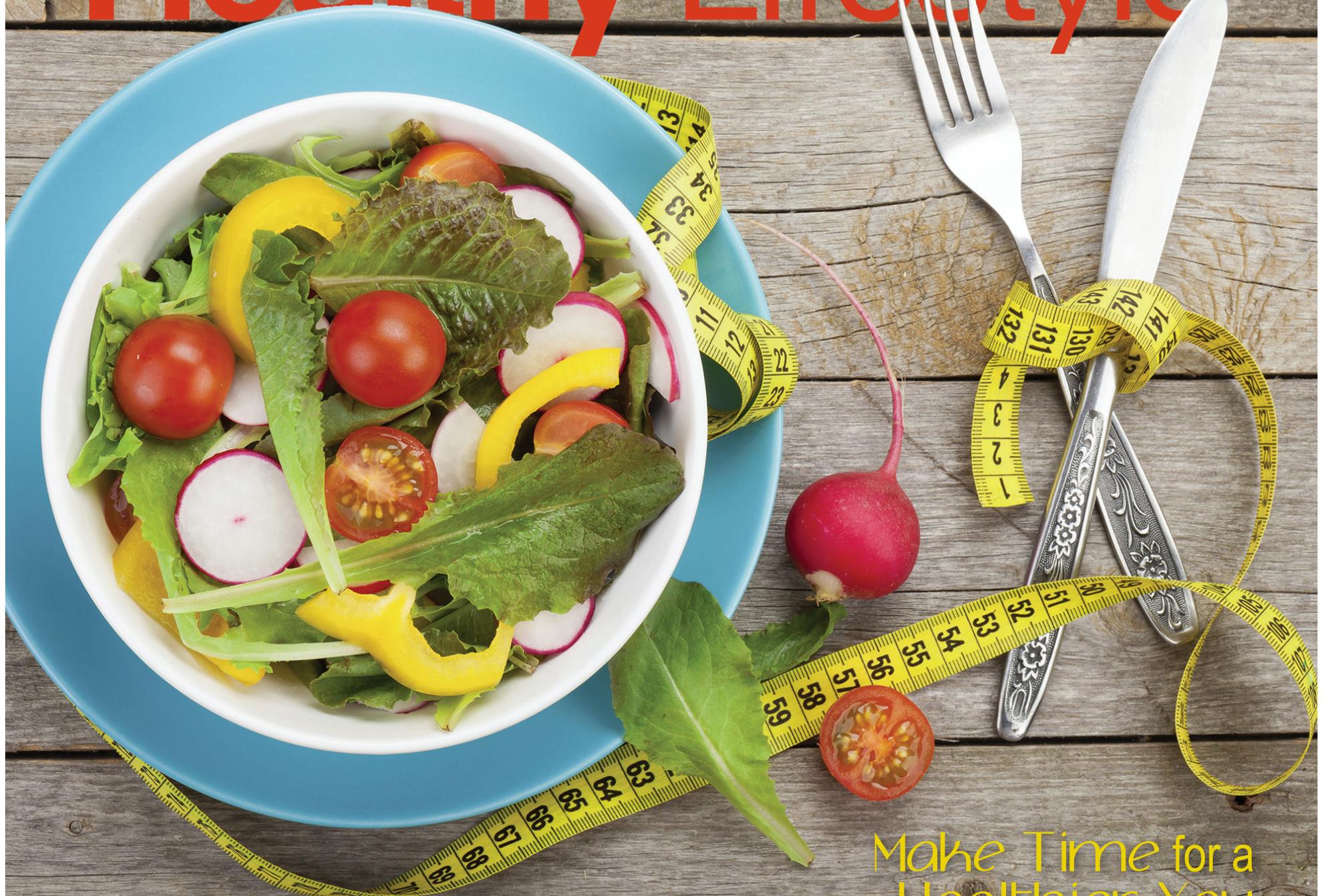


October 2015 | A Special Supplement to
BLADEN JOURNAL

Healthy Lifestyle



Clearing the Hurdles
How to overcome common weight loss roadblocks

Beating Stress
Healthy ways to handle stress

Make Time for a Healthier You
Find time for exercise

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Healthy ways to handle stress



Daily exercise is a healthy and effective way to cope with stress.

anxiety and trigger panic attacks.

Rely on a support network. Coworkers, family and friends have stressful days, too, and such confidantes can help you handle stress in healthy ways. The ADAA recommends men and women dealing with stress let their support circle know how they can help relieve stress. Many people simply need to talk to someone after a stressful day, which can feel like a weight has been lifted off their shoulders. Let your support network know you're there for them when they

experience stress as well.

Get daily exercise. Exercise pays a host of dividends, not the least of which is relieving stress. At the end of a stressful day, get some exercise instead of pouring yourself a drink or indulging in an unhealthy meal. When the body is physically active, the brain secretes endorphins, which are neurotransmitters that make you feel good. Regular exercise also helps you get a fuller, deeper sleep, which can be disrupted by stress.

Eat a healthy diet. Diet also can affect how your body handles stress. Certain foods can tame stress. For example, oatmeal can boost levels of a calming chemical known as serotonin in your brain. That calming effect can make it easier to cope with stress. Other foods may help strengthen the immune system. Vitamin C, for instance, may help curb levels of stress hormones such as cortisol while simultaneously strengthening the immune system. Omega-3 fatty acids, which are found in fish such as salmon and tuna, may help prevent surges in stress hormones while also protecting against heart disease and depression, two serious conditions that studies have linked to elevated stress levels.

Healthy ways to handle stress can help men and women who are stressed out ensure that stress is not compromising both their immediate and long-term health.

Stress affects people of all ages. The symptoms of stress can be extremely unpleasant, as participants in a study released earlier this year by the Statistic Brain Research Institute and the American Institute of Stress who reported experiencing physical symptoms of stress admitted to feeling fatigue, headache, upset stomach, and muscle tension, among other things. Among those who reported feeling physical symptoms of stress, 77 percent admitted to feeling those symptoms regularly, citing job pressure and money as the primary causes of their stress. How men and women handle stress can impact both their immediate and long-term health, as stress has been linked to a host of problems and ailments, including sleep dysfunction and heart disease. Many people cope with stress in unhealthy ways, which may only exacerbate the effects of stress on the body. Certain methods of handling stress may work for some people but not others, but the following are a few healthy ways to combat stress.

Limit alcohol and caffeine consumption. Many adults turn to alcohol at the end of a stressful day, but the Centers for Disease Control and Prevention note that relying on alcohol to cope with stress may only create more problems down the road, and those problems will only increase your stress levels. In addition, the Anxiety and Depression Association of America notes that alcohol and caffeine can aggravate



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How to handle setbacks in your workout routine



An injured athlete's approach to recovery can go a long way toward determining how quickly he or she returns to action.

Few things frustrate athletes more than injuries. Sudden muscle pulls or the reemergence of nagging injuries can interrupt workout regimens and put athletes on the shelf until their injuries heal.

Some athletes may be tempted to fight through injuries and continue exercising, but doing so can make injuries worse and lead to even more time spent on the sidelines. Athletes who suspect they might have suffered more than minor aches and pains should consider the following approach when dealing with sudden setbacks in their workout routines.

Visit a doctor. Medical websites like WebMD are valuable resources, but athletes should not assume that perusing such sites takes the place of visiting doctors. Self-diagnosing an injury, whether it's with the help of a website or simply going on your own intuition, is not safe, as many fitness-related injuries share similar symptoms that make it easy for men and women without medical degrees to misdiagnose. Doctors can determine exactly what your

injury is and help get you on the path to recovery by prescribing medications or developing treatment plans. Such treatments can be the difference between a speedy recovery and one that lasts months on end.

Recognize the importance of patience. No two people heal the same, but patience with an injury is a part of every athlete's healing process. If you don't allow time for an injury to heal or if you try to accelerate your healing process, the existing injury can worsen and you may even injure another part of your body while overcompensating for your initial injury. Go into the healing process knowing it takes time, and be as patient as possible during your recovery.

Be careful about the rest of your body. One of the problems many athletes encounter when dealing with an injury is the effect that injury has on other areas of your body. Athletes who perform strength training may be able to continue part of their regimen even after suffering an injury, but they should make note of their form to make sure their

body is not overcompensating for the area that is injured. Doing so can lead to new injuries or even exacerbate the existing injury. When visiting a doctor, get a specific list of which exercises, if any, you can still perform while recovering. If you plan to weight train during your recovery, reduce the amount of weight you lift, which can help ensure your form remains correct.

Report any new setbacks immediately. Some athletes suffer setbacks during their recoveries, and while setbacks can be expected, they should not just be accepted as another hurdle to clear. Report any setbacks to your physician immediately so he or she can advise you on the next steps to take.

Return slowly. Once your injury has healed, keep in mind that you can't just dive back in to your workout routine at full steam. Gradually increase the intensity of your workouts as your body once again acclimates itself to exercise. Injury is a reality of life for many athletes. But how athletes handle their recoveries can affect how quickly they get back in the swing of things.



Maintain a safe and healthy pregnancy

You've received the good news, now it is time to take care of your body and the new life growing inside of it.

possible. Once the pregnancy test comes out positive, make an appointment with your doctor to discuss the course of the pregnancy and what can be done from the start. Doctors may schedule blood screenings and estimate due dates. They also will go over nutrition and care guidelines, which will usually include a regimen of prenatal vitamins.

Discuss age and risk factors with the doctor. The Centers for Disease Control and Prevention point out that there has been a societal shift in the age at which most women become pregnant, with many waiting until later in life to start their families. Whereas ages 20-24 used to be the peak time for pregnancy, many women in North America now become pregnant for the first time between the ages 25 and 29, while many more wait until their 30s. Waiting longer to become pregnant for the first time may increase a woman's risk for certain conditions during pregnancy. Your doctor can answer

any questions you may have and let you know about additional testing that may be necessary.

Don't overeat. Eating right is one of the best things you can do for yourself and the baby. Anything you put in your body can affect the baby, so prioritize a healthy diet. Contrary to popular belief, you do not need to eat for two. During the first few months, you may not have much of an appetite. The fetus does not require many additional nutrients until the end of the pregnancy. Only then will an increase of 200 calories or so be adequate. Speak with your physician about what constitutes healthy and unhealthy weight gain during pregnancy.

Choose healthy foods. Avoid undercooked foods and soft cheeses that may harbor bacteria. Some seafood, such as tuna or shark, may contain high levels of mercury. Lean meats, fruits, vegetables, fiber, and dairy products can fuel your body and keep the baby growing.

Continue to exercise. Unless there are complications during your pregnancy, you likely can continue to exercise. However, don't overdo it with exercise, and call your doctor if you experience any adverse side effects during or after exercise sessions.

Avoid drugs, tobacco and alcohol. Smoking, taking drugs or drinking during pregnancy can cause serious health problems for the baby. Miscarriage, premature birth, low birth weight, and SIDS are just a few of the potential side effects of drinking alcohol, smoking tobacco or taking drugs while pregnant, advises Baby Center. Avoid these behaviors and always check with a doctor before taking any over-the-counter or herbal remedies as well.

Get educated. Pick up a book from a reputable doctor or author so that you can better understand your pregnancy. It can save you stressful moments and keep your pregnancy on a healthy track.

Thousands of women will become pregnant this year for the first time. Pregnancy can trigger thoughts of the future and making plans for when the baby arrives. It also can be a time to take inventory of personal health to make changes that will benefit expecting mothers and the children growing within them. Prioritizing overall health is a great way to increase your chances of a safe and healthy pregnancy.

Visit an obstetrician or midwife as soon as



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Treat skin with care

According to the American Cancer Society, skin cancer accounts for the largest number of cancer diagnoses in the United States. Each year, nearly five million Americans are treated for skin cancer, with most cases being nonmelanoma skin cancer, typically diagnosed as basal cell carcinoma or squamous cell carcinoma. But skin cancer is not the only condition that can affect the skin. From rosacea to eczema to acne to psoriasis, the skin can be affected by numerous conditions, many of which can be both uncomfortable and embarrassing. Keeping skin healthy requires effort, and there are many things men and women can do to protect their skin and reduce their risk for various conditions.

Schedule routine visits to a dermatologist.

Dermatologists can treat and help prevent disorders of the skin, and men and women should make annual visits to their dermatologist to ensure their skin is healthy. Dermatologists can diagnose if a mark or a blemish is something benign or serious and provide information on various courses of treatment. As with any specialist, dermatologists may be well versed on new and innovative care. If anything on your skin seems suspect, visit a dermatologist right away.

Protect yourself from the sun. The single best thing you can do for your skin is to protect it from the sun. Not only can a lifetime of sun exposure cause wrinkles and age spots, it can lead to cancer. Use a broad-spectrum sunscreen with an SPF of at least 15. Apply it every two hours or more often. Make sunscreen a part of your daily regimen, applying it as you would moisturizer or antiperspirant.

Quit the habit. The Mayo Clinic says smoking narrows tiny blood vessels in the outermost layers of skin, which decreases blood flow. This robs the skin of oxygen and nutrients it needs to stay healthy. Smoking also can damage the collagen and elastin in the skin,

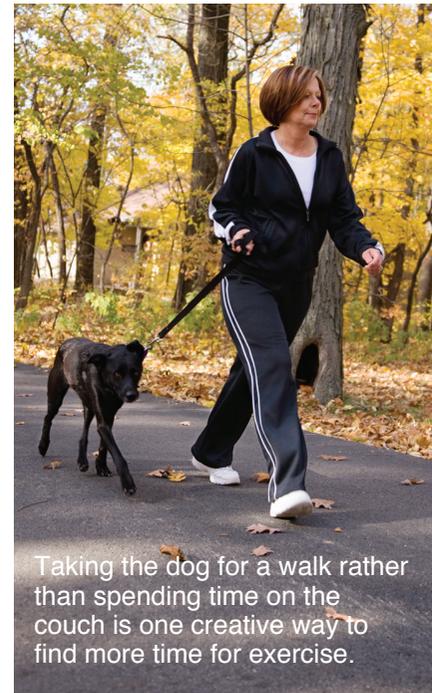


which promotes elasticity.

Be gentle to the skin. Use mild cleansers and limit showers and baths to warm water. Moisturize dry skin if it is problematic. Pat skin dry after washing and do not tug or rub skin excessively.

Inspect skin regularly. Routinely check your skin for any changes and share any concerns with your doctor. Schedule annual skin checks as part of yearly physical examinations. Taking these steps can help you maintain healthy skin and prevent ailments in the years to come.

How to find time for exercise



Taking the dog for a walk rather than spending time on the couch is one creative way to find more time for exercise.

Diet and exercise are essential components of a healthy lifestyle. While even the busiest men and women can find ways to eat healthy, finding time to exercise can be more difficult. According to the President's Council on Fitness, Sports & Nutrition, regular physical activity can prevent chronic diseases like heart disease, cancer and stroke, which are the three leading causes of health-related death in the United States. In addition, men and women who are not physically active are at greater risk for developing type 2 diabetes. Regular exercise helps people control their weight while promoting bone, muscle and joint health.

While the benefits of regular exercise are substantial, finding the time for daily exercise is not always so easy. The following are a handful of strategies men and women can employ as they attempt to make more time in their days to exercise.

Reexamine your free time. Few adults, and especially those juggling families and careers, have an abundance of free time. But reexamining the ways you are spending your free time may help you uncover some moments for daily exercise. The Council on Fitness, Sports & Nutrition notes that adults between the ages of 18 and 64 need at least two and a half hours each week of moderate-intensity aerobic activity. While that may seem like a lot, it's only slightly more than 20 minutes per day. It helps to

supplement such aerobic activity with some strength-training activities at least two days per week. Try waking up 20 to 30 minutes earlier each day, using that time to hit the treadmill or jog around the neighborhood. You likely won't be affected by waking up earlier, and you won't need to alter your existing schedule for the rest of the day, either. If mornings aren't your thing, make better use of your lunch hour, going for a jog or visiting your company's exercise facilities if that option is available to you.

Work while you exercise. Technology has made it easier than ever before to stay connected to the office even when you are nowhere near your desk. Men and women who can't seem to find time to exercise often cite the demands of their job as the primary reason behind their inactivity, but those same individuals can use the technology at their disposal, be it smartphones that allow them keep track of work emails or tablets that make it possible to connect remotely to office servers, to work while they exercise. Bring your smartphone or tablet with you when you work out on the elliptical or jog on the treadmill.

Reduce your sedentary time. A 2008 study from Australian researchers found that people who regularly break up their sedentary time, including the hours they sit behind their desk at the office, with movement had healthier waist circumferences, body mass indexes and triglycerides than those who did not. While hourly breaks to walk around the office might not seem like exercise, such breaks can benefit your long-term health.

Get creative. Many people associate daily exercise with private gyms, and while gyms can serve as excellent motivators and great places to get full-body workouts, time involved in driving to and from the gym can make it difficult to commit to gym memberships. But you don't need a gym membership to live a healthy lifestyle. When possible, take the stairs instead of an elevator and park further away from your office door so you get a small cardiovascular workout on your way into and out of the office. Rather than retiring to the couch after dinner, walk or bike around your neighborhood. Such simple gestures may seem insignificant, but the more creative ways you find to exercise each day, the more beneficial such efforts become.

While there is no way to create more time in the day, men and women can employ several strategies to make more time for daily exercise.

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How to overcome common roadblocks to weight loss

Diet, exercise and maintaining a healthy weight are essential elements of a healthy lifestyle. Adapting to a new diet and embracing a new exercise regimen requires a strong commitment, but so, too, does maintaining a healthy weight once those pounds have been shed. Losing weight can be difficult, and many people who set out to shed a few extra pounds encounter a handful of common obstacles along the way. These roadblocks do not disappear once weight has been lost, which only highlights the long-term approach men and women must take as they look to lose weight and keep pounds off for the long haul. The following are a handful of obstacles men and women may face as they look to lose weight and keep weight off for years to come.

Snacks

Snacking is perhaps the biggest obstacle to weight loss many men and women will

face. Choosing the wrong snacks can compromise your efforts to lose weight, but the right snacks can provide energy boosts without negatively impacting your waistline. Rather than high-calorie snacks that offer little nutritional value, choose low-calorie alternatives. For example, instead of fried tortilla chips, opt for reduced-sodium baked chips instead. In lieu of ice cream on a warm afternoon, choose low-fat yogurt, which can be just as refreshing without all those empty calories.

Restaurants

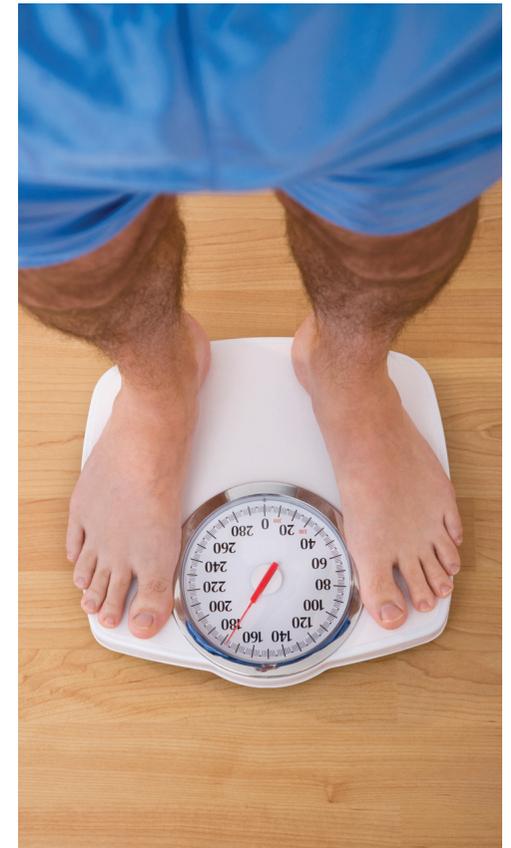
Dining out is another potential obstacle for men and women trying to lose weight. Avoid buffet-style restaurants or those establishments you know serve especially large portions. When dining out, ask to swap high-calorie side dishes with vegetables when possible, and choose nutritional, low-calorie entrées that won't compromise the hard work you put in all week eating at home.

Busy schedules

One common obstacle that compromises even the most dedicated weight loss efforts is a hectic schedule. Commitments to career and family can make it easy to veer off course with regard to diet. Planning is often an effective way to overcome a hectic schedule. Plan meals in advance so you are not tempted to order takeout or delivery after a long day at the office. Use weekends to schedule and plan your weeknight meals, preparing meals in advance when possible and using a slow cooker so your meals are cooking while you're at the office and ready to eat the moment you arrive home at night.

Setbacks

Setbacks are another common obstacle that can threaten weight loss goals. Everyone experiences a setback or two as they attempt to lose weight and keep that weight off. Don't allow such setbacks to derail your weight loss efforts, and don't beat yourself up when a setback occurs. Respond by rededicating yourself to your weight loss efforts, and before you know it, you will be back on track. Men and women can expect to face some common obstacles as they attempt to lose weight. Anticipating those obstacles is a great way to ensure they don't derail your weight loss efforts.



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