Healthy Today

THE SECRET TO BALANCED LIVING...

On average, people spend about one-third of their lives sleeping. Yet, many of us fail to give sleep the adequate attention it deserves. When our lives become hectic, compromising on sleep is what we tend to do.

“Sleep is a very important part of our overall health, affecting mood, memory, stress level and weight,” says Manika Jamwal, MD, a sleep medicine specialist. “Getting enough sleep can significantly improve energy levels and reduce stress, but most people don’t realize the importance of good sleep.”

Dr. Jamwal points out that not getting enough sleep can lead to difficulties in concentration and memory issues. Symptoms may also include irritability, anxiety, agitation and decreased interest in activities. If you are experiencing any of these symptoms or are feeling tired during the day, it may be time to look at your sleep schedule and ensure you’re getting a sufficient amount of sleep each night.

“How much sleep you need varies by the individual,” says Dr. Jamwal. “Most adults require 6–8 hours of sleep per night, and teens need 9–11 hours. If you wake up feeling refreshed, then you know you’re getting enough sleep.”

Here are a few tips Dr. Jamwal suggests to patients who have trouble getting enough sleep.

Establish a routine bedtime
Going to sleep and waking up at about the same time each day is beneficial to your circadian rhythm, which is basically your internal body clock that influences sleep-wake cycles. By adhering to a regular sleep schedule, your circadian rhythm is more balanced, so you won’t feel the dips and rises of sleepiness and alertness as strongly throughout the day.

Practice good sleep hygiene
Develop a relaxing ritual where you dim the lights in the evening to signal to your body that it’s time for sleep. Avoid electronic gadgets or media at least 90 minutes before bedtime. Also, avoid eating or exercising just prior to bedtime, or any activity—such as watching TV—that’s not associated with sleeping. To relax, try reading a book or magazine or listening to calming music.

Eat right and exercise
Eating a well-balanced, low-fat diet makes it easier for your body to digest the food so you can relax and sleep. You can also improve sleep by exercising as little as 20 to 30 minutes daily. Any activity, whether it be walking, biking or even housework, will do. Activities such as yoga or gentle stretching also promote good sleep and help relieve stress. Limit your caffeine consumption to mornings and early afternoons, and drink alcohol only in moderation.

Resolve restless nights
Waking up briefly during the night is not uncommon. But if you can’t go back to sleep after 20 minutes or so, it’s best not to stay in bed. Get out of bed, go to a different room and do some light reading or listening to calming music. If you still can’t fall asleep, get out of bed and repeat the process. It’s important to leave the room, otherwise you start associating the bed as a place where you lie awake and toss and turn.

If you are sleeping enough and still feel unrefreshed, you may need an evaluation for sleep disorders. While over-the-counter sleep medication may seem to help for a few nights, it isn’t a long-term solution. If you show symptoms of poor sleep, talk with your doctor who can help you identify the problem and evaluate you for common sleep disorders such as insomnia or sleep apnea.

Cold Weather Joint Relief

If you have arthritis or achy joints, you probably dread the cold weather. But according to rheumatologist Nimali Mendis, MD, it isn’t the cold or rain that causes more joint pain; rather it’s a drop in the barometric pressure. In any case, she offers this advice on how to give your joints a break this time of year.

Keep your core warm. Dress in loose clothing, preferably layers that can be peeled off if needed to prevent overheating. For those with Raynaud’s phenomenon (a condition characterized by excessively reduced blood flow to the fingers and/or toes), this is particularly important. Wear thick gloves, socks and covered shoes or boots, and use hand and toe warmers as needed.

Maintain an exercise routine even in cold weather. Low-impact exercise such as walking, swimming, riding a bike or stationary bike is a good choice. Yoga and tai chi are great options for balance and flexibility. People with arthritis often feel stiff in the morning, so begin your day by stretching, and exercise later in the day when you feel more limber. If the weather permits, exercise outdoors. In wet or snowy weather, wear good, supportive shoes with traction to prevent slips and falls. Use assistive devices like canes or walkers as needed.

Remember the basics. For those overweight, work on weight loss. Follow the dietary recommendations for anyone with arthritis: a well-balanced diet low in fat and rich in fruits and vegetables, with a focus on lean protein (lean cuts of meat, fish, nuts, beans and legumes). Stay hydrated and get enough sleep.

For pain relief, use analgesics like acetaminophen (Tylenol) or NSAIDs (non-steroidal anti-inflammatory drugs) like ibuprofen or naproxen as recommended by your doctor.

Our Epic Upgrade Is Here

We recently upgraded our Epic electronic medical record system. At PacMed, we continually strive to deliver quality, integrated care, and we expect this new software to deliver many benefits. We appreciate your patience during the transition.

This upgrade ensures that our system works smoothly with the version of Epic used at Swedish Medical Center. This means you’ll experience seamless access across PacMed and Swedish. Why is this important? Swedish is our inpatient hospital service provider and where our hospitalists care for our hospitalized patients.

Advantages that will directly impact you include:

- Improved patient outcomes by leveraging shared best practices and information.
- Better coordination of care and information exchange.
- Improved patient experience.

To learn more about the new Epic and changes in MyChart (our online patient portal), please visit www.PacMed.org/mychart-upgrade.

Epic and changes in MyChart

• Improved patient experience.
• Better coordination of care and information exchange.
• Improved patient experience.
IS YOUR TEEN DEPRESSED?

“Overall, we’re seeing an increase, most likely due to triggers such as social media, academic pressure and trying to live up to certain personas teens see in the media,” says Dr. Shah. “Neuroscience shows us that the brain is still developing well into a person’s early 20s and beyond. That means the part of a young adult’s brain responsible for emotional processing is still developing. For that reason, kids and teens may not have access to the seasoned coping mechanisms that help older people deal with symptoms of anxiety and depression.”

Dr. Shah says it’s important for parents to look for signs that may signal their child is struggling. Those signs include:

- Decreased motivation in school and activities.
- General uninterest in friends, family or things they typically enjoy.
- Isolation.
- More time in their room, sleeping, spending time in the dark or listening to sad music.
- Changes in diet or sleep.
- Verbally putting themselves down.
- Gesturing toward self-harm or suicide.

“If you notice any of those signs, or just feel something like may be off with your child or teen—reach out,” emphasizes Dr. Shah. “Research on adolescents shows that having a caring, trusted adult in the life of a young person is one of the strongest protective factors against mental illness, and against risk factors that may result in poor outcomes. It’s also important to share your concerns with a health care provider who can help come up with a strategy to deal with the depression.”

Take Back Your Waistline

When spring rolls around, do you find your jeans feeling a bit snug around the waist? If so, you’re not alone. According to research reported by Johns Hopkins University, people tend to gain five to seven pounds on average during the winter months.

Here’s advice from our dietitians on how to win the battle of the bulge:

1. Plan ahead and prepare small, low-calorie snacks to help curb your hunger between meals. Great options: veggies, whole grain crackers or fruit.
2. Swap out the dip! Substitute low-fat Greek yogurt for sour cream in your favorite dip recipes or atop your baked potato.
3. Use smaller plates and bowls to help keep your portion sizes in check.
4. Eat slowly and savor every bite; sometimes just a small taste can satisfy your craving.
5. Be mindful of the liquid calories you consume. At parties, consider sipping on calorie-free sparkling water instead of the elevator or escalator. Do a walk around the neighborhood before or after meals. Plan a kids versus grown-up games of basketball, dodge ball or tag football. Or play some music and have a dance-off.

Serving Size 1 salmon filet

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<th>Nutrition Facts</th>
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More recipes online! Go to PacMed.org/recipes.

Get to Know Our Newest Providers

We’re pleased to welcome 17 new providers to the Pacific Medical Centers team. These individuals bring a wealth of clinical skills and unique personal experience to their practices. To learn more or to request an appointment, visit www.PacMed.org/doctors.

BE EMERGENCY READY

Are you prepared for winter’s storms—for power outages, being snowed in or stranded on the highway? Government agencies suggest preparing three emergency kits: for home, work and in your car. Kits should include food and water, baby and pet supplies, a news or weather radio, flashlight, first aid kit, warm clothing, rain gear and basic toiletries. In the car, add flares, chains, a shovel and blankets. Don’t forget cash and medications!

Visit takewinterbystorm.org for tips and full checklists, in 12 languages. You’ll also find links to weather updates, flooding, road conditions and utilities.
Too Late for a Flu Shot?

Even though flu season is starting to peak, getting vaccinated now can still be beneficial. Here are answers to some other questions my patients ask about being immunized against influenza.

I’ve never had the flu. Do I really need to be vaccinated?

Yes. Influenza vaccine is recommended for people 6 months and older. All it takes is one exposure to an infected person to get the flu.

Is having influenza really that bad?

Patients with the disease can experience painful muscle cramps, high fever, tiredness and severe cough. Others around infected people are also at risk, especially those at high risk for complications. Some even die from influenza.

Doesn’t the vaccine have a lot of side effects? Can you get the flu from being vaccinated?

Side effects from the vaccine are usually rare and short-lived. It’s impossible to get the flu from injectable vaccine.

Is there anyone that shouldn’t get the vaccine?

Babies under six months old and those who have had a severe reaction to the flu vaccine should not be vaccinated. People with severe egg allergy should discuss the flu shot with their medical provider.

Influenza is a serious disease. The risks of the vaccine are very small, and the benefits are tremendous. I recommend the vaccine to all of my eligible patients.

Even though flu season is starting to peak, it’s still possible to keep your children active. We asked our pediatricians to offer a few healthy alternatives to the standby of playing video games or watching TV.

Hit the rec center

Community recreation centers are scattered throughout our region, and most offer activities that are low cost or free for kids and teens. If it’s sunny, go to a nearby park and kick the soccer ball around or play a game of kickball.

Take a hike

We’re lucky to live in a region with plenty of walking and hiking trails. Green Lake and Discovery Park in Seattle are always popular, as are Evans Creek Preserve in Redmond and the outer loop at Point Defiance Park in Tacoma. Feeling more adventurous? Take to the hills and tackle Rattlesnake Ledge, Little Si or Ebeys’ Landing (Whidbey Island).

We’re in Your Community

At PacMed, we love to build connections within our communities. This winter, we will support and participate in several events—and hold a party or two of our own.

Mar. 13

Go Red for Women Luncheon

Part of the American Heart Association’s efforts to end heart disease and stroke in women. At the Sheraton Seattle Hotel

May 18

Step Up to the Plate Luncheon

ALS Association luncheon and silent auction to raise awareness and provide support for those living with ALS. Downtown Seattle. See webwaalsa.org

June 23–24

Seattle PrideFest

Amazing artists and vendors come together, adding to the excitement of Pride Weekend. Proud Silver Sponsor. Seattle Center.

We’re in Your Community

PACMED listens! Have a story idea or a comment to share about your healthy today newsletter? We’d love to hear from you! Contact us at StayHealthy@Pacmed.org.

Fact or fallacy?

1. People are most likely to commit suicide around Christmas time.

2. Suicide is always an act of individual despair and never a learned behavior.

3. Females attempt suicide twice as often as males.

4. Suicide is very uncommon.

5. Firearms account for almost 50 percent of all suicides.

6. Surviving the loss of a loved one to suicide is a risk factor for suicide.

7. Talking openly to someone contemplating suicide increases the likelihood that the individual will commit an act of suicide.

Answers

1. False. Contrary to popular belief, the suicide rate peaks in the springtime, not the wintertime.

2. False. Suicide, or attempted suicide, can be inspired by another suicide, either in the media or in real life.

3. True. Females attempt suicide more often than males, but males are 3.5 times more likely to die by suicide.

4. False. On average there are 121 suicides in the US per day. Attempted suicide is much higher, estimated at one attempted suicide per minute.

5. True. Primary methods of suicide (2015 statistics): firearm 49.8%, suffocation (including hangings) 26.8%; poisoning 15.4%; other 7.9%.

6. True. Surviving family members and close friends are deeply affected by a suicide and experience a range of complex grief reactions including guilt, anger, abandonment, denial, helplessness and shock.

7. False. Talking openly about suicide doesn’t make someone more suicidal but provides a safe space. It’s important to be proactive and encourage the person to get support, talk to a doctor or health care provider, or call a suicide prevention hotline. Ask directly, “Are you having thoughts of suicide?” and be empathetic.

Suicide prevention information was provided by Chia-Wei Moon, LMHC, a behavioral medicine provider at our Federal Way clinic. Learn more about her at www.PacMed.org/doctors, or call 206.621.4045 for an appointment.

Frolic in the snow

Occasionally, we get snowfall in the lowlands. That’s a great time to pull out the sled. In the nearby mountains, your options abound. Try snowshoeing, tubing, downhill skiing, cross-country skiing or snowboarding.

Try a TV challenge

It’s probably unrealistic to ask your kids to forego TV altogether. However, it is possible to mix in exercise with viewing. During commercial breaks, challenge your kids to see how many push-ups or sit-ups they can do before the program returns. You might want to join in the fun too!

Learn more about our pediatricians at www.PacMed.org/peds. Or call for an appointment: At Canyon Park, Dr. Akiko Hall and Dr. Alexander Hamling, 425.412.7200. At Lynnwood, Dr. Elizabeth Snapinn, 425.744.7153. At Northgate, Dr. Emmanuel Eusebio and Dr. Elizabeth Ware, 206.517.6700.

SUICIDE FACTS & MYTHS

Having thoughts of suicide is a serious mental health problem that can have a rippling effect on individuals, families and communities. But suicide is not inevitable for anyone. By opening a conversation, providing support and directing help to individuals who need it, we can prevent suicides and save lives.

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Heart disease is the leading cause of death in the United States. Our cardiologists offer this advice on how to ensure you and your loved ones are living a heart-healthy lifestyle.

When it comes to heart disease, knowing the risk factors and preventive measures can significantly reduce your risk. Some risk factors are inherited, while others can be managed through lifestyle changes. If you have a first-degree relative with premature coronary artery disease—defined as younger than 55 with men and younger than 65 with women—your risk is higher. Other risk factors include high blood pressure, diabetes and high cholesterol.

Simple lifestyle changes can go a long way in improving your heart health. If you’re a smoker, it’s best to try to quit. Smoking as few as one to four cigarettes a day can double your risk for cardiovascular disease.

Eating a healthy diet can also help you maintain good heart health. Incorporate foods that provide key vitamins and omega-3 fatty acids such as nuts, lean proteins, vegetables, fruits and whole grains. Drink plenty of water and skip the sugar-sweetened beverages. Avoid foods high in salt, saturated fat, starchy, simple sugars and refined carbohydrates.

Regular exercise is another important step. Aim for at least 30 minutes per day, five times a week. If you develop significant shortness of breath, chest discomfort, dizziness or palpitations when you exercise, this may be a sign you have heart trouble. In that case, stop exercising and seek medical attention.

Take steps now to improve your heart health. If you don’t know where to start, we can help. Make an appointment with your PacMed provider today.

At PacMed™ You’ll Find:

- A familiar face—Your primary care provider will see you for all your routine checkups and most other visits, and can coordinate any specialty care you might need.
- Care for the whole “you”—Our clinics offer a full range of primary and specialty services.
- We’re practically neighbors—Visit any one of our convenient locations, from Lynnwood to Lacey.
- You are covered—we accept most major insurance plans, including Health Exchange options.
- Same-day primary care appointments—even if it’s your first visit, just go to our website, www.PacMed.org, or call 1.888.4PACMED (1.888.472.2633).
- Doctors who can see you on the weekends—Our Canyon Park and Renton clinics have Saturday hours! Call 1.888.4PACMED (1.888.472.2633) or go to our website for details.
- Clinics with extended hours, on-site pharmacy and X-ray, free parking and more.

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- Our Epic Upgrade
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To learn more about our cardiologists, visit www.PacMed.org/cardiology, or call 206.905.1300 for an appointment. Dr. Keiko Aikawa—Canyon Park, First Hill, Dr. Philip Massey—Canyon Park, First Hill, Renton; Dr. Pathmaja (Bobbie) Paramsothy—First Hill, Northgate; Dr. Ameet Parikh—Beacon Hill, Canyon Park, First Hill, Totem Lake; Dr. Juwono (Joy) Sutedjo—Federal Way, First Hill, Renton.