

It's A Fact Jack!

Fiber is important for any balanced diet: it helps us lose weight by filling us up and as it passes through our system, it takes undigested fat with it. Fiber also helps to slow down the absorption of sugar into our bloodstream.



HEALTH MATTERS

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Risk for heart attacks and strokes increase during winter

By Corrado Ugolini, MD, MPH - Internal Medicine, West Bend

Studies have shown that the risk for heart attack and stroke increase during winter months even with the most modest physical activity.

People at high risk for cold related heart attack and stroke are the elderly and those with known cardiovascular disease. Cold temperatures constrict blood vessels that result in increased blood pressure and added strain on the heart. Studies have shown that even a five minutes in cold temperatures can result in elevation of blood pressure lasting up to two hours.

Many of these events can be prevented with simple precautions including dressing in layers, wearing hats, scarfs, and gloves to minimize the amount of skin exposed. Ease into outdoor activities and avoid sudden increase in physical activity or extreme exertion such as heavy lifting or snow shoveling.

Avoid drinking alcoholic beverages during outdoor activities as alcohol may give you a temporary feeling of warmth but results in heat loss away from vital organs.

It is important to identify personal risk factors which could lead to a heart attack or stroke and to recognize early symptoms so that you get prompt medical care.

SYMPTOMS OF STROKE

If you or someone you know has one or more of these signs, don't delay, call 911:

- Sudden numbness or weakness of the face, arm or leg, especially on one side of

the body

- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause



Corrado Ugolini,
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SYMPTOMS OF A HEART ATTACK

If you or someone you know has one or more of these signs, don't delay, call 911:

- Center of the chest discomfort that lasts a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- Discomfort of the upper body including pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath with or without chest discomfort.
- Breaking out in a cold sweat, nausea or lightheadedness

Enjoy winter activities in Wisconsin but use good judgment and be aware of your personal risk factors for cardiovascular disease.

For more information on stroke and heart attack or to make an appointment with Dr. Ugolini, please call West Bend Clinic at 334-3451.

Upcoming Events

"Eat to Compete"

Tuesday,
January 12
6:00pm–
7:00pm
Kettle
Moraine
YMCA



Stacy Lynch, MD

Presented by:

Stacy Lynch, MD,
West Bend
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Young or old, in sports or in training, you need to learn the right balance of nutrition to fuel your body to become faster, stronger, and to gain that competitive edge. To register call 800-272-3666.

Celebrate Families

Sunday, February 14
11:00am–4:00pm
Washington County Fair Park

Join Washington County agencies and non-profits for a free family resource fair with fun and healthy activities, games and prizes for all ages. West Bend Clinic, St. Joseph's Hospital, and Community Memorial Hospital are proud to be major sponsors of this event.

Five diet resolutions for the New Year

Are you making a bold resolution on January 1 to “eat right”? Stop trying to overhaul your entire diet in a day. Resolve to think small and you can reach any diet goal, one focused step at a time. Start with these simple tips:

New year’s diet resolution #1:

Go slow

Resolve to get more fiber, fresh fruit and fish in your diet this year. Any diet change is easier if you take slow, small steps. For example:

- Vow to add a piece of produce to your brown bag lunch daily
- Designate a day as fish day.
- Package up a single serving of your favorite whole-grain cereal, then treat it as your midmorning snack.

New year’s diet resolution #2: Water

Water: It’s cheap, fat-free, and gives your body a quenching boost. Find the idea of eight cups a day daunting? Think small:

- Drink one glass first thing in the morning, before you brush your teeth.
- Tempted by soda or another glass of wine? Drink a cup of water with a splash of your favorite beverage in it first.
- Resolve to drink one more cup of water today than you had yesterday.

New Year’s Diet Resolution No. 3: Go for the gold, red and purple

Colorful produce is packed with disease-fighting plant compounds, so when you shop, reach for a rainbow. Start with these easy ideas:

- Designate a color-a-day. Mondays are yellow, with grapefruit, golden apples, or corn. Tuesdays are purple with plum and eggplant and so on.
- Get the kids involved and go for a theme: Build a green pizza with emerald bell peppers and artichokes, or a red produce-infused chili.
- Vary the rainbow. Pick up a new-to-you fruit or veggie the next time you shop.

New Year’s Diet Resolution No 4: Tackle mindless munching

You’re chatting with friends around the dinner table or watching a DVD -- and you just keep nibbling. Try these tips to reign in the munchies:

- Pop a stick of gum or a sugar-free mint in your mouth.
- Brush or floss your teeth.
- Pay attention -- look at each piece of food you plan to eat.
- Busy your hands with a glass of water, a cup of tea, or cleaning off the table.

New Year’s Diet Resolution No 5: Stack the odds in your favor

Don’t forget to help yourself succeed, and to reach out for help when you need it.

- Buddy up with a friend or family member with diet and weight loss resolutions.

- Then share your ideas, plans, and successes regularly.
- Leave the temptations -- ice cream, chips, soda -- at the grocery store.
- Promise yourself you’ll cater to cravings only outside the home, in one-serving portions.
- Socialize with non-food events. Get your friends together in the park, for a hike, or at the movies.

Bonus New Year’s Diet Resolution: Baby your body

Prevention is a lot less daunting than treating a chronic condition, so do the little things that keep your body thriving. Try these easy steps:

- Get moving 30 minutes a day most days. Go for a walk, give the car a good scrub, take a hike. Whatever gets the blood pumping qualifies!
- Get those tests you know you need. Cholesterol checks, prostate exams, pap smears -- stay ahead of the game by staying healthy.
- Get all the snooze-time you need. Sleep helps body and soul recharge, stay healthy, and cope with stress.
- Take enough steps and you’ll reach any goal. Resolve to make a few small diet resolutions this year and then just watch how far you’ll go!

If you would like more information about starting a healthy 2010, please contact a West Bend Clinic primary care provider at 262-334-3451.



<http://www.webmd.com>

West Bend Clinic

Froedtert & Community Health

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