

SPRING 2022

# HEALTH & WELLNESS DIRECTORY



A Freeman Newspapers Publication



# 5 ways to make your diet more nutritious

Healthy eating should be a goal all year long. Choosing nutrient-rich foods at the grocery store is a great way to accomplish that goal.

The American Heart Association says research suggests the standard American diet is energy-rich (calorically heavy) but nutrient poor. And according to Canada-based registered dietician Nicole Osinga, though Canadians are making smarter food choices, room for improvement remains, especially in regard to limiting consumption of red meat.

Nutrient-rich foods are those that are high in minerals, vitamins and other nutrients that are vital for health without too much added sugars, sodium and saturated fat. Such foods include fruits, vegetables, whole grains, low-fat dairy, and lean protein sources that can serve as the building blocks of a nutritious diet. These tips can make incorporating nutritious ingredients even easier.

## 1. Read nutrition labels

The Nutrition Facts label



included on items sold in North America is a significant source of information. Consumers may only read the first few lines, but it's best to read the entire label before deciding whether or not to purchase a given product.

Some foods may feature endorsements on their packaging and the inclusion of such labels indicates they're healthy choices. For example, the American Heart Association's Heart-Check mark indicates the product aligns with their recommendations for an overall healthy eating plan.

## 2. Choose more whole grains

Whole grains are low in fat and high in fiber. They're also a smarter source of carbohydrates because they contain complex carbs that keep a person feeling fuller longer. Try to avoid products labeled as "enriched," as they've had the germ and bran removed from the grain to produce a smoother texture, which means they need to be refortified with nutrients.

## 3. Eat dark, leafy greens

Green vegetables are rich in vitamins, minerals, phy-

tonutrients, and plant-based omega-3 fatty acids. Kale, spinach and collard greens can be added to soups, stews, scrambled eggs, and salads for a powerful punch of nutrition.

## 4. Pick pulses

Pulses are essential to plant-based diets, but they also can be enjoyed by meat eaters. The Global Pulse Federation says pulses, which include foods like lentils and chickpeas, are rich in protein and fiber and low in fat. They also contain complex carbohydrates that take longer to break down. Research shows pulses can lower blood cholesterol, reduce blood pressure and help with weight management.

## 5. Go with skim or low-fat dairy

Dairy products are rich in calcium and vitamin D, but those nutrients may come at the cost of saturated fat. Choose reduced fat dairy options in recipes and when snacking.

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# Long-term solutions to protect joints

Periodic aches and pains can affect anyone. Individuals who are physically active and even those who live largely sedentary lifestyles may experience pain from time to time. In fact, many professional and amateur athletes experience relatively minor, short-term injuries at one point or another, and rest is often the best remedy to overcome such obstacles.

Though minor tweaks may be somewhat normal, long-term issues like persistent joint pain should not be written off as par for the course. It can be tempting to write joint pain off as a concern only serious athletes need to worry about. Terms like “tennis elbow” and “runner’s knee” can give less physically active individuals a false impression of joint pain and what causes it. But the Mayo Clinic notes that lack of exercise can contribute to pain and stiffness in the joints. That’s because exercise strengthens the muscles and tissues that surround the joints. That added strength puts less stress on the joints.

In recognition of the threat posed by chronic joint pain, the



Arthritis Foundation® recommends individuals take various steps to protect their joints over the long haul.

- Focus less on fashion in regard to footwear. High heels may be the epitome of glamorous footwear, but women who routinely wear high heels will pay a steep price. The AF notes that heels put added stress on the knees and increase risk for osteoporosis, and experts indicate that three-inch heels are seven times more stressful on feet than one-inch heels. But women aren’t the only ones whose footwear fashion sense could be hurting

their joints. Men also must pay attention to what they’re putting on their feet. For example, sandals without a back strap force toes to overgrip the edge of the sandal, putting needless strain on each foot and potentially causing issues with the toes.

- Alternate between sitting and standing throughout the day. Joint stiffness and strain can develop when individuals spend lengthy periods of time sitting or standing. The AF recommends taking a break to stand up or sit down every 30 minutes. Professionals who sit at a desk all day may want

to switch to height-adjustable desks that make it easy for them to transition from sitting to standing and still get their work done.

- Maintain a healthy weight. Being overweight causes a ripple effect that impacts the entire body, including the joints. The AF notes that researchers have determined that losing 11 pounds can reduce risk for osteoarthritis of the knee by 50 percent. On the flip side, each extra pound an individual carries puts four times the stress on his or her knees. Exercising to lose weight can provide the added benefit of preventing joint stiffness.

- Opt for low-impact activities. Low-impact activities like cycling and swimming are easier on the joints than fitness classes that involve high-intensity dancing and kickboxing. In addition, when choosing between a treadmill and elliptical machine, the Mayo Clinic notes that ellipticals are generally considered low-impact machines that are less stressful on the knees, hips and back than running on a treadmill or even outdoors.

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# Get kids on a healthy track

Childhood obesity is a serious medical issue affecting children around the world, but notably in North America. While the issue has been around for decades, the Centers for Disease Control and Prevention says American children and teenagers have witnessed a significant increase in weight gain since the COVID-19 pandemic began.

Younger school-aged children have been among the hardest hit during the pandemic. A study published in

September 2021 found the percentage of obese children and teens increased to 22 percent compared with 19 percent before the pandemic. The CDC looked at the BMI of study subjects between March 1, 2020 and November 30, 2020. One of the study's authors, Dr. Alyson Goodman of the CDC's National Center for Chronic Disease Prevention and Health Promotion, described the results as "substantial and alarming."

Being less physically active,



overweight and eating the wrong foods can start children on a path toward problems that once were only considered conditions of adulthood, namely hypertension, diabetes and high cholesterol, offers the Mayo Clinic. To reverse course, parents, guardians and educators can focus on helping children become more physically fit. The following are a few ways to do so.

- Encourage participation in sports or other physical activities. Sports practices, games, competitions, and other activities may keep children moving for an hour or more several days per week. However, the American Academy of Pediatrics states that only 25 percent of children get the recommended 60 minutes of physical activity per day. Emphasize a fun activity with a focus on movement that produces shortness of breath, body warmth and sweat. These are indicators that the heart rate is really pumping.

- Use exercise as a reward and not a punishment. Make exercise something kids can look forward to. Reward a job well done on a test with extra time biking with friends or a

hiking trip to a scenic national park. Kids will be begin to associate exercise with fun.

- Offer a variety of foods. Kids who eat a variety of foods are more likely to get the nutrients the body needs, according to Kids Health® by Nemours. These healthy foods should include at least five servings of fruits and vegetables a day, with an emphasis on vegetables.

- Limit screen time. Children may be inclined to entertain themselves by heading for the television, mobile phone or tablet first, especially after a year-plus of being stuck indoors. But parents can make a concerted effort to limit kids' screen time in favor of more physically challenging pursuits.

- Teach healthy eating habits. A Harris Poll survey conducted on behalf of the American Psychological Association found that 61 percent of respondents age 18 and older reported a median weight gain of 15 pounds during the pandemic. Teach children that weight loss is accomplished when more calories are burned than consumed.

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# 3 metrics to know if exercise is working



Obstacles are bound to appear as individuals embark on the road to getting healthier. Such obstacles come in many different forms, but one hurdle many individuals encounter is doubts about the effectiveness of their workout regimens.

Everyone would love to reap instant rewards from exercise, and immediate gratification is not necessarily elusive. For example, individuals who begin exercising may find their energy levels and attitudes have improved after their first workout. However, individuals who are exercising to lose weight may be discouraged if the scale doesn't immediately indicate they're shedding unwanted pounds. That's a significant obstacle to overcome, and it's one reason why so many health professionals urge patience and perseverance as individuals embark on their weight loss goals. Though it might not seem like much, industry professionals note that losing one to two pounds per week is a good sign that a workout routine is working.

The experts at Johns Hopkins Medicine note that weight loss is not the only way for individuals to determine if they're making progress toward their weight loss goals. The following are three additional metrics that individuals can look to as they try to chart their exercise progress.

1. Target heart rate: Before beginning an exercise regimen, individuals, especially those who have been living a sedentary lifestyle, should speak with their physicians to determine what their target heart rate should be. They can then measure their exercise progress by what they need to do to reach that progress. At the outset, individuals may not need to exercise as vigorously to reach their target rates, but as their bodies get healthier and grow more acclimated to exercise, they will need to work harder to reach their target heart rate. This makes target heart rate a good metric by which to measure exercise progress.

2. Repetitions: Johns

Hopkins Medicine notes that repetitions are another reliable metric by which to measure exercise progress. The more repetitions individuals can do without straining, the stronger their muscles are becoming. Individuals should resist any urge to overdo it. The repetitions metric is only a useful measure of progress if individuals are capable of doing a rep without straining.

3. Body composition: This metric should come as no surprise. The more positively exer-

cise affects the body, the more that will show in how the body looks. Johns Hopkins notes that fat loss, specifically around the waist, and muscle growth are two telltale signs that an exercise regimen is progressing.

It can be easy to obsess over results when beginning an exercise regimen. But remaining patient and persistent and utilizing certain metrics to measure progress can keep individuals on the path to getting fit.



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# Classes that make exercise fun

Some people find the best way to get in shape is to do so alongside another person. Group classes can provide the inspiration, variety and fun needed to keep fitness enthusiasts engaged. Some are offered by traditional gyms while others may be found at specialty fitness facilities.

Regular exercise is essential to good health, and these classes can add a spark to workouts.

- Spin class: Spin classes have been around for some

time and have long been a trendy group exercise. Many health clubs offer spin classes in their facilities. Spinning may be easier on the joints than other exercises due to the smooth rotary motion of the stationary bikes. Resistance can make the exercise harder and simulate riding uphill outdoors.

- Trampoline classes: Sometimes referred to as "SkyRobics," trampoline classes take place in trampoline recreation centers or special-

ized trampoline training centers. NASA states that 10 minutes of bouncing on the trampoline is equivalent to 30 minutes of jogging. Bouncing around also can help adults feel young again.

- Surfing/yoga meld: These classes focus on getting into yoga positions on an unstable board. Boards may be balanced on three stability boards, and the body has to work to support muscles while exercising, resulting in a leaner look.

- Barre class: Barre bor-

rows techniques from ballet training to help sculpt the body, with a focus on toning the legs, glutes and core.

- Dance class: Many exercise classes are built around dancing. While Zumba™ may be the best known, burlesque dancing, Bollywood dancing and tap dancing to get in shape are all growing in popularity.

Group classes can be a great way to keep individuals engaged with their fitness routines.

## Is tea or coffee the healthier choice?

Millions of people consume coffee or tea, with some even enjoying multiple cups of these caffeinated beverages daily. Coffee is known to perk a person up in the morning, while tea is touted as a relaxing drink that can ease away stress. Some may wonder if one of these popular beverages is more beneficial for overall health than the other. Both, it turns out, have distinctive benefits.

Coffee and certain teas con-

tain caffeine, a powerful stimulant for the central nervous system. Caffeine may improve endurance exercise outcomes and improve mental alertness. Healthline says that caffeine may reduce type 2 diabetes risk by improving insulin sensitivity. In addition, moderate caffeine intake has been linked to protective effects against dementias, metabolic syndrome and non-alcoholic fatty liver disease. Since coffee tends

to have higher concentrations of caffeine than black tea (95 mg vs. 47 mg in an eight-ounce serving), it can provide more caffeine-related benefits than tea.

Both tea and coffee have high levels of antioxidants that can help people reduce their risk for certain illnesses. The National Cancer Institute reports that antioxidants in both tea and coffee have been shown to slow the growth of

cancerous tumors. Tea may help lower cholesterol and the polyphenols in tea could boost good bacteria in the gut, according to Eat This, Not That! People may be more inclined to drink more coffee and tea so they can consume more antioxidants. However, excess coffee consumption can make people jittery from too much caffeine. Since tea has less caffeine, it might make for a better choice.

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# Don't let the pandemic put your vision at risk

By Cheryl L. Dejewski

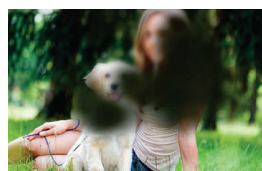
"People are often hesitant to make an appointment to have their eyes checked—even when it's obvious that they have a problem and there isn't a pandemic," says Mark Freedman, MD, of Eye Care Specialists, a leading ophthalmology practice.

"Loss of vision, however, can have serious consequences that affect quality of life and independence, including an increased risk for falling, car accidents, depression, isolation, nursing home placement, and other factors," says eye surgeon Daniel Ferguson, MD. Daniel Paskowitz, MD, PhD, an ophthalmologist with credentials from Harvard and Johns Hopkins adds, "Poor vision, is not a fact of aging. It's important to discover what's behind any changes or symptoms—whether it's simply the need for a new glasses prescription or something more serious like a sight-threatening disease."

"There are two reasons why you need to see a professional rather than rely on your own perception," says Brett Rhode, MD, Head of Ophthalmology at Aurora Sinai Medical Center.



Glaucoma



Macular Degeneration

"First, problems in one eye can be masked by the other's ability to compensate. Second, changes can occur so gradually that they go unnoticed. For example, patients with cataracts often have no idea how much light, color, and clarity they've lost until they are diagnosed and the cloudy lens inside their eye is removed and replaced with an implant. And, patients with glaucoma can lose side vision so slowly that they don't realize it's like looking through a tunnel—with no chance of turning around and coming back out."

"Most sight-threatening conditions will eventually present symptoms. But, do you really want to wait until whatever is wrong causes permanent damage or leads to something serious like falling and breaking a hip or having a car accident?" asks Michael Raciti, MD, who conducts continuing education presentations for local health

professionals. "That's why it's vital to have a comprehensive dilated eye exam (which is typically covered by Medi-

care and/or insurance) at least every two years. At our offices, that exam may also include a diagnostic OCT laser scan, which enables us to catch diseases even earlier."

"Vision-threatening concerns don't take a pause during a pandemic. We understand people's hesitancy to come in, but, rest assured, we have instituted strict safety protocols, including minimizing the time spent and number of patients in the office, plexiglass shields, disinfection procedures, and mask requirements. We've worked to keep an eye on patients' health AND safety," says Freedman.

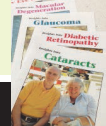
"Don't wait until it's too late. If it's been more than two years, call and make an appointment today to ensure you can see life to the fullest today AND tomorrow," says past president of the Milwaukee Optometric Society David Scheidt, OD.

For FREE booklets on cataracts, diabetes, glaucoma, and macular degeneration (AMD), call 414-321-7035. For a comprehensive eye exam or second opinion, call the offices below—two are just minutes away from Brookfield, Elm Grove, Waukesha and Lake Country.

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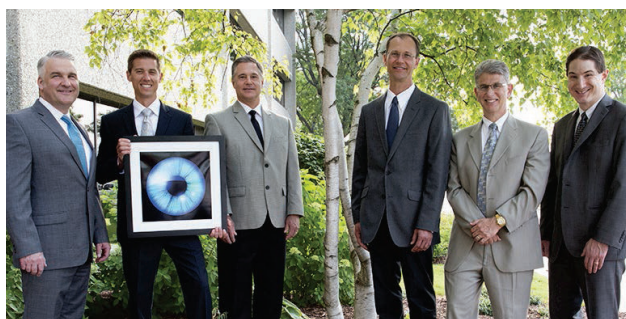
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