Local health food store is moving toward a more sustainable way of life and way of doing business.

Littleton, NH: 26 years ago, on a cold February day, Barbara Emmons opened the doors of The Healthy Rhino for the first time. The rest is history! Despite the odds, this small, woman-owned business is still thriving here on Littleton’s bustling Main Street.

The store has changed and grown over the years, but the commitment to providing healthy foods, supplements, and promoting health and wellbeing remains unchanged. Barbara is always working to improve her store and to better meet the needs of her customers. She shared her goal for 2020: to continue to provide unique products to meet the health, wellness, and sustainability needs of the community.

“We have been working on some changes to better meet these goals—for instance, introducing more sustainable and reusable goods. Hydro Flasks are a personal favorite! Come find out for yourself why we love Chico bags so much, there’s a color, print, or style for everyone and we’re so excited to offer them in the store. We are proud to offer reusable bamboo cutlery sets from To-Go Ware, as well as stainless steel food containers. Make sure you check out these silicone reusable ziplock bags from Stasher. Endlessly reusable, dishwasher safe, great for storage, oven and sous-vide safe, these bags come in a variety of sizes and dimensions and are a fantastic replacement for single use plastic bags. “As we work to reach single-use plastics, look for more reusable packaging around the store. Packing all our bulk nuts in Mason jars is working well! Remember that you can bring your own containers for all our bulk foods, spices, and herbs. We also have reusable coffee sleeves available as well as new jars for sale. “Berkey water filters are a new favorite around here in 2020! Top of the line water filtration systems and replacement filters are now available for purchase. We can’t wait to offer a filling station for water bottles from our own Berkey water filter. “We look forward to introducing more kitchenware and sustainable home goods. We shift products around in the store and make more room. We’d love to show you our new lines of kitchen accessories, Sunbeam beeswax candles, and more new products all the time. “While all the excitement of new products, we haven’t forgotten about our favorite health and wellness products. We are happy to offer...
Health Benefits of Ballroom Dancing

BY ATTORNEY EDWARD H. ADAMSKY

My wife and I have been Ballroom Dancing for almost ten years now. It is a wonderful activity for fun, friendship and health. I have lost quite a bit of weight and gained some muscle and balance. But, don’t just take it from me, many experts say there are great health benefits to Ballroom Dancing.

Dance is an aerobic exercise and increasing the heart rate is the key to a good workout. Dance is a weight-bearing activity that can help build bones. It’s also good for your upper body and overall strength training. Dance is a moderate physical activity according to the USDA’s guidelines, which recommends 30 minutes of moderate to vigorous activity daily. Since dancing is fun, it’s much easier to keep it up for that or more minutes. It’s too easy to quit at a physical activity when you are not having any fun.

Dancing uses muscles that you might not use otherwise. Women go backwards which uses the leg muscles in a different way. The upper body is held up and in a good posture which helps build core strength. Ballroom dancing is also very good for your brain. A New England Journal of Medicine study of 75-year-old people and their activities including dance, found that the dancers showed the largest reduction in the risk of getting dementia as they aged.

It was theorized that a dancer must make many mental calculations each second when determining the moves to do next (for the leader) or determining the move that is being directed (for the follower). Apparently, the cerebral cortex and hippocampus parts of the brain are critical to dancing and “rewire” their neural pathways based upon use. Dancing increases the neural pathways and connections (unlike our habitual patterns of thinking and living) and helps reduce the future effects of aging that tend to decrease neural pathways. The split-second, rapid fire decision making required by dancing is one of the best ways to exercise and improve your brain.

There are other benefits to Ballroom Dancing. It helps improve your flexibility as it uses all muscle groups and body parts, it provides stress release as it is hard to think of your troubles and worries when you are busy dancing. Dancing benefits the heart, helps you lose weight, increases your energy, and the most important thing about dancing is that you will make many new friends and enjoy a rich and stimulating social environment.

The social stimulation of dancing cannot be ignored. Many elders suffer from depression and die sooner, due to lack of social interaction. The intense and often fairly intimate interaction required by ballroom dancing is a strong benefit to the human psyche that requires social contact to remain healthy. The benefits of the social aspects of dance cannot be overlooked.

If you need Estate Planning, then contact your local Elder Law Attorney. If you want to be happy and healthy then Dance!
Why annual checkups are so important

Nutritious diets and routine exercise are two hallmarks of a healthy lifestyle. Combining the two can lower people's risk for various diseases and can contribute to a high quality of life. But food and physical activity are not the only things people should do to improve their chances of living long, healthy lives.

Preventive care is important. One of the most effective preventive strategies is to schedule an annual checkup with a physician. According to the Centers for Disease Control and Prevention, routine health exams and tests can find problems before they start. During annual checkups, doctors may notice some red flags, such as high cholesterol, that men and women won’t detect on their own. These warning signs could be increasing people’s risk for disease and/or discomfort. Many of these red flags are undetectable without proper screening, which is why annual checkups are integral to maintaining one’s overall health.

Annual checkups also serve as a great time for patients to be screened for certain cancers. The American Cancer Society notes that cancer screening tests are used to find cancer earlier when it is more treatable. Annual checks with their physicians can help patients detect their cancers early, before it has had a chance to spread to other parts of the body. The earlier a cancer is caught, the better the chance of successful treatment.

Physicians can then recommend ways for patients to balance their risk, calming patients’ concerns and giving them a roadmap to reduce their risk for conditions and diseases that seem to run in their families. Annual check-ups are also vital to a healthy lifestyle because nutrition diets and routine exercise play a key role in scheduling annual check-ups with their physicians. Adults can closely monitor their overall health and prevent issues before they escalate into major health risks.

Vaping, not a harmless alternative

Over the last 50 years, cigarette smoking among U.S. adults has decreased by half. This can be attributed to the actions taken by the Phillip Morris tobacco products, enacting smoke-free laws, anti-tobacco campaigns, and access to classes and medical affiliations that helps people to stop using tobacco. The Centers for Disease Control and Prevention (CDC) reported that in 2017, when the adult cigarette smoking rate fell to 14 percent.

However, over the last decade, a new tobacco product has emerged and gained popularity, especially within the past year: e-cigarettes. The use of e-cigarettes, also known as "vaping," has increased among high school students by 78 percent within the last year alone, according to the CDC.

Commonly referred to as vapes, vapes or mods, e-cigarettes are defined by the National Institute on Drug Abuse as a battery-operated device used to inhale a solution of nicotine, flavors and other chemicals.

Designed to look like everyday items, it’s possible you’ve seen an e-cigarette without even realizing it. A quick image search on the internet of “e-cigarette” will bring up pictures of what look like flash drives, pens or even everyday objects that we use at work, in schools and at home.

Allie Beliveau, a sophomore at Danville School, said one of the most common vaping products she sees people using in the community is K-flav, which is small, easy to access and easy to conceal because it looks like a flash drive.

Beliveau is a student advisor to Our Voices Spaced (OVS), an anti-tobacco prevention group. The group, which has 19 members, has a goal of educating the greater community and the school about vaping and tobacco use.

Danielle School teacher Guy Pearce and Spencer Morse, OVS advisor, said that vaping has become more prevalent in our community, particularly among teens, due to e-cigarette companies marketing vaping products as safe, making them easy to conceal and selling flavors that kids enjoy.

Several e-cigarette brands have been accused of marketing directly to youth. OVS claims to target current adult smokers; they believe that their mission is to improve the lives of adult smokers by eliminating cigarettes. But e-cigarette companies have marketed their products using celebrity endorsements, advertisements on social media and flavors that appeal to youth, tactics which have attracted non-smoking youth to start vaping.

“Some people do it and others start to do it because they feel that it is cool [and] then they become addicted,” said Beliveau. “But with the help of [OVS] we are hopefully getting students to quit and others to start this additive drug.”

Using e-cigarettes is substantially less harmful to the individual health than inhaling smoke from combustible cigarettes. However, while e-cigarettes contain fewer toxins than combustible cigarettes, they are not free of nicotine and still deliver harmful chemicals. According to the Truth Initiative, a non-profit public health organization committed to eliminating tobacco use, it looks like a flash drive, much like a memory drive, but is the *55L, which is small, easy to access and easy to conceal because it looks like a flash drive.

Beliveau cautioned against vaping. “There are no long term studies on the dangers of vaping,” there have been reports of a condition known as popcorn lung, where a vape user is scarring in their lung tissue and makes it harder for the person to get air linked to vaping more recently. We are seeing many reports of lung organ damage leading to young people being placed on respirators and even death due to vaping, it was said.

It was reported by the CDC that as of Jan. 16, 2020, there have been 2,807 cases across 49 states of lung injury associated with vaping and that so people have died. According to the CDC, patients reported symptoms such as coughing, fevers, chest pain, and shortness of breath, and while the specific cause of the lung injuries is not known, most patients reported using e-cigarettes containing THC, nicotine or a combination of both.

Beliveau cautioned against vaping. “Vaping is so dangerous and can really weaken your health,” Beliveau said. “My advice is if you want to be healthy and stay safe, don't start vaping... Vaping doesn’t make you cool, it just makes you dumb and don’t work, it will help you in the long run.”

If you’re concerned for someone in your life who vapes, Pearce and Morse suggest being honest with that person about your concerns and sharing knowledge about the dangers, the “supportive, non-confrontational. It’s an addiction. Give them people or places they can go to for assistance.”

Contact your primary care provider today for resources on stopping tobacco use and vaping.

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A3
TO YOUR HEALTH, WEDNESDAY, FEBRUARY 12, 2020

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Contact your primary care provider today for resources on stopping tobacco use and vaping.
"My doctor strongly recommended that I deliver my baby at Speare."

—Emaline Hart

“He said it would be a more personal experience, and I would actually know the doctor helping me give birth. He was right. Having my baby at Speare was the best thing I could have done. I was so happy with the one-on-one care I received from everyone; my husband Casey, baby Theodore, and I felt really special.”

Plymouth OB/GYN
A department of Speare Memorial Hospital

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- Sleep chairs & nourishment center for family & friends
- Nursery for baby featuring the latest technology
- Specially designed birthing beds

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It is February in northern New Hampshire. Most of us are trying to soak up the few hours of sunlight that we are given each day. As we are wrapped up in our parkas and gloves, not many are thinking about actually protecting ourselves from the sun this time of year. Even though it may not feel particularly warm in the winter, the sun still emits dangerous ultraviolet (UV) rays. It is important that despite not being at the beach, we should still be using sunscreen and wear sunglasses.

Many people think of sunglasses as a fashion accessory, which is accurate, but they also play an important role in protecting your eyes from sun damage. The sun emits three types of UV rays: UVA, UV-B, and UVC. UVC rays are absorbed by the atmosphere of the earth, so they have no effect on the earth. UV-B and UV-A rays are mostly absorbed by the front parts of the eye, namely the cornea. UV-A rays are the most detrimental to our eyes, as they are absorbed internally by the crystalline lens and retina. It is important that sunglasses have the capability of blocking both UVA and UV-B rays.

Some of the effects of sun damage to the eye are very obvious. Sunburns are painful on any part of the body, but especially on the eye and eyelid. The phrase “snow blindness” refers to a sunburn so bad on the cornea, that it can cause temporary blindness, and is often experienced in the winter, especially while skiing. Some types of skin cancers growing on the eyelids and face may also be easily detected. However, there are also changes that can happen inside the eye that may present with no symptoms until they are substantial.

Melanoma, for example, is a common malignancy that can be found inside the eye. Without an eye exam to detect it in a timely fashion, it could potentially lead to loss of the eye or even death.

Age-related macular degeneration and cataracts are other occult conditions that can be exacerbated by UV exposure. While cataracts can be fixed with surgery, there is no cure for macular degeneration, and it is the leading cause of blindness in the United States. February also happens to be the Awareness Month for Macular Degeneration. While there are many other contributing factors to the development of these conditions, wearing sunglasses is a simple enough act that can go a long way to keeping your eyes healthy.

Top Gun: Maverick may not be coming to theaters until June, but we should not be waiting until then to pop on some stylish aviator sunglasses and seeing our optometrists for our annual comprehensive eye examinations. These are two of the easiest ways to ensure you maintain your best vision long-term.

Dr. Erica Griffin practices at Littleton, Woodsville and Lincoln Eye Care Centers. She enjoys helping patients of all ages achieve their visual needs. Dr. Griffin was awarded New Hampshire’s 2019 Young Optometrist of the Year. She is the current vice president of the New Hampshire Optometric Association.
**North Country Healthcare Affiliates to Implement Common Health Record**

(Coos County, NH) – As part of North Country Healthcare’s NCH) commitment to providing a consistent, high-quality patient experience, its affiliating organizations are pleased to announce their collective transition to MEDITECH Expanse. Expanse is MEDITECH’s new generation, web-based Enterprise Health Record (EHR).

MEDITECH Expanse was designed to help providers view health-care, through new lens – bringing a sense of clarity and connection to a care landscape that is increasingly vast and complex. Using Expanse, clinicians can deliver comprehensive care to their communities, with the help of web tools that maximize their efficiency and professionalize their user experience, as well as strengthen their relationships with patients.

Significant investment will serve our patients and healthcare providers for years to come,” commented Tom Nee, NCH’s President and Chief Executive Officer. “NCH and our affiliated providers are committed to ensuring that patient information will flow across our single, secure system accessible at any of our locations and available to our patients via a consistent platform.”

“We are pleased to be working with North Country Healthcare to transform patient care with Expanse,” said MEDITECH’s Executive Vice President Helen Waters. “Our integrated web platform gives precious time back to the provider – with sophisticated, yet easy-to-use solutions that meet the needs of large, integrated delivery networks, small critical access hospitals, and even one-in-one-between. Most importantly, it brings the patient-provider relationship back into focus, exactly where it belongs.

Anticipated benefits following implementation include, but are not limited to:

- More face-to-face time between provider and patient
- Decrease in time required for providers to navigate numerous health records
- Improved care coordination

A single patient portal amongst all NCH affiliates

Androscoggin Valley Hospital, a proud part of North Country Healthcare, has already successfully launched the Expanse platform, as has Indian Stream Health Center with which NCH continues to enjoy a collaborator relationship.

NCH is committed to updating our patients and the public on the progress toward this rollout, anticipated to occur in October 2020.

About North Country Healthcare

North Country Healthcare (NCH) is a non-profit affiliation of four medical centers in the White Mountains Region of New Hampshire. NCH includes numerous hospitals and medical providers at multiple locations. This leading comprehensive provider network employs hundreds of highly-trained individuals who delivers integrated patient care through three community hospitals, medical laboratories, and home health and hospice services. NCH remains committed to the health and well-being of the communities it serves.

Member organizations include Androscoggin Valley Hospital in Berlin, Upper Connecticut Valley Healthcare in Colebrook, Weeks Medical Center in Lancaster, and North Country Home Health and Hospice Agency in Littleton. NCH is proud to be the largest employer in the North Country.

North Country Healthcare also collaborates with two federally qualified Health Centers: Coos County Health Services in Berlin and Indian Stream Health Centers in Colebrook. Together they have formed Limited Liability Corporation (LLC) to develop a Clinically Integrated Network (CIN).

For more information, visit https://www.nch.org.

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Giving Birth at Speare Memorial Hospital
- The Connolly Story

When Brendan and Jessica Connolly of Moultonborough were expecting their first child, they knew they were going to give birth at Speare Memorial Hospital.

"Not only is it slightly closer to our home than Concord, but I also had very positive experiences with a few medical procedures I had at Speare and was overall impressed with the hospital," says Brendan.

Brendan and Jessica first met as students at PSU. They married in Meredith in 2017 and loved Central New Hampshire so much that they decided to make it their home. When Jessica became pregnant in 2019, she began her prenatal care at Plymouth OB/GYN.

"Plymouth OB/GYN and Speare’s birthing suite were highly recommended to us by many friends and coworkers," says Brendan. "We became more and more comfortable as we visited Plymouth OB/GYN and noticed how friendly and accommodating all the caregivers were."

Their beautiful daughter, Georgia Mae, was born on January 16, 2020. Brendan was so pleased with the experience he posted on Speare’s Facebook page: "We are tremendously grateful to Dr. Blue, Dr. Eber, and all of the nurses and staff in Speare’s Ob/Birth ing suite. Throughout the delivery of our first baby, all of the staff at Speare could not have been better. A hospital is not always the most comfortable place, but this staff made us feel at home and safe. The entire staff made a personal connection with us while remaining so professional and making every step of the way go smoothly."

She went on to praise Dr. Lauren Blue, the physician who delivered Georgia:

"We cannot say enough good things about Dr. Blue! She not only tolerated my nervous sarcasm but advised and comforted both my wife and me throughout the entire pregnancy and labor. We have an extra thank you and gratitude to Dr. Blue’s medical student, An-thony, who was fantas-tic. I learned later that he hung out a lot of extra hours to experience Georgia’s birth, which I believe was the first delivery he took part in," he says.

Brendan and Jessica gave special thanks to nurses Cindy Lennien and Lindsey Holman, who they felt went above and beyond throughout their labor and post-delivery process. They also praised Janice, who taught birthing classes, all of the floor labor and delivery nurses (Nedly, App, Brenda, and both Kims), and not only our M & S filing in on a busy night. They thought Rudy from anesthesia and "we are now a happy family of three so grateful for the support everyone at Speare gave us, family and vis-itors all commented how everyone in the hospital seemed to go out of their way to be friendly and make sure we had everything we needed," says Brendan.

The birthing suite at Speare offers many amenities including private rooms with private baths, hydro-therapy tub, birth stools, balls, aromatherapy, a nourishment center and sleep chair for family, and a nursery featuring the latest technology and equip-ment to support your baby as needed.

Plymouth OB/GYN and the birthing suite nurses at Speare Memorial Hospital would like to help you welcome your new family member into the world for more information, visit Speare’s Facebook page or call 802-424-0028.

10 tips for winter safety

Winter begins on December 21, 2019, and extends to March 20, 2020, in the Northern Hemisphere. Those three months can be both beautiful to behold and difficult to endure. Winter has its share of safety hazards, and extra effort may be required to protect one’s health and well-being when the chill creeps in to recognize that of the National Safety Council and the Centers for Disease Control and Prevention offer these winter safety tips.

1. Winterize your home to keep interior temperatures comfortable and prevent weather-related damage. Winterizing includes insulating water lines that run along exterior walls, cleaning out gutters, installing weather stripping, and replenishing insulation.

2. Exercise in cold temperatures can put many people at risk of heart attack—in especially those who are typically inactive. If you must exercise in cold weather, remember to stretch beforehand. Take breaks when shoveling or ask for help.

3. Check carbon monoxide alarms to see if they are working properly. Every year in the United States, more than 400 people die from and 50,000 are treated for carbon monoxide poisoning. Ex-hausted from improperly vented heating appliances can contribute to carbon monoxide sickness.

4. Prepare a winter emergency kit and keep it in your car in case you are stranded in inclement weather. The kit can include food, blankets, first-aid supplies, flares, and booster cables, among other items.

5. Wear appropriate clothing for the temperature and precipitation. Layers can be added or removed as needed.

6. Sprinkle sand or cat litter on icy patches of walkways to improve traction. Sand or cat litter is easier on the environment than some chemical ice melt products.

7. Consider a whole-house generator as an emergency backup if the power goes out in winter. Generators can keep the heat running and the refrigerator humming along until power is restored. Exercise caution with space heaters and other supplemental heating devices. Turn them off when you leave the room, and do not leave them on overnight while you are sleeping.

8. Slow down when driving in the snow. Black ice patches can be difficult to see, and snow itself can slow you down. Exercise caution with space heaters and other supplemental heating devices. Turn them off when you leave the room, and do not leave them on overnight while you are sleeping.

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Sunscreen and the great outdoors go hand-in-hand during the warmer months of the year. For instance, few people can imagine spending a day at the beach without first covering their skin in sunscreen. But skin also must be protected when spending time outdoors in winter.

The World Health Organization notes that one in every three cancers diagnosed across the globe is skin cancer. While that’s a scary notion, it’s important to note that many skin cancer cases are preventable. Protecting skin in winter, a time when many people mistakenly believe their skin is not vulnerable to damage caused by the sun, is one way for people to reduce their risk of developing skin cancer.

• Don’t put sunscreen in storage. Even if you won’t be beachfront and basking in the sun’s rays, it’s still important to apply sunscreen in winter. The Dana-Farber Cancer Institute, which specializes in cancer treatment and actively seeks tomorrow’s cures through cutting-edge research, recommends applying sunscreen with a minimum sun-protection factor, or SPF, of 30. Make sure to apply sunscreen to all areas that may be exposed to the sun, including the face, neck, ears, and hands.

• Frequently reapply sunscreen. The “set it and forget it” approach does not apply to protecting the skin with sunscreen. Reapply sunscreen every 90 minutes that you are outdoors to ensure your skin is fully protected at all times.

• Don’t forget to protect your lips. The DFCI notes that the lower lip is especially vulnerable to the sun’s rays. A lip balm with an SPF of 30 or higher should be applied before going outside and then frequently reapplied while outdoors. In addition, women can use makeup with SPF to further protect their lips and their skin.

• Avoid tanning booths. Indoor tanning booths increase users’ risk for skin cancer and premature skin aging. In fact, the DFCI notes that cancer researchers have found that the risk of developing melanoma is 60 percent greater among people who have been exposed to UV radiation from indoor tanning. And that risk only increases with each visit to a tanning booth.

• Don’t forget to protect the skin while on vacation. People who vacation in warm climates during the winter may be the envy of coworkers and neighbors upon returning home with a tan, but it’s imperative that travelers prioritize protecting their skin while on vacation. Embrace the same principles of skin protection, including applying sunscreen and wearing wide-brimmed hats and sunglasses, that you would when lounging by the pool or soaking up the sun in the summer.

High Quality Care for Women

At Androscoggin Valley Hospital and Upper Connecticut Valley Hospital

AVH Surgical Associates is pleased to offer a wide range of high-quality health care for women. Dr. Krysztof Plociennik, Obstetrician/Gynecologist, delivers the following services at offices in Berlin and Colebrook, NH:

- Childbirth at AVH in comfortable labor/delivery/recovery rooms - FREE TOURS
- Birth control services
- Breast care
- Complete gynecological care, including laparoscopy
- Infertility treatment
- Women’s health examinations

For an office appointment with Dr. Plociennik in Berlin or Colebrook, please call 603.752.2300. For a tour of the Valley Birthplace at AVH, please call 630.326.5882.
Approximately 300,000 adults die of obesity and related complications each year in the United States.

Medical conditions associated with obesity are usually cured or significantly improved by weight loss surgery, including:

- **Heart Burn (GERD)**: 99%
- **High Blood Pressure**: 92%
- **High Cholesterol**: 97%
- **Arthritis**: 82%
- **Heart Failure**: 95%
- **Sleep Apnea**: 80%
- **Diabetes**: 95%


**REGISTER NOW**

spearehospital.com/weightloss

(603) 536-5670
Recognize signs of heart attack in women

Many people are familiar with the image of a heart attack sufferer clutching his or her chest or feeling surprised, tingling sensations in his or her left arm while those symptoms are common, heart attacks can produce a wide array of symptoms, and some of them may actually be much less apparent than chest pain or tingling in the left arm. That’s especially so for women.

The organization Go Red for women, which highlights women’s heart health during the month of February, advises that many symptoms women can experience when suffering from heart disease may be overlooked or misunderstood as less threatening conditions. However, jaw pain, nausea, and sweating all may be indicative of a heart attack. A failure to recognize and act quickly could potentially prove fatal.

A national American Heart Association says that heart disease is the foremost killer of women in the United States. The Heart and Stroke Foundation says heart disease and stroke kill 1 in 3 women in Canada annually. Despite these figures, many women are unaware of the threat of heart disease and its symptoms. Heart attack occurs when blood flow to the heart is blocked by a buildup of a substance called plaque in the coronary arteries. Heart attack can strike any woman, though women who deal with high stress, are overweight, or are heavy smokers are at the greatest risk.

Symptoms of heart attack
Symptoms of heart attack in women generally are more subtle than in men. These can include but are not limited to:

- Shortness of breath as though you just ran a marathon
- A feeling of a squeezing rope tied around the upper back
- Dizziness
- Fainting
- Neck, jaw, shoulder, upper back, or abdomen pain or indigestion
- Unusual fatigue

How heart attacks are different for women
Women tend to have blockages not only in their main arteries but in the smaller ones that supply blood to the heart. This is a condition called coronary microvascular disease, says the Mayo Clinic, and it may be why symptoms are more vague and not as apparent in women as they are in men.

Women also can have symptoms while resting or even while asleep, and emotional stress can trigger heart attack symptoms in women.

A woman’s risk for heart disease increases if she has diabetes, has experienced mental stress or depression, smokes, has gone through menopause, has had complications during a pregnancy, has an inflammatory disease, and/or is physically inactive.

Women of all ages should take heart disease seriously and schedule a check-up with a doctor to discuss risk and heart health.

Women who suspect or notice any symptoms of heart attack should not hesitate to call for help. If you suspect a heart attack, call 911 immediately, do not drive yourself.

Women can learn more about heart disease at www.womenshealth.org.

What are bleeding disorders?

Accidents and injuries happen while we sleep or without a drop of blood. For many people blood shed after injury, surgery, or trauma is nothing to worry about. But that’s not the case for everyone, namely people who have been diagnosed with bleeding disorders.

What are bleeding disorders?
According to the National Hemophilia Foundation, bleeding disorders are characterized by the body’s inability to form a proper blood clot. The American Society of Hematology notes that, in normal clotting, blood cells known as platelets stick together to form what’s essentially a plug at the site of an injured blood vessel. Proteins in the blood called clotting factors then interact to form a gel-like plug known as a fibrin clot. That fibrin clot holds the platelets in place, giving the injury time to heal and ensuring blood does not escape from the blood vessel. When someone has a bleeding disorder, this process is compromised due to too few or abnormal platelets, abnormal or low amounts of clotting proteins, or abnormal blood vessels.

What are the symptoms of bleeding disorders?
When someone has a bleeding disorder, they may experience extended bleeding after injury, surgery, trauma, or menstruation. The NIH notes that this is even the case after suffering minor cuts or even after having blood drawn in addition, people with bleeding disorders may experience extended bleeding after receiving vaccinations or undergoing dental procedures.

Some additional symptoms of bleeding disorders include excessive bruising, unexplained nosebleeds, and prolonged, heavy menstrual periods.

Who is at risk of bleeding disorders?
The NIH notes that bleeding disorders like hemophilia and von Willebrand disease are almost always inherited while hemophilia is passed down from parents to children. The NIH notes that roughly one-third of cases of hemophilia, types A and B, are caused by spontaneous mutations in a gene. Individuals, and especially pregnant women, with family histories of bleeding disorders are urged to consult with their physicians.

How are bleeding disorders treated?
The AHA credits advancements in screening techniques and medical research with improving the safety of factor-replacement therapies. Treatment will vary depending on the type of disorder and its severity. In addition, people with certain types of disorders, such as von Willebrand disease, should consult with their physicians before they have surgery, visit the dentist or get a birth control pill. This proactive approach can ensure proper precautions are taken to prevent excessive bleeding.

Understanding bleeding disorders and how to recognize them can ensure people make it through accidents or injuries unscathed. Learn more at www.hematology.org.

Family Healthcare

The White Mountain Family Healthcare is excited to announce the addition of Dr. Todd Hope, M.D., as of March 1, 2020. Dr. Hope will be accepting new patients, please call to inquire about an appointment: 603-444-1010.

The Wholesome Rhino

Littleron’s only independent health food store, celebrating 26 years of healthy living.
Many people wish they could get more sleep, whether they are professionals facing the challenges of demanding careers or parents juggling the responsibilities of work and family. Many men and women find it difficult to get a full night’s sleep. A restless night here or there likely is not much to worry about; however, a recent study from the Centers for Disease Control and Prevention found that more than one-third of adults in the United States were not getting enough sleep on a regular basis. Routine falling to get a good night’s rest can have a profound effect on a person’s overall well-being, including some surprising side effects. According to the National Sleep Foundation, insufficient sleep will not only make a person sick more any than getting enough sleep will prevent illness. However, the NSF notes that failing to get enough sleep can adversely affect a person’s immune system. That makes people more susceptible to colds or flu. That variability is linked cytokines, a type of protein made by the body that targets infection and inflammation. Cytokines are produced and released during sleep, so without enough sleep, a person won’t produce or release enough cytokines. That can then turn the immune response, rendering it less effective when confronting colds and the flu. The NSF also notes that vaccines might not be as effective if people are not getting enough sleep. That’s because chronic sleep loss, which refers to prolonged periods of inadequate sleep, is opposed to random nights in which shut-eye proved elusive. It reduces the body’s ability to respond to viruses like the flu. Even people who have been vaccinated against the flu need their immune systems to be operating at full strength to fight the flu. Without adequate sleep, the immune system cannot function at peak capacity. A heightened risk for diabetes is another surprising side effect of prolonged periods of insufficient sleep. In an online medical resource, Healthline.com, notes that lack of sleep affects the body’s release of insulin and thereby makes the body more responsible for lowering blood sugar levels. People who do not get enough sleep may have high blood sugar levels, which increases their risk for type 2 diabetes.

Busy adults often sacrifice sleep to meet the demands of daily life, but such sacrifices can produce some surprising side effects that may make men and women reconsider their daily sleep routines.

Annual colorectal cancer screenings are recommended for men and women over 50

As the human body ages, screening for various conditions and diseases may need to occur more frequently. Routine doctor visits may not be a part of most people’s image of the perfect retirement, but such checkups can save lives and make one’s golden years much more enjoyable. The World Health Organization notes that cancer is the leading cause of death across the globe and that colorectal cancer is the second most common cause of cancer death in the world. A 2017 study published in the Journal Cancer Epidemiology, Biomarkers & Prevention concluded that risk factor modification, screening and treatment all have considerable potential to reduce colorectal cancer mortality by 26%. The U.S. National Library of Medicine recommends that men and women between the ages of 50 and 75 be screened for colorectal cancer every year. Doctors screen for colorectal cancer in various ways, and many of these screenings need not be conducted annually. However, the USNLM recommends that all men and women between the ages of 50 and 75 receive a fecal occult blood, or stool-based, test every year. In addition, men and women should receive a fecal immunochemical or FIT, test every year. The FIT is a simple test that adults can conduct in the privacy of their own homes. Doctors may recommend additional screenings for colorectal cancer. As with many screenings, making such recommendations, doctors will discuss patients’ screening options, which include an assortment of tests, and then recommend the test which might be best for the patient. The USNLM recommends men and women receive stool DNA tests every three years, flexible sigmoidoscopy tests every five years and double contrast barium enemas every five years. Virtual colonoscopies (once every five years) and colonoscopies (once every 10 years) also may be recommended.

Colorectal cancer claims hundreds of thousands of lives across the globe each year. Men and women over 50 can reduce their risk of falling victim to colorectal cancer by scheduling annual screenings.
Newborn babies endure quite a bit in the first few days and months of their lives. Routine immunizations help newborns overcome these obstacles, and as newborns get older, they receive vaccines to prevent measles, mumps, rubella, hepatitis, and chicken pox. A common misconception suggests that vaccines are not needed for adults. The Centers for Disease Control and Prevention notes that the protection provided by childhood vaccines can wane over time; in some people, it may be at risk for certain vaccine-preventable diseases due to lifestyle, environmental conditions, or age. As a result, it is important for adults to make sure their vaccines are up-to-date.

Those who are unsure of their vaccine status should discuss their health history with their physicians. In the meantime, adults should discuss their vaccine status with their doctors. In the meantime, adults should discuss their vaccine status with their doctors.

Recommended vaccines for adults

- **Hepatitis B**: Recommended for everyone, especially people at increased risk for hepatitis B, including those who are always or frequently sexually active, hemodialysis patients, and healthcare or public safety workers who may be exposed to blood or body fluids.
- **Meningococcal vaccine**: Recommended for those who are at increased risk for meningococcal disease, including college freshmen and military recruits.
- **Pneumococcal vaccine**: Recommended for people age 65 and older, and those with certain conditions such as chronic lung disease, diabetes, or a history of ear infections.
- **Tdap**: Recommended for pregnant women in their third trimester, and for adults in certain high-risk groups, including healthcare workers and those around young children.

**Vaccines protect the very young from various diseases, but there are many vaccines that are still vital to health and adulthood.**

Many medical specialists treat only a single component or symptom of obesity and are therefore restricted in their ability to help people who have carried for lifetimes. Dr. Koren, Chastain, and Hanowell have recommended vaccines for adults

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**PREPARED FOR YOUR UPCOMING SURGERY?**

Do you have to schedule surgery in 2020? Are you going to read physical therapy as part of your recovery? Planning ahead for your outpatient therapy is imperative to ensure you are seen in a timely manner and begins your next recovery quickly. We would be happy to work with the processes of you or your loved ones that is needed to secure a spot at the schedule.

**Healthy Living- Free Seminars**

Healthy Living Seminars are monthly seminars that provide information on a variety of important health topics ranging from resources for medical care to an introduction to the healing art of Reiki. Professionals from our community who volunteer their time present a series of monthly seminars to inspire us to live healthier and happier lives. These free seminars take place from 10 – 11:30 on the first Saturdays of the month from April until October, with the exception of July when seminars take place from 10 – 11:30 on the second Saturday due to the holiday.

**Healthy Boundaries**

• October 3

**Best Resources Available for Medical Care**

• October 10

**Practicing Civil Discourse Around Touchy Topics**

• October 24

**Healthy Boundaries**

• November 7

**Healthy Boundaries**

• November 21

**Healthy Boundaries**

• December 5

**Healthy Boundaries**

• December 19
Indian Stream Health Center is proud to announce the addition of our new Rheumatology clinic to our comprehensive list of services. The clinic is headed by Jeanne Scott AGPCNP-BC Nurse Practitioner. Jeanne specializes in Arthritis Care and Management with a particular focus on Inflammatory Arthritis.

Rheumatic diseases are known to affect your joints, tendons, ligaments, bones and muscles. Indian Stream Health Center’s new Rheumatology clinic specializes in the diagnosis and treatment of the following diagnoses:

- Osteoarthritis (OA)
- Rheumatoid arthritis (RA)
- Lupus
- Spondyloarthopathies including ankylosing spondylitis (AS) and Psoriatic arthritis (PsA)
- Sjögren's syndrome
- Gout
- Infectious arthritis
- Polymyalgia rheumatica
- Giant cell arteritis
- ... and more

Jeanne is accepting new patients.
Call for an appointment (603) 237-8336