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Health & Wellness MAGAZINE

Vol. 18 • Issue 7 • April 2021



WOMEN'S HEALTH

*CELEBRATING
THE WONDERFUL
WOMEN IN OUR LIVES!*

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Robert, age 62, started with Dr. Miller in February, 2020. Within just 5 months he Eliminated High A-1C, Eliminated High Blood Pressure, Lost over 58 lbs, Eliminated Sciatic Nerve Pain and Has More Energy!

Q: Robert, why did you go to Dr. Miller?

A: “I heard Tom Leach (6.30AM radio) talk of Dr. Miller and the results he gets. I was on about 7 drugs a day, which I hated to take, and my health was getting worse. I really needed to do something to get my health and life back.”

Q: You’ve been seeing other medical doctors, what about Dr. Miller was different?

A: “Dr. Miller makes everything very clear as to what is causing the poor health issues and what exactly needs to be done to eliminate what is causing poor health. Dr. Miller really takes the time to listen and looked at my whole health history.”

Q: What did Dr. Miller do to find out what’s not working correctly in your body?

A: “Dr. Miller has an amazing blood panel lab he orders through Lab Corp. Then he does a ‘Computer Assessment’ that uncovered exactly what was causing my High A-1C (Type 2 Diabetes), Hypertension, Over-Weight and Sciatic Nerve Pain. It’s really very impressive.”

Q: Robert, what did Dr. Miller recommend for you to Eliminate Your Poor Health Issues?

A: “Dr. Miller laid out a very clear plan, he makes it all very clear and started off by seeing me every week to ensure I would win and walk away from all these diseases. I’m really happy with how he treats me as a patient. And my Sciatic Nerve Pain is GONE!”

Q: What are the results of your treatment from Dr. Miller?

A: “My results are very satisfying! The change has been remarkable! Not only got my health back, I dropped so far over 58 lbs! I highly recommend Dr. Miller.”

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FROM TANYA J. TYLER

EDITOR



Dear Friends,

Women's health is the focus of this month's issue. From birth to menopause, women experience unique health challenges such as menstruation, childbirth, lactation and ovulation. It's not easy to be a woman and have to deal with all these bodily fluctuations. But we do it. Because inside every woman is a thread of steel that enables her to raise a family, run a business and get things done. While the world may not always appreciate

the hidden strength of women, we know we are capable and innovative and we deserve to be respected, treated well and receive our equal due. Celebrate the wonderful women in your life today and always!

Here's to your health,
Tanya

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EXPERT CARE FOR WOMEN

HELPING PATIENTS WITH FIBROIDS TAKE BACK THEIR LIVES

If you have uterine fibroids, you are not alone. About 50 percent of women develop these noncancerous tumors in or on their uterus during their reproductive years; by menopause, two-thirds of women have them. Fibroids can be tiny or as large as melons, and women can have one or several.

Much of the time, fibroids don't cause problems, so treatments or interventions aren't needed. A lot of women don't even know they have them.

But when fibroids do cause problems, they can make life miserable, causing heavy menstruation, irregular and prolonged periods, and chronic pain or pressure in the pelvic area. If fibroids are large and press on the urinary tract or the intestines, a woman might experience frequent or difficult urination or become constipated. Large fibroids can also make sex painful, contribute to infertility and cause problems with pregnancies.

Most women seek treatment for fibroids in their 30s and 40s, although teens and women in their 20s can have fibroid problems, too. Because fibroids are sensitive to estrogen, they usually don't grow after the onset of menopause.

When fibroids are an issue, women are often told that an abdominal hysterectomy is their only option, but that is rarely the case. Alternatives like hormone therapies and IUDs, and minimally invasive procedures that remove or shrink fibroids work well for many women, even those with large fibroids.

Still, some 400,000 hysterectomies are performed each year, and many of them, women's health experts say, are not medically necessary. And if hysterectomy is needed, a minimally invasive surgery can dramatically decrease risks and complications compared with the traditional open surgery.

In regard to fibroid treatment, better education is needed. A study commissioned by the Society of Interventional Radiology found that a quarter of women surveyed had never heard of uterine fibroids and 20 percent thought a hysterectomy was the only treatment available.

An OB/GYN practice that specializes in advanced treatments for fibroids can help women learn more about fibroids and effective ways to treat them, beyond hysterectomy.

Medical and surgical treatments

As a first step, nonsurgical treatments can be effective in treating fibroids. Hormonal treatments, like birth control pills, or an IUD, work well for many patients, giving them relief from their bleeding and pain and eliminating or delaying the need for surgical treatments.

If those treatments don't work, fibroids usually can be removed or shrunk without removing the uterus by using minimally invasive procedures.

These procedures do not require large incisions. Instead of traditional surgical instruments, tiny cameras and instruments are used to perform laparoscopic surgery.

During a laparoscopic myomectomy, surgeons remove fibroids using a laparoscope – a slender tool with a video camera – and tiny instruments through small slits in the navel and abdomen.

A hysteroscopic myomectomy requires no incisions, as small instruments are inserted through the vagina and cervix into the uterus.

At UK HealthCare, we bring specialists in women's health, minimally invasive surgery and interventional radiology together to provide patients



with the latest treatments and a comprehensive approach to care.

One of the minimally invasive options we offer, through our Uterine Fibroid Treatment Program, is uterine fibroid embolization.

During this procedure, an interventional radiologist inserts a catheter that delivers particles to block blood vessels to the fibroids. This causes the fibroids to shrink. The procedure can decrease abnormal uterine bleeding significantly and relieve bulk pressure symptoms. Four out of five patients who have it won't need a hysterectomy in the next four to five years.

Minimally invasive procedures are safer and have shorter recovery times than open abdominal surgeries. Because there is no large incision, infection risk decreases and healing is faster.

There are still cases where a hysterectomy may be the best treatment for fibroids, especially when women are beyond child-bearing years. But in our practice, this surgery also is typically accomplished using minimally invasive techniques. Roughly 99 percent of hysterectomies at the University of Kentucky Fibroid Treatment Program over the past eight years have been performed laparoscopically.

Focusing on patient needs

At UK HealthCare Women's Health Obstetrics & Gynecology, we realize that women want answers and relief, and we work hard to see patients quickly. Among our options is a UK TeleCare virtual appointment, which allows patients to meet with one of our providers from the comfort of home, eliminating the need for travel or missed work.

We strive to help patients with fibroids know and understand their options. Empowering women to make the best decisions for their individual needs and health is at the heart of what we do.



About the Author

Mark R. Hoffman, MD, a gynecologic surgeon at UK HealthCare Women's Health Obstetrics & Gynecology, is fellowship-trained in minimally invasive gynecologic surgery. His focus is on medical and minimally invasive surgical treatments for gynecologic problems, including fibroids, endometriosis, abnormal uterine bleeding and chronic pelvic pain. His

primary research interests are uterine fibroids and patient outcomes after minimally invasive surgeries. Dr. Hoffman earned his medical degree from UK, completed his residency at the University of Chicago and spent two years as a fellow in minimally invasive surgery and chronic pelvic pain at the University of Michigan.

ABOUT UK WOMEN'S HEALTH OB-GYN



To learn more about uterine fibroid treatment, visit ukhealthcare.com/fibroids.
To make an appointment, call 859-323-0005.



HEALTH, WELLNESS AND LONGEVITY IN WOMEN



By Dr. Tom Miller, *Staff Writer*

Women are essential for maintaining healthy families.

They are also a litmus test for the economic strength of communities.

Across her lifespan, a woman's health status matters to herself, her family and to her community. While life expectancy is higher for women than men in most countries, a number of health and social factors combine to create a lower quality of life for women. Women tend to live longer than their male counterparts worldwide. Russian women, for instance, outlive Russian men by as much as 12 years.

Even though women showed a longer life expectancy in almost every human society in the last decade of the 20th century, the

LONGEVITY Continued on Page 6

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LONGEVITY continued from Page 5

size of the advantage varies greatly. For example, in the United States, life expectancy was 73.4 years for males and 80.1 years for females, a difference of 6.7 years. In the difference France is 7.8 years and in the United Kingdom it is 5.3 years.

Women, much more than men, are attentive to their bodies and their needs and often carry on deeper dialogs more easily with their doctors. Being more inclined to take care of their bodies and to prolong their lives, women may be better able to glean greater profit from modern medical and social advances by practicing activities that are healthier and better protect their bodies. In this context, women's biological advantage now appears relatively minor in the total mortality differences between the sexes.

A woman's wellness is directly tied to her ability to engage in economically productive activities – gaining more income and financial independence to increase household spending on nutrition, health and education, leading to stability and growth. Among the determining factors associated with longevity in women are some of the answers to questions such as: What allows people to live to age 90 years and beyond? What types of food, activities or lifestyles are associated with living longer? Researchers for The 90+ Study – initiated in 2003 to study the oldest-old – have published some of their major findings that challenge some of the thinking among experts. Both genetics and lifestyle play key roles in understanding how the aging process works. The genetic advantage of females is evident. When a mutation of one of the genes of the X chromosome occurs, females have a second X gene to compensate. The XX chromosomal pairing comprises genetic material that can extend the lifespan. More generally, the genetic difference between the sexes is associated with a better resistance to biological aging. Further, female hormones and the role of reproduction have been linked to greater longevity. Estrogen, for example, facilitates the elimination of bad cholesterol and thus may offer some protection against heart disease. Testosterone, on the other hand, has been linked to violence and risk taking. The female body has to create reserves to accommodate the needs of pregnancy and breast feeding; this has been associated with a greater ability to cope with overeating and eliminating excess food. One researcher asserted, "One can imagine nature has driven females to evolve this way. When you're living longer, you can really ensure the well-being of your offspring and maybe even their offspring."

WOMEN'S
HEALTH
STATUS
MATTERS

STRATEGIES FOR STRESS

By Lucy Yanckello and Sara Police, Ph.D.

In these unprecedented times where no emails are “finding us well” and all interactions are over Zoom, everyone could use strategies to destress. Here we break down some proven strategies for managing stress. Use one or more of these options daily to help you destress or manage a stressful moment more smoothly.

Exercise increases production of feel-good neurotransmitters known as endorphins.¹ These are the same compounds that are responsible for the “runner’s high” or the mental boost you get after exercise.

Soak up some time in **nature** to boost your mood. An added benefit to going outside is getting vitamin D from the sun, which increases immune health and well-being.² Nutrition is an important factor to consider for mitigating stress. Low levels of vitamin D are associated with stress.³ Vitamin D is generated de novo in the skin with exposure to the sun. It can also be obtained from foods such as fatty fish or fortified dairy and soy products.

Fruits and vegetables are rich sources of antioxidants and fiber. Antioxidants promote health by protecting cells from damage.³ Fiber-rich foods are important energy sources for healthy gut bacteria, which in turn are important

for digestion as well as cognitive function and mood. The gastrointestinal tract plays an important role in mental health, more than you might imagine.

How we think about stress changes the way the body and brain react to stress. This is the stress mindset effect. One of the most popular TED talks of all time, entitled “How to Make Stress Your Friend” with Dr. Kelly McGonigal, discusses how optimistic mental perspectives regarding stress are scientifically proven to correlate with improved health outcomes.⁴ According to McGonigal, an optimistic mindset

STRESS Continued on Page 8

How we think about stress changes the way the body and brain react to stress.



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STRESS continued from Page 7

around stress is shown to help people “rise to the challenge” and avoid harmful outcomes associated with stress such as burnout.

One strategy to improve the stress mindset effect is mindfulness through **meditation**. Mindfulness can enhance one’s mood and mental resilience regarding stress. It can also improve sleep quality. According to The Greater Good Science Center, mindfulness is maintaining a moment-to-moment awareness of our thoughts, feelings, bodily sensations and the surrounding environment through a gentle, nurturing lens.⁵ Mindfulness also involves acceptance, meaning we pay attention to passing thoughts and feelings without judging them. Use deep breathing, visualization and other mindfulness exercises to improve your stress mindset effect.⁶

Most importantly, **rest**. Restorative sleep is essential not only during unprecedented times such as a global pandemic but also during non-pandemic periods. Research shows most Americans would be happier and healthier if they could get 60 to 90 more minutes of sleep a night.⁷

To sleep better, here are a few tips:

- Exercise regularly.
- Don’t drink caffeine after midday.
- Avoid eating at least two hours before bedtime.
- This may be the hardest one: Put down your phone and reduce or eliminate screen exposure at least 60 minutes before bed.

If you are feeling stressed beyond what you can work on by yourself, reach out and **get help** from a professional. Asking for help does not make you weak; in fact, it makes you strong, as it will improve not only your quality of life but that of those around you as well.

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A TEAM APPROACH

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ENDOMETRIOSIS

An estimated 10 percent of women in the United States have endometriosis, a painful disorder that occurs when endometrial tissue migrates from the uterine lining and lands in places where it doesn't belong.

The tissue can go anywhere in the abdomen. It often attaches to the fallopian tubes, the ovaries, the outer wall of the uterus and other organs, including the bladder and ureters, the intestines and the rectum. As it grows, the endometrial tissue causes inflammation, scarring and injury to organs. Blood vessels and nerves can also be damaged.

The most common symptoms of endometriosis are severe pain during menstrual periods, heavy bleeding, chronic pelvic pain that's not tied to periods, pain during intercourse and pain during urination or bowel movements. Less common, but not unheard of, is infertility.

Endometriosis is tricky to diagnose because there are no tests that provide an absolute diagnosis. In fact, it can take women five to 10 years to get an accurate diagnosis.

A complete patient history, tests and a thorough physical exam can build evidence that endometriosis is the problem, but the only way to know for sure is by doing surgery.

Medical management first

Instead of surgery, most providers take a more conservative treatment approach. Nonsurgical interventions, particularly hormone therapy, are often effective. Because estrogen triggers endometrial cell growth, some women get good results by taking medications that decrease the blood levels of estrogen. These medications can delay or eliminate the need for surgery.

A good response to hormone therapy is also another indication that endometriosis is the problem.

If nonsurgical interventions don't work, minimally invasive surgery is the next step. During these surgeries, instead of a large abdominal incision, surgeons make small incisions in the abdomen and navel and insert a laparoscope – a video camera – and small surgical instruments through them.

Most women go home the day of surgery, and their recovery time is shorter than it would be with abdominal surgery. It's usually about two weeks before they can go back to work and about six weeks before they are completely back to normal.

It takes a team of experts

When symptoms indicate that tissue is growing in and around organs beyond the gynecological system, specialists in those areas should be involved in a patient's care and treatment.

They can also help determine that the pain isn't rooted in another cause. Specialists can ensure that pain tied to the urinary tract isn't being caused by a urinary tract infection or other infection or that bowel problems aren't being caused by irritable bowel syndrome, ulcerative colitis or other disorders.

Having a team of specialists work together means surgeons have a better idea of whether endometriosis is the issue and, if so, where tissue is growing, before they do surgery. Patients will feel better going into surgery, knowing that a team of specialists will remove endometrial tissue – for example, a gynecological surgeon will excise tissue growing around reproductive organs and a gastroenterological surgeon will remove tissue growing around the colon. This multidisciplinary approach to complex surgeries ensures better outcomes for patients.

In our specialty practice at UK HealthCare Women's Health Obstetrics & Gynecology, we focus on gynecological disorders, including endometriosis. It is one of my areas of expertise as a minimally invasive gynecological surgeon.

During a patient's first appointment, I spend most of my time listening and asking questions as patients describe their pain and how their quality of life has been affected by endometriosis. These initial visits can easily be done virtually, through UK TeleCare, so patients don't have to leave home or miss work. If they live out of town, I can put in orders for blood work and other tests at facilities close to their home so that we will have those results in hand when they come in for their physical exam.

I am honest with our patients about expectations in regard to minimally invasive surgery for endometriosis. Women don't always get complete relief from their pain. But if they don't, we continue to work with them toward a better outcome. We pull in our multidisciplinary experts and specialists to get to the root of a patient's problem and improve her quality of life.



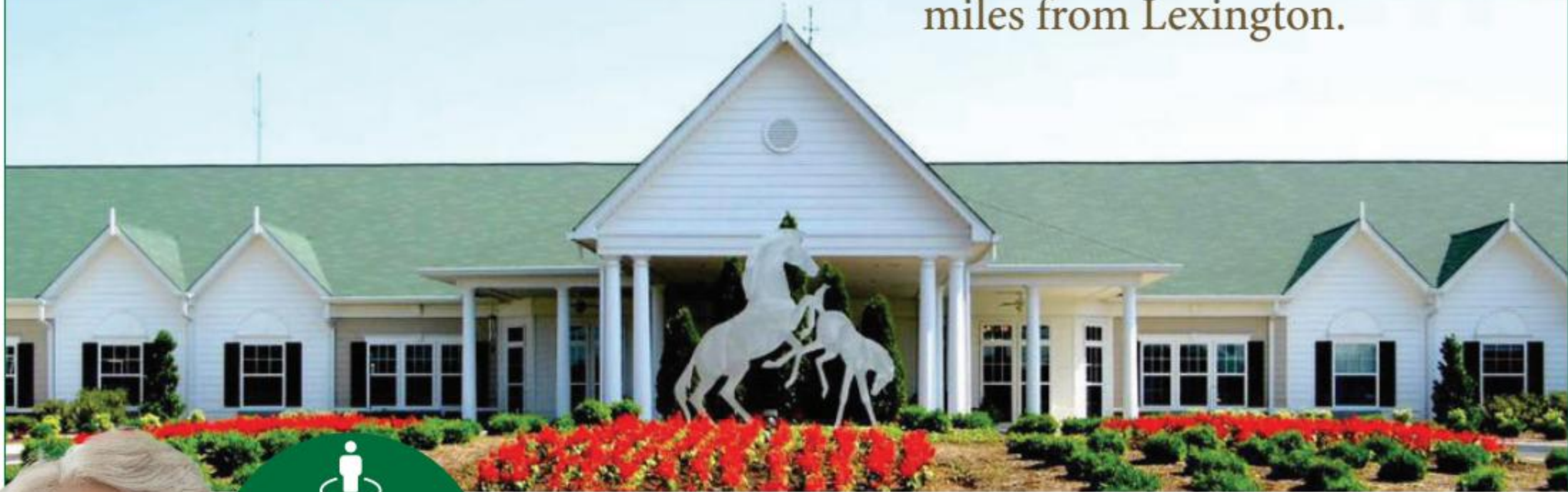
About the Author

Peter R. Movilla, MD, is an obstetrician-gynecologist with UK HealthCare Women's Health Obstetrics & Gynecology. A graduate of Weill Cornell Medical College, New York, he specializes in the treatment of endometriosis and has completed a two-year fellowship in minimally invasive surgery at Newton-Wellesley Hospital, Newton, Mass.

ABOUT UK WOMEN'S HEALTH OB-GYN

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SENIORS CAN TAKE STEPS TO DETER DEPRESSION



Helping our beloved seniors stay happy and healthy benefits us all.

It is easy to succumb to the dark clutches of depression at any stage of life. Life is full of surprises and twists, and not all of them have a positive effect on the psyche. However, once a senior is in the grasp of depression, it is often difficult for them to find release. More than 6.5 million Americans aged 65 years and up are affected by depression.

What is Depression?

Depression is most often characterized by being sad. But depression can be so much more than that. In fact, for many seniors with depression, sadness is not their main symptom. More prominent symptoms may include trouble sleeping, feeling irritable or tired, being confused or having attention problems. Because of this, depression can sometimes look like Alzheimer's disease or other health conditions. Some medications can also exacerbate the effects and length of depression.

Depression in seniors is more likely to lead to other health problems, including a heart attack. Likewise, depression can keep a senior from rehabilitating at an optimal pace. Depression can also increase the risk of suicide. The suicide rate for seniors aged 80 to 84 years is nearly twice that of the overall population. Fortunately, some preventative measures can be taken to deter or prevent such gloomy depths in our later years.

How Seniors Can Take Steps to Deter Depression

- **Find a Purpose in Life.** Depression has been shown to lead to cognitive decline and may increase the risk for dementia. Establishing a purpose in life has a mitigating effect on depression and cognitive decline. A recent study used many factors – such as age, race, number of living siblings and whether the participants had a significant other – to compare the rates at which the participants suffered from mental deterioration. The results were encouraging. Finding a purpose in life is shown to prevent, or at least slow, the progression of Alzheimer's disease and other forms of cognitive degeneration. Since depression is often formed due to an adverse medical

diagnosis, like Alzheimer's disease, having a purpose in life may also curtail the resulting depressive symptoms as well.

- **Engage in Interpersonal-individual Activities.** It is no surprise that staying active, enjoying hobbies and growing friendships have a beneficial effect on mental health. Interestingly, some activities have much more benefit than others. A study on senior health shows elders who spend time with specific family members or friends enjoy a greater level of protection from late-life depression. Those taking part in solitary or general social group activities did not realize as significant results.

- **Stay Physically Active.** While not all seniors can engage in high-intensity interval training, many seniors can start somewhere. Encourage a senior to offer dog walking services to a friend who may be ill or park at the far end of the parking lot at the grocery store. A senior with more physical abilities might take part in the National Seniors Games. Competitions include bowling, horseshoes, power walking, shuffleboard, softball, and more.

- **Resolve Regrets.** How can a senior work towards resolving regret? Maybe the senior can obtain closure by writing a letter to someone involved in the remorseful situation. The senior may find peace by explaining that they are sorry and wished things would have worked out differently. If a senior has lost contact with a family member, it might be possible to rekindle that relationship in a healthy way.

Everyone wants to be happy. No reasonable person desires to succumb to sadness and depression, especially at a time when one should be celebrating their life and enjoying the years they have left. While seeking professional medical advice would be a recommended first step should a senior start experiencing signs of depression, there are some things a senior can do to deter depression. This includes finding a purpose in life, connecting with specific friends or family members who bring them joy, staying physically active, and resolving their regrets. The Mediterranean diet might even do the trick! Mental and physical health are intertwined, and helping our beloved seniors stay happy and healthy benefits us all.

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A close-up photograph of a woman's left arm being vaccinated. A healthcare worker wearing blue nitrile gloves is holding a clear syringe with a blue plunger and needle, injecting a small amount of clear liquid into the woman's upper arm. The woman's skin is fair, and her blonde hair is visible at the top left. The background is a soft, out-of-focus light blue. The text is overlaid on the right side of the image.

WOMEN EXPERIENCE MORE
SEVERE REACTIONS
TO **COVID-19**
VACCINATIONS

HORMONES
AFFECT IMMUNE
SYSTEMS

By Health & Wellness Staff
.....

Women seem to have more side effects and reactions after receiving COVID-19 vaccinations.

Usually these reactions are a good sign. They tell you your body is developing the immunity it needs to fend off serious coronavirus illness. But a Centers for Disease Control and Prevention (CDC) report published last month found among the first roughly 13.8 million doses of the Pfizer or Moderna COVID-19 vaccine administered to Americans, only about 7,000 people reported “adverse events” — and about 5,500 of those reports (79 percent) occurred in women, even though they received only 61 percent of the doses.

COVID Continued on Page **14**



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WOMEN AND MEN ABSORB DRUGS DIFFERENTLY.

COVID continued from Page 13

Side effects tend to differ for men and women across a broad variety of vaccines, often due to hormones, genes and the vaccine doses. Women tend to have a more robust immune system that can produce more antibodies in response to vaccines. Estrogen, for instance, can cause immune cells to produce more antibodies, and testosterone can suppress the production of immune chemicals in the body.

Researchers learned all of the 19 cases of severe allergic reaction to the Moderna vaccine were in women. The same group experienced 44 of the 47 severe allergic reactions to the Pfizer shot. What causes these discrepancies? The biological differences between males and females — including hormones and genes — may impact responses to the vaccine. Males have one X and one Y sex chromosome, while females have two Xs. The X sex chromosome carries a large number of genes related to immune system function.

Even women’s microbiome — the microorganisms such as bacteria and viruses that live in and on the human body — can directly influence immune function in a sex-specific manner. Bacteria can influence which sex hormones and how many are actively

working in the body. Because hormones affect immune systems, this process can also alter reactions to vaccines.

Studies have shown women commonly experience worse side effects after receiving influenza, pneumococcal, shingles, tetanus and whooping cough vaccines, according to a 2015 review of research on the topic. Women’s body size, hormonal make-up and body fat distribution can affect how drugs are absorbed in their bodies.

Dose size may make a difference as well. Although the COVID-19 vaccines were tested equally among men and women in the lab setting, different dose sizes were not. Women and men absorb drugs differently, and women often need lower doses for the same response. This could mean lower doses for women may be just as effective in protecting against COVID-19 but cause fewer side effects.

Fortunately, the COVID-19 vaccine side effects reported by women tend to be mild and of a short duration. Data also shows that men are less likely to go to the doctor and report feeling side effects after vaccination, experts say, likely because of gender-related roles in society. Health care providers and patients – both male and female – should discuss potential side effects when they receive the vaccine.

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STOP FOCUSING ON HEALTH.

START FOCUSING ON YOUR VALUES.

Article Provided by Body Structure

“I want to get healthy.” That’s what you’re supposed to say, right? But is that what you really want? At the end of the day, do you really want to be remembered as “she was really healthy”?

Chances are, you want what health allows you to do. Maybe it is to be able to travel and be active out in nature or spend quality time with grandkids and family. To have mental clarity to innovate and be creative. To feel confident. Experience life.

These are the things people care about. And in the pursuit of “health,” it is common that these are the very things that are put aside. Some may skip out on family events because they can’t ‘control themselves’ around Aunt Sally’s famous brownies. Or maybe, you opt out because you can’t find clothes that fit you, and don’t want to be seen.

In America’s push for health, we’ve become unhealthier (global pandemic aside) and more importantly, have a decreased quality of life. It turns out, the more we try to shame ourselves into exercising, or will-powering our way past the donuts, the further we get from our goals. Shame, guilt & will-power don’t work. If they worked, 95% of people would succeed in their New Year’s resolutions.

So what does work? We have found that focusing on values – the very things that light us up, will get us farther, faster. When we focus on what we care most about in life, health happens as a side effect.

Take a moment to imagine. Your doctor has told you that you need to exercise more.

Which scenario feels better?

Scenario A

Promising yourself you will start tomorrow (even though you’ve been saying this for the last 3 months) while staring in the mirror and reminding yourself how out of shape you are.

OR Scenario B

Noticing that yes, you haven’t been exercising. And then bringing in compassion. This year *has* been incredibly stressful for everyone. And then shifting your focus to your daughter, who is having her first baby. You picture being able to hold that baby with confidence; lifting her high above your head. The feeling of absolute joy then motivates you to start doing some arm strengthening to be able to do this!

Notice the difference? In the first and most popular scenario, the irony is, rarely is there follow-through. However, in the second scenario the focus was a goal that brought joy and was aligned with a value (for this person... everyone has different values!) The woman in scenario B is going to have a much easier time when her alarm clock goes off the next morning to go to the gym if she continuously reminds herself of the end result: getting to play with her future grandchild. The woman in scenario A is much more likely to roll over and hit snooze.

How to move forward:

- **IDENTIFY YOUR VALUES** What is it you care most about in life? What brings your life meaning?
- **AVOID BEATING YOURSELF UP** Setbacks are not defeat. Instead, often what we refer to as failure is the opportunity to begin again more intelligently. Move on and embrace the new beginning.
- **SET A CLEAR VISION** This vision should be aligned with your values. Rather than a weight loss goal, for example, your goal could be “to play soccer with my son.” Envision how life could be different if this was accomplished.
- **SET YOURSELF UP FOR SUCCESS** Set smaller, attainable goals that lead you in the right direction. Start even smaller than you think you should. Regularly achieving small goals helps keep you on track and cumulatively leads to long-term results.
- **ELIMINATE OBSTACLES** First identify the obstacles that will get in your way. Then make a plan. Don’t have enough time? Three hours is just 2.5 percent of your waking week. Don’t have the money? Six feet of space and a body weight routine are all you need. Most obstacles have solutions, but first you must choose to put yourself first.
- **FIND ACCOUNTABILITY** Recruit a workout wingman; or, for even more accountability, find a qualified fitness professional to motivate and guide you. Either way set an appointment and commit. Skipping just one workout increases your chance of missing the next one by 61 percent.
- **CELEBRATE SUCCESS** Reward yourself for a job well done. You reached a goal you set for yourself; as long as the reward doesn’t undo the success, go for it and enjoy. You earned it!

KNOW THE DIFFERENCE

VALUES

- FREEDOM
- FAMILY
- NATURE
- CREATIVITY

UNHELPFUL GOALS

- WEIGHT LOSS
- FOOD RESTRICTION
- CUTTING CALORIES
- FITTING INTO HS JEANS

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MINDFULNESS AND INNER BEAUTY

A mindfulness student recently experienced her body as beautiful during a body scan in class.

You may already have a positive self-image and feel good about your body. You may consider your body to be “the temple of the Holy Spirit.” Or you may have a negative body image, even hating your body. Whether you love your body or hate it, you can benefit from the body scan, a foundational practice from mindfulness-based stress reduction (MBSR).

Below is a condensed script of the body scan. There is also a link to five-minute, 15-minute and 40-minute versions I have made for my classes.

The Foundation of Mindfulness Practice

We use the body scan to train the mind to pay attention in the present moment, here and now, not the past or future, but moment to moment as our life is actually

being lived. Your physical body is your most dependable anchor in the here and now. It is always here, even though your mind may be far away. Your body is always in the present moment, even though your mind may be in the past or the future. For this reason, we call mindfulness of the body the first foundation of mindfulness practice.

If you have a medical condition, discuss your use of the body scan with your provider. If you feel restless or agitated during the body scan, you may want to open your eyes or even stop the practice session and resume it later. It is recommended to begin the practice with a trained teacher and a group of dedicated students.

Body Scan Preparation

Allow quiet, protected time without distracting technology, except a recording to guide your

practice. Close the door if you share your home with a dog or cat or family member. The room should be warm; you might need extra clothing or a blanket to prevent feeling cold, which can distract from the practice. The ideal posture for a body scan is lying on the floor, a sofa or a bed. You can also assume a seated or reclining position. While sleep is not the goal of the body scan, it can help those with sleep issues. Ideally, you will remain alert and awake during the body scan, but it is common to fall asleep during this deeply restful practice. If so, welcome the sleep your body and mind are needing.

Body Scan Instruction

Begin with legs uncrossed and not touching each other. Arms are alongside the body, without touching the body. Feel each body part in turn rather than moving them,

imagining or thinking about them. Feel the entire back of the body touching the surface you are on, feeling gravity pulling you close to the earth. Close the eyes and feel the sensations of the breath coming in and out of the body. Then direct your attention to the left foot, feeling the toes, the top and bottom of the foot, the heel and the ankle. With curiosity and openness, welcome any sensations that are present without worrying if there are few sensations – for some people, the feet are relatively insensitive.

Direct your attention to the shin of the left leg, feeling the skin covering the shin bone, then feeling deeply into the calf muscles and the entire left knee. Feel the tactile sensations in each body part, one after the other. Feel into the thigh muscles and the hamstrings in the back – just feeling sensations that are present. Then feel and sense the

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left hip, inner groin and gluteal area. Repeat this process in the right foot, leg and hip.

Directing attention to the pelvic area, feel sensations in the pubic area, the bones to the left and the right and the bones coming together in the back at the sacrum. Directing attention to the abdomen, feel sensations of the belly rising and falling with each breath, allowing the belly to relax and soften.

Direct attention to the low back and the lumbar area, being especially kind and friendly as you sense and feel sensation in this area that does so much work and is so neglected. Feel into the muscles, tissues, nerves, discs and spine, allowing those sensations to simply be as they are without judging. Then feel sensations in the shoulder blades and sense the ribs coming off the spine and wrapping around to come together in the front at the sternum. Feel the ribs expanding and contracting with each breath.

Direct attention to the left arm and proceed in the same manner as you practiced in the legs, from fingers to palm, wrist, forearm, elbow, upper arm and shoulder. Do the same with the right arm. Directing attention to the neck, feel sensations in the front, the sides and the back of the neck, being especially kind and

friendly in the way you pay attention to the back of the neck, another area of your body that is overworked and often neglected.

Directing attention to the face, feel sensations in the chin, the lips and inside the mouth. Sense the tongue, the teeth, the gums, the roof of the mouth, the floor of the mouth and the back of the throat. Directing attention to the ears, feel both ears simultaneously. Feel the sensation in the nose as the air comes in and out of the nostrils. Feel the air moving back and forth across the upper lip. Feel the eyes resting in their sockets. Feel the coolness of the air touching the face. Feel the scalp and the hair.

Feel the entire body, quiet and peaceful. Feel the breath, quiet and peaceful. Allow the mind to be quiet and peaceful for several minutes before opening the eyes and perhaps journaling about your experience. Writing about your physical, mental and emotional experience of the body scan can help deepen your moment-to-moment awareness of your body and your life during routine daily activities.

The regular practice of the body scan meditation can connect you to the wisdom of your body, deepen your gratitude for your body and cultivate a kind and friendly relationship

with your body. You can practice for seconds or minutes, sitting at stop lights or standing in lines – anywhere and anytime you choose to pay attention. You may even experience your body as beautiful.

Resources

- Body scan meditation: I have recorded two versions (5 minutes and 40 minutes) available at http://www.mindbodystudio.org/?page_id=1594



About the Author

Dr. John Patterson is past president of the Kentucky Academy of Family Physicians and is certified in family medicine, integrative holistic medicine, mind-body medicine, hatha

yoga, iRest Yoga Nidra, Mindfulness-Based Stress Reduction (MBSR) and physician coaching. He is on the family practice faculty at the University of Kentucky College of Medicine, Saybrook College of Integrative Medicine and Health Sciences (Pasadena, Calif.) and the Center for Mind Body Medicine (Washington, D.C.). He operates the Mind Body Studio in Lexington, where he offers mindfulness classes, coaching and integrative, mind-body medicine consultations. He can be reached through his website at www.mindbodystudio.org.



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ENDOMETRIOSIS

MEDICAL COMMUNITY STILL SEARCHING FOR THE CAUSES OF DEBILITATING DISEASE

Endometriosis is a disorder in which tissue similar to that which normally lines the inside of the womb or uterus — the endometrium — starts to grow outside the uterine cavity. This tissue thickens, breaks down and bleeds with each menstrual cycle. It has no way to exit the body and becomes trapped, resulting in intense pain.



By Jennifer Batten, APRN
*Family Practice Associates of
Lexington*

.....
What causes endometriosis?
The search is ongoing. One
theory suggests endometrial

tissue moves from the uterus to other parts of the body through the lymph or blood systems. Another theory proposes that remnants of tissue from embryonic development may later evolve into endometriosis. Displaced endometrial cells may attach to the pelvic walls and the surfaces of the pelvic organs, such as the bladder, ovaries and rectum. They continue to grow, thicken and bleed over the course of the menstrual cycle in response to hormonal changes.

An alternative theory hypothesizes that during menstruation, some of the menstrual blood that contains endometrial cells backs up through the fallopian tubes, implants in the abdomen and pelvic cavity and grows. This is called retrograde menstruation. Normally, menstrual blood flows out from the uterus through the cervix and the vagina. Experts espousing the induction theory propose hormones or immune factors promote the transformation of peritoneal cells — cells that line the inner part of the abdomen — into endometrial-like cells.

Research spearheaded by the Endometriosis Association has shown environmental toxins such as dioxin and PCBs can cause endometriosis. These highly toxic chemicals act like hormones in the body and damage the immune system.

Hormones such as estrogen may transform embryonic cells (cells in the earliest stages of development) into endometrial-like cell implants during puberty.

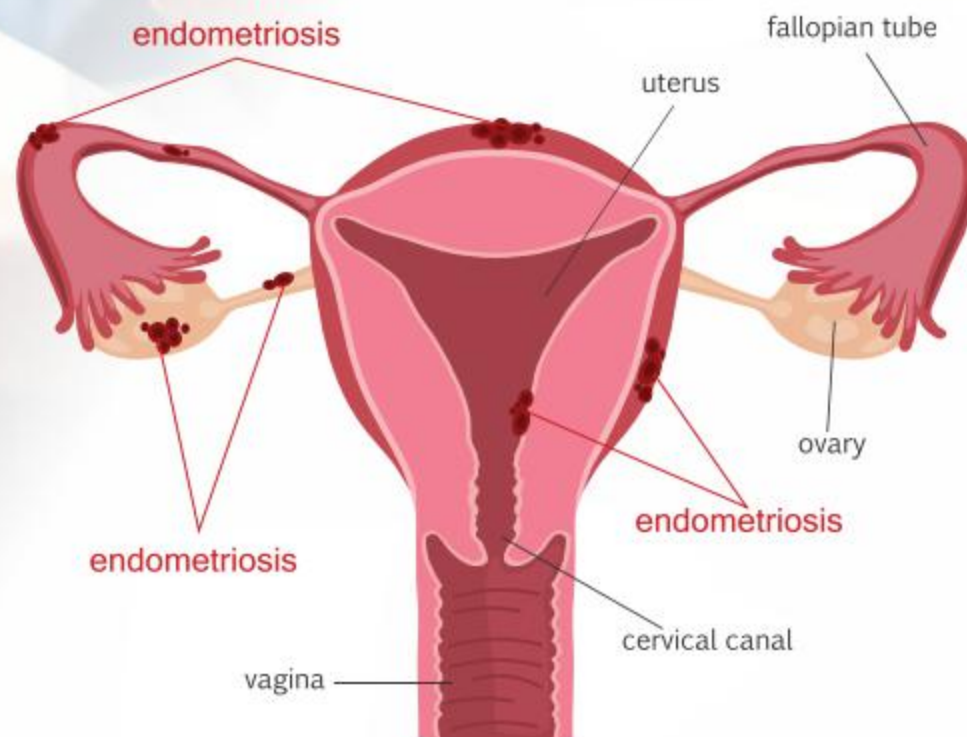
Some women who have had a hysterectomy or C-section develop endometriosis when endometrial cells attach to a surgical incision. Women with immune system disorders can also develop endometriosis when the body does not recognize and destroy endometrial-like tissue that grows outside the uterus.

Several factors increase the risk of developing endometriosis. These include early onset of menstruation; shortened menstrual cycles (less than 27 days); heavy menstrual periods that last longer than seven days; and going through menopause at an older age. Women who have not given birth



SYMPTOMS:

- Painful Menstruation
- Painful Intercourse
- Painful Urination or Bowel Movements
- Fatigue
- Heavy Bleeding



to a child also have a higher risk of developing endometriosis. The risk increases if some of your female relatives have had endometriosis.

Infertility affects about 30 percent to 40 percent of women with endometriosis. The disorder may block the fallopian tube, making it impossible for egg and sperm to meet. Endometriosis also seems to affect fertility by damaging the sperm or egg. Some researchers think the escaped endometrial tissue upsets the process of ovulation. However, many women who have mild to moderate endometriosis can still conceive and

carry a pregnancy to term. Doctors may advise women with endometriosis not to delay having children because the condition may worsen with time and make it harder to conceive.

Consult with your doctor about your endometriosis diagnosis and treatment. For more information, visit the Web site of the Endometriosis Association at www.endometriosisassn.org.

About the Author

Jennifer Batten, APRN, is originally from Cynthiana, Ky. She is married to her 8th grade sweetheart and

has two daughters. Jennifer received her bachelor's degree in nursing in 2004 and her master's degree from Eastern Kentucky University in 2017. She worked for over 12 years as a neonatal, nursery, pediatric and ICU nurse. Jennifer enjoys pediatric medicine, preventive medicine, urgent care, weight management and women's health. She can see patients of all ages. Jennifer is available for new patient visits and preventive adult visits, as well as annual physicals and routine office visits. She will see patients primarily at our Brannon Crossing office at 615 East Brannon Road.

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Post-partum Support Group with Sarah Wylie Van Meter
Every Monday at 11:00am Attending this group will give birth parents a time and safe place to feel supported and be in community during their postpartum time journeys. Those who join will be in attendance to each other and to themselves as we exchange ways to care for our own bodies, our emotions, our babies, and our partnerships. Babies of all ages and stages are welcome. Come with or without your baby/babies and don't fret if you arrive late. Donations-based class. Centered Studio, 309 N. Ashland Ave. Suite 180 in Lexington.

Mondays

Mindfulness Meditation with Brent Oliver
Every Monday 8:00pm-9:00pm at Centered Studio, 309 N. Ashland Ave. Suite 180 in Lexington. Mindfulness Meditation is a welcoming meditation community open to everyone. We define mindfulness as concentration power, sensory clarity, and equanimity all working together. Donations-based class.

Tuesday/Friday

Gentle Community Yoga w/ Lauren Higdon & Terry Fister
Every Tuesday and Friday at 10:30am-11:30am at Centered Studio, 309 N. Ashland Ave. Suite 180 in Lexington. This weekly restorative class integrates gentle yoga, breathing techniques, meditation and wellness tips for all ages and levels of physical condition. Classes may include chair yoga, restorative, yin yoga, tai chi, and more. Perfect for beginners as well as experienced yogis! Donations-based class.



Now – April 20

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Vitamin D Fights Melanoma

Vitamin D is produced by the skin when exposed to sunlight. It is also found in fatty fish, egg yolk and fortified foods such as cereal and oatmeal. In a study published in the journal *Cancer Research*, British researchers reported increasing vitamin D levels can help suppress a signaling pathway linked to the growth and spread of melanoma cells. Past studies have linked low levels of vitamin D in the body to a worse melanoma outcome, but the precise mechanisms behind this had been unclear. The researchers investigated what happens when cells lack a protein called vitamin D receptor (VDR). Vitamin D cannot bind to cells unless the cells have VDRs on their surfaces. The researchers found human tumors with low VDR gene expression grew more rapidly and displayed reduced expression of proteins involved in promoting immune-mediated anti-cancer activity. Vitamin D on its own won't treat cancer, but scientists could take insights from the way it works to boost the effects of immunotherapy. Melanoma is a form of skin cancer that begins in cells known as melanocytes. While less common than basal cell carcinoma and squamous cell carcinoma, it is more dangerous because it spreads more easily to other organs if left untreated at an early stage. In the United States, nearly 7,000 people die from melanoma every year.

Source: Food Science News (www.foodscience.news)

Rising Temperatures Raise Concerns About Food Chains

Rising temperatures could reduce the efficiency of food chains and threaten the survival of larger animals, new research shows. Scientists at the University of Exeter and Queen Mary University of London measured the transfer of energy from single-celled algae (phytoplankton) to small animals that eat them (zooplankton). Their study, published in the journal *Nature*, found 4°C of warming reduced energy transfer in the plankton food webs by up to 56 percent. Warmer conditions increase the metabolic

cost of growth, leading to less efficient energy flow through the food chain and ultimately to a reduction in overall biomass. Phytoplankton and zooplankton are the foundation of food webs that support the freshwater and marine ecosystems humans depend on. The impact on larger animals at the top of food chains, which depend on energy passed up from lower down the food chain, could be severe. More research is needed.

Source: Science News Daily (www.sciencenewsdaily.com)

Cruciferous Vegetables and the Fight Against Cancer

Researchers at South Dakota State University recently reported a compound found in cruciferous vegetables called phenethyl isothiocyanate (PEITC) can halt tumor formation and metastasis in mice bearing transplanted cancer stem cells (CSCs). PEITC can also stop the proliferation of cultured CSCs, which are heavily implicated in tumor recurrence. These findings suggest PEITC could greatly benefit cancer patients and survivors. Cruciferous vegetables, which include broccoli, cauliflower and cabbage, come in various colors, shapes and sizes. They are great additions to a healthy diet because they're low in calories but rich in essential nutrients, such as vitamins C, E and K and folate. They are also excellent sources of fiber and phytonutrients that help combat various diseases. In addition to antioxidant and anti-inflammatory beta-carotene, lutein and zeaxanthin, cruciferous vegetables also contain anti-cancer compounds called glucosinolates. Inside the body, glucosinolates are broken down by an enzyme called myrosinase, which causes the release of active compounds from the glucosinolates, such as indoles, nitriles, thiocyanates and isothiocyanates. Studies have found that these chemicals can prevent or fight cancer by neutralizing cancer-causing molecules, reducing inflammation, inhibiting cancer cell proliferation and protecting cells from oxidative damage. Preclinical studies have also found PEITC exerts significant anti-cancer effects even at very low concentrations.

Source: Food Science News (www.foodscience.news)

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THIN THINKERS

WOMEN FRIENDS SUPPORT EACH OTHER THROUGH
'PANDEMIC POUNDS' WEIGHT-LOSS EFFORTS

WE STARTED
LEARNING HOW
TO CHOOSE AN
EATING PLAN
THAT WAS
COMPLETE AND
NUTRITIOUS.

By Dr. Bobbie Burcham, *Guest Writer*

.....

This is a story of a group of women who were essentially in stay-at-home mode during the pandemic of 2020-2021. Two very close friends began a conversation about their overall health and weight and life. This led to them realizing and admitting to each other that a whole lot of “pandemic pounds” had found their way to their bellies and thighs. Our histories regarding weight were all different. I was an obese child and overweight throughout my life, while others in our group had not gained weight until middle age. Those pandemic pounds, however, made all our situations worse.

Feeling discouraged about the weight gain and concerned about our physical health, we set a date for a Zoom “come to Jesus” meeting to make a plan on what we could do to get on a path to healthier living. Before that life-changing meeting, two other women asked to join in. Now there were four women, all over age 65 years, all professionally accomplished, community-minded women who were battling a problem but had no clear direction on what to do.

But we did know how to problem solve, and so we began. As the cognitive behavioral psychologist in the crew, I did some research and discovered a workbook that had crossed my path long ago. I had discarded it among the boxes of diet diaries, books, food plans and cookbooks in my attic. The workbook, by Judith S. Beck, Ph.D., is titled *The Beck Diet Solution: Weight Loss Workbook – The Six-Week Plan to Train Your Brain to Think Like a Thin Person*. This workbook was NOT about a DIET. It was about THINKING in a new way.

All four of us in the group had been on multiple diets and had been successful in short-term bursts, but none of us had maintained weight loss or settled into a right-size body for any length of time. The diets we tried included everything from Weight Watchers to Jenny Craig, HMR, the Daniel Plan, keto, Atkins, the Diet Center Plan, the Virgin Diet and many others. They are all excellent, but somehow our THINKING about food and overall good health had not changed. Again, the Beck Solution was NOT about a diet; it was about our minds. Everyone purchased the workbook and we dove in.

The idea was to have weekly Zoom meetings for 12 weeks with high levels of support through the week and accountability for our eating, sleeping, exercising and any area of life that was creating barriers to our good health. We would move through the workbook, learning about ways to succeed and have thin-thinking habits. One of the women dubbed our group the Thin Thinkers. What a positive, beautiful image that became. We started learning how to choose an eating plan that was complete and nutritious. We spent considerable time learning and practicing thin-thinking skills, such as distinguishing between hunger and cravings. We learned to sit down while eating, even if it was a quick snack. We learned to give ourselves credit and how to plan what we were doing the day BEFORE instead of recording what we did the day after. We practiced using the skills we were learning even if we didn't feel like it, putting our health and diet before other activities. We started talking about how it felt to tolerate cravings, knowing they are not emergencies, and resisting the habit of giving in. We started exercising a little bit at a time and tried to research and figure out the importance of sleep in our overall health.

We began learning and believing we can be loose with our good health habits and be unhealthy OR we can get on track by using our skills and support for each other and be healthier. We chose the latter. At the four-week mark, we have lost a total of 24.7 pounds as a group and felt energized by each other and this process.

At this point, we don't know how long we are going to continue meeting weekly. Certainly, friendships have strengthened and we may be on a monthly five-year or forever plan after our 12-week commitment. What we do know is that having four people provides more accountability and brain power than just dieting with one pal. We also learned it is not about the diet (we all are on different eating plans), but it is about our THINKING regarding food and health!

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NATURE'S BEAUTY

LAVENDER

Perennial's sweet scent inspires sweet dreams



By Tanya Tyler,
Editor Health & Wellness

Lavender is one of the most delightful plants around. It is valued for its distinctive fragrance, medicinal properties and beautiful bluish-purple color. The herb *Lavandula angustifolia* thrives in most soil qualities, from poor to moderately fertile. Its main requirements are plenty of sun and good drainage. For best results, since it isn't easy to grow lavender from seed, buy a starter plant from a nursery or take a cutting from a mature plant.

Lavender has been used over the centuries to help people who suffer from insomnia. Lavender has also been used to treat anxiety, depression and fatigue. Make a sachet filled with dried lavender and place it in your pillowcase to let the sweet scent help you achieve

a good night's sleep. According to a study conducted at Wesleyan University, smelling lavender before sleep increased study subjects' percentage of deep or slow-wave sleep, and all reported higher vigor the morning after the lavender exposure. Add another lavender sachet to your towels, sheets, or cloths to repel moths.

The earliest recorded use of lavender dates back to ancient Egypt; lavender oil was used in the mummification process. The Latin root of lavender is *lavare*, which means to wash. People in Persia, ancient Greece and Rome often added lavender to their baths in the belief it helped purify body and mind. Lavender can be added into a daily facial cleansing routine to revive and uplift your skin as well as your spirits. Lavender is often used as an ingredient in soaps, cosmetics, perfumes and potpourri. It is most commonly used in aromatherapy; its scent is purported

to promote calmness and wellness and even treat headaches. Topical use of lavender oil may help treat a disease called alopecia areata, which makes a person's hair fall out in patches. Some people who rubbed the essential oils of lavender, thyme, rosemary and cedarwood on the areas where hair had fallen out experienced hair regrowth over the course of several months.

Lavender, like most herbs, is edible. It has received the U.S. Food and Drug Administration designation of GRAS (generally recognized as safe for

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human consumption). However, make sure you are using culinary lavender in your recipes. Lavender leaves can be chopped and added to sauces or even cookies. The herb is frequently used as a spice or condiment in pastas, salads and dressings. Its buds can amplify both sweet and savory flavors in dishes. A classic lavender dried herb blend is herbes de Provence, which is a combination of lavender, thyme, savory, oregano, rosemary and marjoram. It can be used with meat, vegetables or other savory dishes. Lavender sugar is created when buds are put into sugar for two weeks to allow the essential oils and fragrance to transfer; then the sugar itself is used in baking. Lavender tea flavored with lavender honey is one of my personal favorite remedies for recovering from a stressful day. Some people avoid ingesting lavender because they think it tastes like soap. The remedy for that? Lavender soap!

Sources:

- Healthline (www.healthline.com)
- My Millennial Kitchen (www.mymillennialkitchen.com)
- Old Farmer's Almanac (www.almanac.com)
- WebMd (www.webmd.com)

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