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Health & Wellness MAGAZINE

Vol. 18 • Issue 5 • February 2021

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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?

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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,

The past year was a doozy, to put it mildly. We are still reeling from the repercussions of quarantining amid the COVID-19 crisis and bracing ourselves for the continuance through 2021. It is obvious the pandemic has taken not only a physical but a mental toll on everyone. Mental health is just as important as physical health. It is just as important to exercise our minds as it is to exercise our bodies. Stress and anxiety affect both body and mind. In this issue focusing on mental health, we'll help you

learn ways to cope with both quarantine and stress. Perhaps you will create your very own mantra to help you get through these trying times. This year, my mantra is: *I am here. I will be faithful. And I will show up!* What's yours?

Here's to your health,
Tanya

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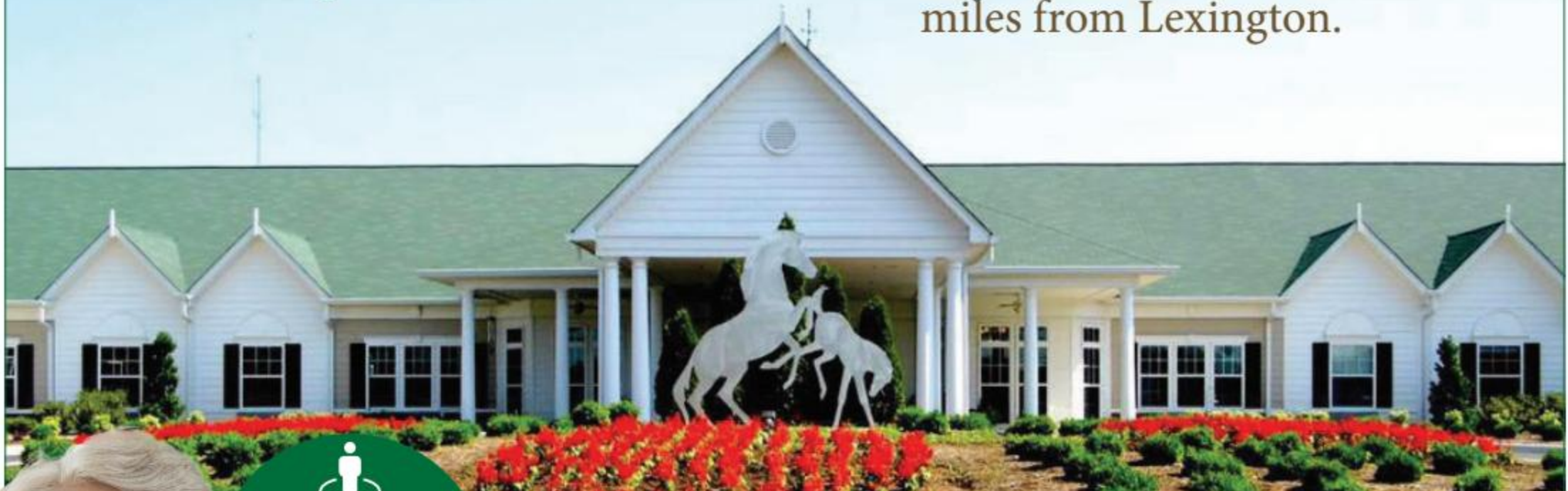




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COPING WITH QUARANTINE

AND MAINTAINING YOUR MENTAL HEALTH

By Dr. Tom Miller, *Staff Writer*

Quarantining during the current pandemic has certainly created stress for many people. As a result of the public health guidelines advocated by the Centers for Disease Control and Prevention last year – including masking and social distancing – people report experiencing sadness, isolation, fear and loneliness. Mental health disorders, including anxiety and depression, can worsen during a pandemic.

The COVID pandemic has brought many changes to the way we live our lives, such as uncertainty, altered daily routines, financial pressures and social isolation. People with substance use disorders, notably those addicted to tobacco or opioids, are likely to have serious outcomes if they get COVID-19. That's because these addictions can harm lung function and weaken the immune system, causing chronic conditions such as heart disease and lung disease.

SELF-CARE STRATEGIES ARE GOOD FOR ONE'S MENTAL AND PHYSICAL HEALTH. HERE ARE A FEW TO CONSIDER:

- Connect with others to boost your mental health.
- Getting enough sleep. Go to bed and get up at the same times each day.
- Stick close to your typical schedule.
- Participate in regular physical activity and exercise to help reduce anxiety and improve mood.
- Get outside in an area that makes it easy to maintain distance from people, such as a nature trail or your own back yard.
- Eat healthy by choosing a well-balanced diet.

There are numerous other coping strategies you can adopt. Reduce stress triggers in your life. Focus on positive thoughts instead of dwelling on negative feelings. Start each day by listing things for which you are grateful. Maintain a sense of hope, work to accept changes as they occur and try to keep problems in perspective. Use your moral compass or spiritual life for support. Set priorities and avoid becoming overwhelmed by creating a life-changing list of things to achieve while you're home. Set reasonable goals each day and outline steps you can take to reach those goals. Give yourself credit for every step in the right direction, no matter how small. Find time each day to make virtual connections by email, texts, phone or FaceTime or similar apps. If you're working remotely from home, ask co-workers to keep up with one another through virtual contact. Individuals who respond more effectively to the stress of quarantining and this pandemic may find taking care of their family can be a stress reliever itself.

However, if it all gets to be too much, be open to contacting a health care professional for help. Before you need it, find where and how to get treatment and other support services and resources, including counseling or therapy in person or through telehealth services.



About the Author:

Thomas W. Miller, Ph.D., ABPP, is an Emeritus member of the American College of Sports Medicine; Professor Emeritus and Senior Research Scientist at the Center for Health, Intervention and Prevention, University of Connecticut; and Professor, Department of Gerontology, College of Public Health, and Department of Psychiatry, College of Medicine at the University of Kentucky.



Find time each day to make virtual connections by email, texts, phone or FaceTime or similar apps.



**The vaccine is available
to everyone at no cost.**

A LOOK AT THE COVID-19 VACCINES

By Health & Wellness Staff

As we continue to confront the coronavirus pandemic, it is heartening to learn that two vaccines are now joining the battle. Pfizer and its partner, BioNTech, and Moderna have each developed a vaccine that is now available.

Here are some important points to note about the vaccines:

- You probably will not have a chance to pick which vaccine you get.
- The Pfizer emergency use authorization is for people aged 16 and older. Moderna's is for people 18 and older.
- The Pfizer vaccine showed an efficacy of 95 percent at preventing symptomatic COVID infection. The Moderna vaccine was 94.1 percent effective at preventing symptomatic COVID-19. The Moderna vaccine's efficacy appeared to be slightly lower in people 65 and older; however, the company says those numbers could have been affected because there were few cases in that age group in the trial.
- Both vaccines appeared to reduce the risk of severe COVID disease.
- Both vaccines require two shots: a priming dose, followed by a booster shot. The interval between Moderna doses is 28 days; for the Pfizer vaccine, it's 21 days.
- Each dose of Pfizer's vaccine contains 30 micrograms of vaccine. Moderna's contains 100 micrograms.
- The most common side effects are injection site pain, fatigue, headache, muscle pain and joint pain. Some people in the clinical trials reported having a fever. Side effects are a sign of the immune system kicking into gear. They do not signal that the vaccine is unsafe.
- Both vaccines must be transported and stored at very cold temperatures. Moderna's must be shipped at -4 Fahrenheit; Pfizer's must be shipped and stored at -94 Fahrenheit.
- The vaccine is available to everyone at no cost.
- We still need to practice safe protocols such as wearing a mask, washing hands frequently, social distancing and avoiding large crowds.

Sources:

- Centers for Disease Control and Prevention (www.cdc.gov)
- State News (www.statnews.com)

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THE INEVITABLE TRANSFER OF WEALTH

AND HOW TO AVOID IT



By Mikel D. McKinley, *Attorney*

Over the next 20-plus years, there is going to be a massive transfer of wealth. For most people, this is an unavoidable transfer. Politically speaking, no one will be happy about it. Even the staunchest Socialists will lament this transfer. By definition, this transfer will not hurt the poor, but it also won't help them either. In fact, the poor in this country will not see a single cent of the transferred wealth. Joe Biden will not be to blame. Donald Trump will not be to blame. Russian collusion, Chinese hacking, Black Lives Matter and the Proud Boys will likewise not be to blame.

The culprit of this massive transfer of wealth can only be laid at the feet of an aging population and the exorbitant (and growing by the day) cost of long-term care. Depending on where you find your statistics, there are between 10,000 and 12,000 people who turn 65 years old every day. Another interesting statistic is that 60 percent to 70 percent of those lucky Americans who reach the age of 65 will need some form of long-term care before they die. That brings me to my original statement: Over the next 20 years, there is going to be a massive transfer of wealth. The wealth will not be transferred to Gen Xers from the Baby Boomers (even though over 59 percent of Boomers still support their adult children¹). The wealth will be transferred to assisted living communities and nursing homes.

If you have read any of my previous articles, you will know that I am a huge advocate for assisted living communities. They are a great solution for maintaining a good quality of life as we get older and start to lose our physical and mental abilities. However, they can be quite expensive. As expensive as they are, they don't hold a candle to nursing homes.

Nursing homes can be two to three times more expensive than an assisted living community. No matter how nice they are, if you find yourself in a nursing home, your quality of life will not be something to be envied.

As we approach age 80 years, we have a 50-percent chance of going to a nursing home before we die. The average stay in a nursing home is approximately 2.5 years. The average cost of a nursing home is approximately \$85,000 per year. Doing the math, we each have a 50-percent chance of spending \$212,500 on nursing home care before we die. For a married couple, there is a 75-percent chance of spending \$212,500.

If it doesn't concern you to spend \$212,000 on nursing home care, how about twice that? I have clients who have spent over \$1 million on nursing home care (before they called me, of course). If you could be sure of the average cost, you might not be concerned. The problem lies with the extreme. The only limit on how much money you might have to spend on full-skilled nursing care is the size of your balance sheet. If you are worth \$2 million, that's how much money your family might have to spend.

In reality, not everyone who ends up in a nursing home will have to go broke there. There are basically three ways you won't go broke in a nursing home. First, have so much money there is no way you could possibly spend it all on nursing home care; second, hurry up and die before your money runs out; and third, hire an experienced Elder Law Attorney to help you preserve your assets for your family.

Very few people are in a position for the first strategy to be an option. Therefore, if your choices were between the second and third strategy, which would you choose?

Source

¹ <https://www.fool.com/retirement/2017/07/29/9-baby-boomer-statistics-that-will-blow-you-away.aspx>

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GRIEF 101

DON'T RUSH THROUGH THE HEALING PROCESS

By Jamie Lober, *Staff Writer*

Everyone experiences a significant loss at some point in their life. There are many forms of grief; in addition to death, you can grieve a divorce or job loss. The American Psychological Association (APA) says research shows most people can recover from loss on their own through the passage of time if they have social support and healthy habits. Some people benefit from grief support groups, which can be in person or online. It can be particularly difficult if you have lost a spouse or parent. You may find yourself engulfed in shock or confusion from the trauma. The APA says people are naturally resilient, but sometimes a psychologist or mental health professional with expertise in dealing with grief can be a good aid for healing.

Communication is the key. It is healthy to talk about the person and the loss. Avoiding the situation can keep you from going through a smoother healing process. Incomplete grief occurs if you are not showing outward signs of grieving and are unwilling to talk about your loss. You can manifest the grief physically through body aches, stomach troubles, headaches or lack of energy. Every person heals at their own pace, so you cannot compare your grief process to someone else's. If you were close to the person who died or had a complicated relationship with them, this can add extra stress to your recovery.

With children, you want to consider what is typical behavior for them. If a child is outgoing but becomes withdrawn or starts spending more time alone or if they are very driven and then stop taking on new projects, try to lend support and talk to them. Talking to teachers or your pediatrician about what is going on can be helpful.

There are five stages of grief. You may not experience them in the exact order or you may go back and forth between the various stages before finally reaching the final stage of acceptance. The first stage is denial and isolation. This is where people numb their emotions as a defense mechanism. It is usually a temporary reaction.

The second stage is anger, when the new reality and pain begin to show. You may be mad at the person for having passed away, even though that is not reasonable. You may be mad at friends or even strangers. The third stage is bargaining, which is how people attempt to regain control of their life. It is a stage where you may consider what, if anything, could have been done to save your loved one. The fourth is depression. This is to be expected. It can involve frequent bouts of crying as you reflect on your loss. The fifth stage is acceptance.

Professionals added another stage called testing to these five stages. Testing is where you look for ways to

cope and may even try new things with the hope they will improve your outlook and bring you peace. Self-care is critical. Take care of yourself and your needs first and do things you consider relaxing. Stay away from alcohol, drugs and anything that can harm your body. It is not uncommon to become preoccupied with the fear of

new responsibilities or weight gain or have panic attacks, experience trouble adapting or have difficulty finding meaning. Eventually, when you accept the loss, you are acknowledging that your pain is normal and you had a deep love and attachment to the person you lost.

Never be ashamed about your feelings and do not put a timeline on yourself. You may grieve for weeks, months or years, and it is all okay. Comfort should stem from spending time with those who care about you, facing your emotions and maintaining hobbies as best you can. In time you will be able to look back and see how brave and strong you were as you created a new normal.

**Do not
put a
timeline
on
yourself.**





Bluegrass Grief Care says grief can come in waves. It can be triggered by specific things or nothing at all.

They offered some **strategies for coping**, such as:

- talking about your grief with people you trust;
- giving yourself permission to be sad and not speeding your healing process along;
- taking care of your physical health;
- expecting confusion and shifting emotions; and
- doing something to honor your loved one, such as donating to a charity or engaging in an activity they enjoyed.

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**A calm mind is worth
its weight in gold.**

CALM YOUR MIND THROUGH CONSCIOUS BREATHING

FIND A QUIET PLACE TO FOCUS AND RELAX

By Charles Sebastian, *Staff Writer*

A calm mind is worth its weight in gold, especially in this day and age. With the COVID-19 pandemic sending new waves of stress and anxiety through the world, everybody needs to learn how to catch their breath and relax.

Like any machine, the body is not designed to be overworked constantly. Like any good exercise, conscious breathing should be moderate and performed daily. Techniques using the breath to calm the mind have been around for centuries. While these techniques are widely known and accessible, they are needed now more than ever. Since many of us are confined to our homes, we have time to learn about mindful breathing, and we can develop a daily practice that helps us cope with today's anxieties and uncertainties.

Try a variety of breathing practices to see which one works best for you. Finding a quiet place to focus on the breath is ideal. Even doing two minutes is great, but going up to 20 minutes

is wonderful. It's important not to become over-oxygenated. Start by breathing in slowly for five seconds, allowing the breath to settle. Some people like to hold the finished in-breath for five seconds. Then push the air out for five seconds using the lower abdominals. Using lower, deeper muscles for the exhale is a healthy habit we lose as we become adults. Most adults breathe from the upper chest.

In-the-nose/out-of-the-nose breathing is used in many forms of yoga as well as classical tai chi. This creates a slower inhalation/exhalation process. Extra nitrogen picked up in the nose adds to the relaxed quality of this method. Breathing in through the nose and out of the mouth yields a slightly different effect. Breathing in and out of the mouth is a last resort but is sometimes necessary. Whatever method you use, the breaths should be taken in easily, allowing for a full tank before the controlled, conscious exhale starts.

Visualization can be incorporated into any of these processes. When tied with the breath,

it can be extremely powerful. Take a stressful situation or thought that has been plaguing your mind. Envision the stress as a colored liquid being drawn into the body during the inhale. In the period between the end of the inhale and the beginning of the exhale, allow yourself to feel the emotion of the liquid as it courses through your body. Allow the air to slowly and evenly leave your body until the stressful feeling goes with it. Envision the poison of the stress being carried out with the breath. Repeat as many times as necessary.

Some people prefer sitting in a half or full lotus position during their breathing exercises. Some prefer sitting Indian style, standing or even walking while working the conscious breath. Everyone needs to find their own groove. The chemistry of changing the breath to de-stress is vital, but there is also the added benefit of allowing yourself to be quiet, stop whatever you're doing and spend some deliberate time taking care of your mental health and wellness.

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The breath is the great connector between mind and body. Mindful breathing is good for both.



Ancient wisdom practices and modern research in medicine and psychology provide clear evidence for the skillful use of breathing practices for relaxation and self-care. This especially benefits people with chronic physical and emotional conditions, including anxiety, depression and pain. With proper training and regular practice, some people can minimize the use of prescription medication in collaboration with their prescribing health professional.

Mindful breathing involves the clear intention to place the attention on the breath – right now, in this present moment. It involves the attitudes of curiosity, openness and especially non-judgment when the attention wanders off the breath – knowing the normal mind wanders – and simply bringing attention back to the breath when we notice the wandering. There are many ways to practice mindful breathing as a totally secular practice or as a complement to spiritual practices such as prayer, meditation and contemplation.

Simple breath and body awareness is the most basic mindful breathing practice. One simply feels the physical sensations of the breath in the body – at the

nostrils, the upper lip, the back of the throat, the chest and the belly – while breathing normally, without changing the rate or depth of breathing and bringing attention back to the breath and body sensation when one notices the wandering.

Soft belly breathing, aka abdominal breathing or diaphragmatic breathing, is an especially relaxing practice. Allowing the belly to expand with the inbreath and contract with the outbreath increases the movement of the diaphragm, stimulating the vagus nerve as it runs through the diaphragm and sending relaxation impulses throughout the entire body just by softening the belly.

Attention on the outbreath adds additional mental and physical relaxation. Beginning by noticing the inbreath, followed by a slight pause, then the outbreath, followed by a longer pause. One senses the natural internal peace and quiet at the end of the outbreath. This sense of relaxation can be helped by allowing the outbreath to effortlessly go out – out – out, dissolving into space.

Mindfulness of the heart involves the sensation of the heart beating, which is easier for some people than others. It also involves

paying attention to the center of the chest and the entire body for any pulsing, throbbing, vibration, shimmering or humming. Using the sensations of the breath in the body, one may also feel the breath energizing the heart. One may feel the energy of the breath and the energy of the heart moving together throughout the entire body. The body is a constant flow of energy and information. It is important to remember mindfulness is also translated as heartfulness.

Mindfulness of the body is regarded as the foundation of mindfulness practice. In mindfulness practice, we are training the mind to pay attention here and now. The body is our most dependable object of mindful attention. The body is always here, even when the mind is somewhere else. The body is always in this moment, even when the mind is in the past or future. We know every cell in the body is fueled by the energy of the breath and the heart. We open our attention to the feeling of energy of the heart and breath moving in and out of every cell in the body.

Practicing any of the above techniques for even five minutes a day can improve overall well-being, promote resilience, manage stress, prevent burnout, cultivate compas-

sion and help manage chronic conditions. Be creative. Start slow. Find the practice that suits your needs. I have made several audio recordings you can access using the link below.

Resources

- Mindfulness audio recordings at Mind Body Studio
https://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, yoga therapy, Mindfulness-Based Stress Reduction (MBSR), mindful medical practice 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, focusing on burnout prevention and stress-related chronic disease. He can be reached through his website at www.mindbodystudio.org.

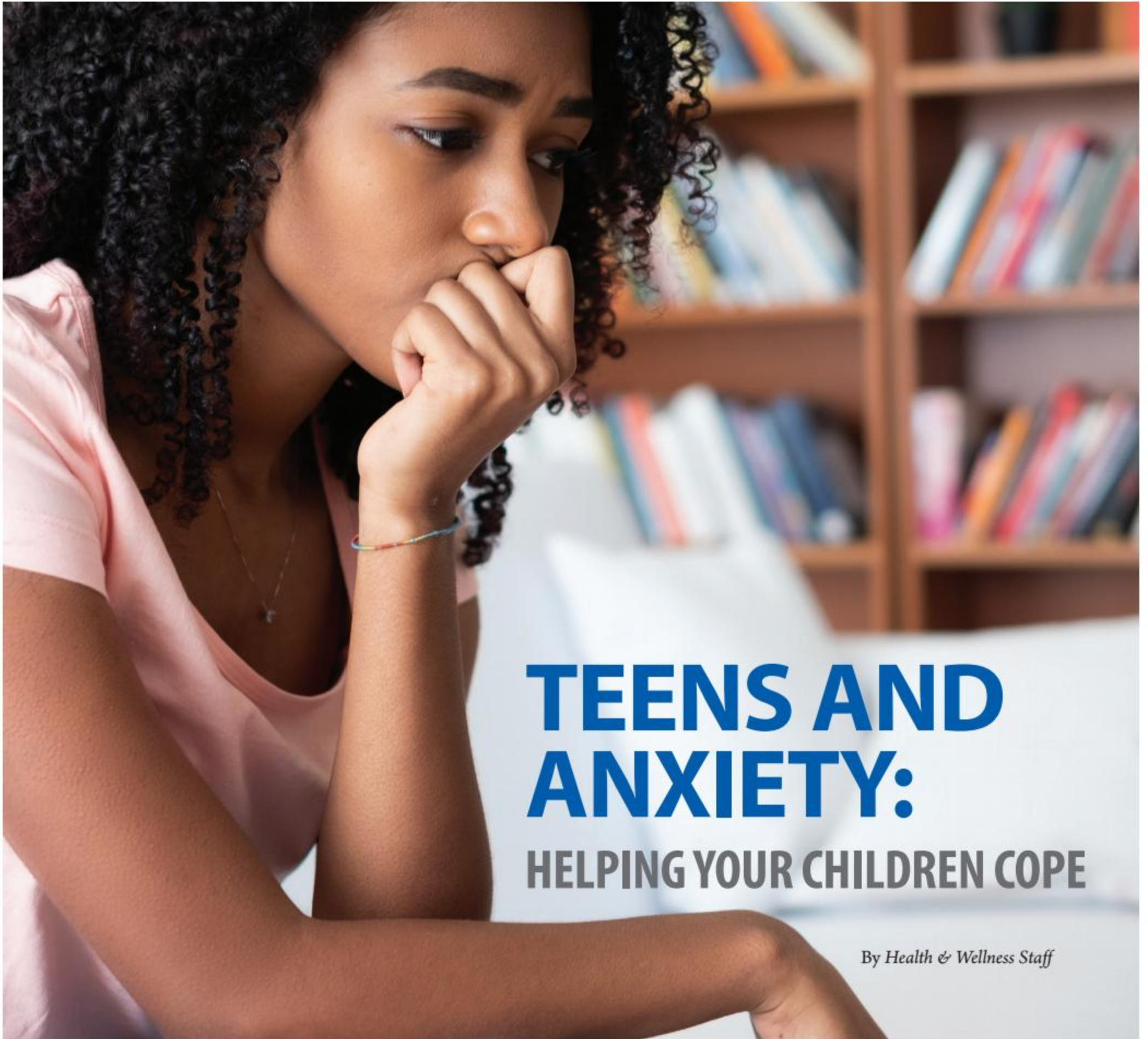
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TEENS AND ANXIETY:

HELPING YOUR CHILDREN COPE

By Health & Wellness Staff

EVEN THE
YOUNGEST
AMONG US
HAVE PROBLEMS
DEALING
WITH TODAY'S
STRESSORS

There is so much going on in our nation and in our world today – not the least of which is the pandemic and politics – that it's no wonder many of us are stressed out. This includes our children and teenagers. They have had to adjust to a whole new way of going to school and forego many of the rites of passage associated with school, such as graduation and prom. They have had to learn to cope with social isolation and they face an uncertain future. Studies show children feel safe when they are in a consistent and predictable environment. This, unfortunately, is not the current reality.

Anxiety is a natural part of life. No one is immune to it, not even teenagers, who often pride themselves on their own strength of mind and ability to handle life's difficulties. Parents need to be vigilant about their children's emotional needs, even as they navigate their own. Signs of anxiety in teenagers include changes in eating and sleeping habits (too much or too little of either); reluctance to participate in activities they previously enjoyed; restlessness; irritability; and difficulty concentrating.

TEEN Continued on Page **18**

TEEN continued from Page 17

Other symptoms include stomach aches, headaches or frequent bouts of crying. Parents should be careful not to trivialize or minimize their child's anxiety. Listen to them and be sympathetic. Be aware there are different types of anxiety that come from various stimuli. Some of these are social anxiety, general anxiety and panic disorders. When the teen seems excessively worried, can't control their worry or their worry impairs their daily functions of living, it is time to seek professional help.

A mental health practitioner can let you know exactly what type of anxiety your teen is facing. Then you and your child can start learn strategies to deal with it. This may include psychotherapy, medication or a combination of both. Other treatments could include cognitive behavioral therapy (CBT), which teaches different ways of thinking, behaving and reacting to stressful situations.

It also incorporates self-monitoring and relaxation training. Medication may be in the form of anti-anxiety medications such as Valium, antidepressants or beta blockers. Be aware these medications can take some time to "kick in," sometimes as much as four to six weeks. Ask about the side effects and long-term effects of each medication on the child.

Here are some other ways you can help reduce your teen's anxiety:

- Limit exposure to upsetting newscasts or information on the Internet. You may need to monitor their screen time and keep track of their online accounts and activity.
- Establish a routine and stick to it as much as possible. Even though kids are now learning online, it can help to schedule their day with predictable activities, such as getting up at a certain time, eating lunch regularly and having a set stopping time.

- Plan some family-centered activities. Don't let them skimp on their chores.
- Set up times to have Facetime or Zoom meeting with friends and family.
- Make sure everyone in the family eats healthfully and include exercise in your day. A daily walk outside can do wonders for one's mental health – kids and adults alike.
- Talk to your child about their fears and anxieties. Let them know you have some of those same fears, too, and together find ways to cope with them.
- Learn and practice together relaxation techniques such as meditation, controlled breathing or yoga.

Sources:

- Boys Town (www.boystown.org)
- National Institute of Mental health (www.nimh.nih.gov)
- Smarter Parenting (www.smarterparenting.com)

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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.



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COVID-19 UPDATE:

VACCINATIONS ARE HERE TO HELP



THE AVAILABILITY OF THE VACCINE AND THE PRIORITY GUIDELINES WILL BE DETERMINED BY THE GOVERNMENT.

With almost 25 million COVID-19 cases reported in the United States, the pandemic shows no signs of slowing down. The good news is there are now vaccines available to help fight it.

Family Practice Associates of Lexington has completed the steps required by the Kentucky State Department of Health to receive the vaccines. We are currently awaiting further instructions. We have not received any information about how many vaccines we will receive for patients nor have we received the recommended guidelines for administration of the vaccines. The availability of the vaccine and the priority guidelines will be determined by the government, not by our office. We are unable to keep a waiting list for patients wanting the vaccine at this time. Please do not call about vaccine availability. Go to www.fpalex.com/covid for updates.

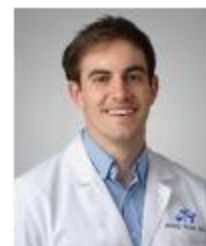
According to the Centers for Disease Control and Prevention (CDC), both COVID-19 vaccines authorized for emergency use in the United States – Pfizer/BioNTech and Moderna – are two-dose series. The second dose of the Pfizer/BioNTech vaccine should be administered three weeks (21 days) after the first dose of the vaccine, and the second dose of the Moderna vaccine should be administered four weeks (28 days) after the first dose. There is a risk the initial protection will decline if the administration of a second dose is delayed, so be sure to keep your follow-up appointment. Do not get the second dose earlier than the recommended interval.

All the COVID-19 vaccines being used have gone through rigorous studies to ensure they are as safe as possible. None of the COVID-19 vaccines contain the live virus that causes COVID-19, so a COVID-19 vaccine *cannot* make you sick with COVID-19. All COVID-19 vaccines currently available in the United States have been shown to be highly

effective at preventing COVID-19. Based on what is known about vaccines for other diseases and early data from clinical trials, experts believe getting a COVID-19 vaccine may also help keep you from getting seriously ill even if you do get COVID-19. The vaccine creates an antibody response without patients having to experience sickness. It will work with your immune system so it will be ready to fight the virus if you are exposed.

Getting vaccinated yourself may also protect people around you, particularly those who are at increased risk for severe illness from COVID-19. COVID-19 vaccination is a safer way to help build protection. Even if you already had a COVID-19 infection, you should still be vaccinated because reinfection with COVID-19 is possible, although rare.

In the meantime, as we await the vaccine – and even after you receive it – we still advocate, along with the CDC, that you continue to practice safety protocols: wearing a mask (covering both nose and mouth), social distancing (staying 6 feet away from others), washing your hands often and avoiding crowds. The combination of getting vaccinated and following the CDC's recommendations to protect yourself and others will offer the best protection from COVID-19.



About the Author

Dr. James Rossi graduated magna cum laude from the University of Kentucky with a bachelor's of science degree in kinesiology in 2013. He then graduated from the UK medical school in 2017, where he completed his residency in family medicine in May 2020. Dr. Rossi is trained in all aspects of family medicine and primary care, including management of acute and chronic conditions. He is available to see patients of all ages at both our Hamburg and Brannon Crossing offices.

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Being close to a furry friend can offer therapeutic benefits.

Can having a pet help with people struggling with Alzheimer's disease? For people who have Alzheimer's disease, there is some research that says interacting with a pet can help reduce associated symptoms such as anxiety, agitation, irritability, depression and loneliness. It has been observed that exposure to pets can also help draw these people out and help them become more interactive while reducing behavioral issues. It's worth noting, however, that for people with Alzheimer's specifically, there's a difference between owning a pet and having access to one. Bringing therapy dogs or emotional support animals into assisted living facilities and giving people with Parkinson's, Alzheimer's and other forms of dementia access to empathetic, caring animals is something we see many senior living facilities offering.

Be sure you're up for the challenge before you take on pet ownership. Owning a pet is work and young or aging pets can come with their own challenges.

The Centers for Disease Control and Prevention recommends prospective pet owners ask themselves some key questions, including:

- How long will the animal live and how large will it grow?
- How much will veterinary care and food cost?
- How much room does the animal need to be happy and healthy?
- Do I have the time, energy and stamina required to care for the pet?

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5 THINGS TO KNOW ABOUT DEPRESSION IN WOMEN

By Jean Jeffers, Staff Writer

Life has numerous turns and twists. Women encounter many stages of growth and change, from puberty and menstruation to giving birth to menopause. All these rites of passage create emotional ups and downs. Because of these factors, women may have a greater susceptibility to depression. Indeed, depression occurs in women at approximately twice the rate of men.

Depression affects every woman differently. It brings challenges to the way you eat, sleep, work and play.

Here are five things you need to know about depression in women:

1. Depression is real.

Sadness is something we all experience. It is normal to feel sad as a reaction to difficult times, but usually that sadness eases off and stops when the stress is lifted. When that sadness extends over a long period of time, when it gets in the way of proper functioning, it is considered depression.

2. You can't just "snap out of it."

Depression, according to the National Institute of Mental Health (NIMH), is a mood disorder causing distressing symptoms that affect how you think, feel and handle daily activities. Depression

is not something you can just "snap out of" or something you can change if you "just try harder." Depression is neither a character flaw nor a sign of weakness. A person suffering from depression cannot just "pray" her way out of it or "pull herself up by her bootstraps." Most people with depression need treatment to feel better.

3. Depression can hurt.

Actual aches and pains can accompany it. You may have headaches, cramps or digestive problems. You may have trouble sleeping or wake up feeling tired or with low energy. You may have anxiety. Other people with depression have feelings of hopelessness, irritability and unworthiness. They may lose interest in normal pleasures or have difficulty concentrating.

4. Certain types of depression are unique to women.

These include postpartum depression, which occurs after giving birth. Women may also face premenstrual disorder, perinatal depression and perimenopausal depression.

5. Even the most severe depression can be treated.

Treatment includes psychotherapy and/or medications. There is nothing wrong with seeking help for your depression. In fact, it is a sign of strength to recognize you have a problem and to take steps to solve it.

2x

DEPRESSION OCCURS IN WOMEN AT APPROXIMATELY TWICE THE RATE OF MEN.

NATURE'S BEAUTY

POMELO

Big fruit can make a big difference in your diet



By Tanya Tyler,
Editor Health & Wellness

The scientific name of the pomelo (also pummelo, pommel or pumelo) is *Citrus maxima* or *Citrus grandis* – literally, big citrus. And indeed it is the largest citrus fruit in its particular family. The average pomelo weighs 2 to 4 pounds, but they can grow to be up to 25 pounds. Pomelo was known at one point as the “shaddock,” named after the Captain Shaddock who introduced the fruit to Barbados. It is known in Hawaii as jabong. Other names for pomelo include Bali lemon and Chinese grapefruit.

The pomelo, which is native to Southeast Asia, is the ancestor of the grapefruit. But it does not have the bitter taste common to grape-

fruit; in fact, it is sweeter. One variety of pomelo is sweet with white flesh, while another tastes sour and has pink flesh. Pomelo has many versatile uses. It is often used in salads. Its juice is mixed with pineapple and made into a refreshing pink beverage. People in Thailand give fresh pomelo a sprinkle of coarse salt and a hit of chili powder.

Pomelo has several vitamins, minerals and antioxidants that make it a healthy addition to your diet. Like many other citrus fruits, it is a great source of vitamin C – it contains several days’ worth of it. It also has potassium, which is important for handling high blood pressure. It is rich in soluble fiber, which helps prevent constipation and aids digestion. Its fruit fiber has been associated with improved bone density and gut health. Though it’s big, it only contains around 230 calories, and the fiber will make you feel

full for longer, so you don’t eat as much and take in fewer calories. Another feature of the pomelo is the presence of antioxidants, which can help prevent and reverse cellular damage caused by free radicals. These compounds cause health problems and chronic disease when they build high levels in your body. Pomelo’s antioxidants provide anti-aging effects and hearty-health properties. Pomelo, like its close kin grapefruit, is good for weight maintenance. According to Organic Facts, pomelo contains a fat-burning enzyme called carnitine palmitoyl-transferase.

According to Healthline, one study in rats found supplementing their diet with concentrated pomelo extract reduced triglyceride levels by up to 21 percent, total cholesterol by up to 6 percent and LDL (bad) cholesterol by up to 41 percent. Another study investigated pomelo’s antibacterial and antifungal proper-



Pomelo's antioxidants provide anti-aging effects and hearty-health properties.

ties, and a third study in mice found pomelo peel extract suppressed the growth of cancer tumors and killed cancer cells. In addition, naringenin — one of the main antioxidants found in pomelo — has been shown to kill prostate and pancreatic cancer cells, as well as slow the spread of lung cancer in test-tube studies (Research in humans is ongoing.)

If you are taking prescription drugs such as an anti-hypertensive, an anticoagulant or a statin for high cholesterol, you should avoid eating pomelo. It can interfere with the metabolism of statins. Other than heeding those precautions, pomelo could make a big and healthy difference in your diet.

Sources:

- Health Line (www.healthline.com)
- Organic Facts (www.organicfacts.net)
- Savory Experiments (<https://www.savoryexperiments.com/>)
- Web MD (www.webmd.com)

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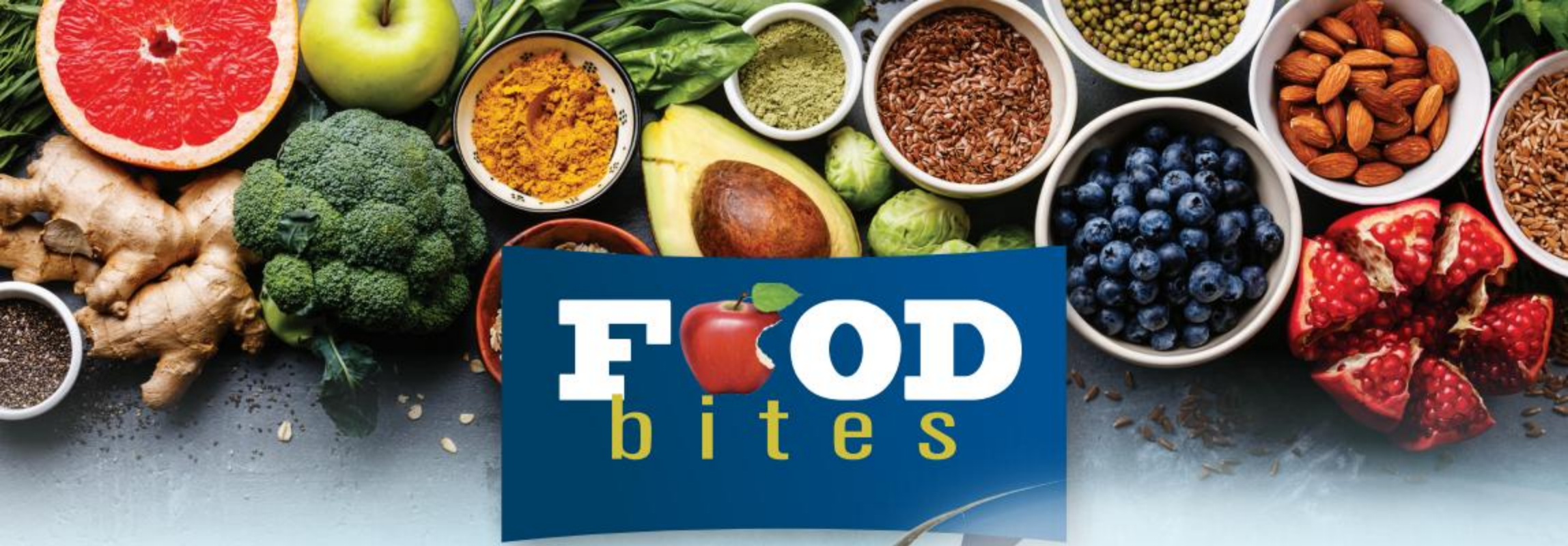
JUNE

Pet Health

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Addiction





Does Food Affect Your Mood?

The busy brain requires a constant supply of fuel. What you choose to eat definitely has an effect on your mental health. An emerging science called nutritional psychiatry is examining the correlations between what we eat, how we feel and even how we behave.

Think of your brain as a luxury car. You want to put into it only the best fuel to keep it running well. This means eating foods with plenty of vitamins, minerals and antioxidants. Processed foods and foods with refined sugars are equivalent to low-quality fuel. Studies have found a correlation between a diet high in refined sugars and impaired brain function. This type of food fuel can even worsen mood disorders such as depression. Studies of traditional diets such as the Mediterranean diet, which is high in fruits, vegetables, unprocessed grains and fish, have shown these types of regimens actually lower the risk of depression. Pay attention to how eating different food makes you feel. Try cutting out processed foods and sugar. You may be surprised to find you feel better both physically and mentally.

Menopausal Women, Depression and Fiber Intake

An increased daily intake of fiber is associated with depression among premenopausal women, according to a study published online in *Menopause*. Researchers compared dietary fiber intake and depression levels with menopause status for 5,807 participants aged 19 or older from the Korea National Health and Nutritional Examination Survey data. An increase of 1 gram of fiber per 1,000 calories resulted in a 5-percent decrease in prevalence of depression among premenopausal women, but not postmenopausal women. Increased fiber intake benefits gut microbiota that promotes brain health and protects against depression. The average American currently consumes about 16 grams of fiber each day.

Sources: Harvard Medical School (www.health.harvard.edu), Source: Physicians Committee for Responsible Medicine (www.pcrm.org/news), Eat This, Not That! (www.eatthis.com), Teasteeping (www.teasteeping.com)



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