



GENERATIONS

Memorial Hospital, Anywhere USA



Healthy Weight Range: A Stunning Revelation

Sixty-six percent of adults in the US are overweight or obese, according to the United States Department of Agriculture Dietary Guidelines. Unfortunately, over 60% of overweight people do not know they need to lose weight. Television, magazines, and other media give us an idea of what “healthy” means but that idea may actually be too thin to be considered healthy. So how can you judge whether your weight is healthy? **Here** are three helpful tools.

Does Depression Affect You and Your Family?

Depression is a real illness. It can affect your energy levels, sleep, weight, and focus. Depression can even cause physical symptoms, such as pain. Here’s how to know if you or someone you love are at risk. **More**

Not Just an Executive Problem

If you think corporate executives, lawyers, and others in high power positions are the only ones who need to worry about high blood pressure, think again! High blood pressure, also known as hypertension, affects nearly one in three adults in the United States. Of those, 33% don’t know they have it, according to the American Heart Association.

Why worry? Because high blood pressure can increase your risk of stroke, kidney failure, eye damage, blocked arteries, congestive heart failure, and heart attacks. Considering that over 54,000 people in the US died of high blood pressure-related illnesses in 2004, you can see why this disease is often called “the silent killer.”

Once you have high blood pressure, it should be controlled through diet, exercise, stress relief, and possibly, medication. To find out more about this potentially deadly illness, **click here**.



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A Reason to Cheer

Did you know that breast cancer is the most common type of cancer? Although one in eight women will be at risk for breast cancer in their lifetime, the odds of beating it are improving. Between 1990 and 2002, the breast cancer death rate dropped by 2.3%, according to a 2005 National Health Report. To find out why and what you can do to help, **click here**.

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Healthy Weight Range: A Stunning Revelation

Here are three helpful tools for evaluating your healthy weight:

Body mass index, or BMI, is a general assessment of body weight and can indicate that your weight puts you at risk for certain diseases, such as heart disease, stroke, or diabetes. According to Harvard Women's Health Watch,

- people with a BMI of 25 to 29.9 are considered overweight and
- those who have a BMI of 30 or more are considered obese.

To calculate your BMI, use this formula: ***Weight in pounds × 703 + (height in inches)²*** or use this chart.

Although BMI can signify a potential towards disease, some researchers think BMI can be misleading as it does not account for people who are tall or very muscular. Consult your physician regarding a healthy BMI range for you.

Waist-to-hip ratio is a marker of your abdominal fat. The risk of high blood pressure, diabetes, and coronary heart disease is higher in people who have a disproportionate amount of body fat in the abdomen. This is sometime referred to as apple- or pear-shape body.

In women, the risk for heart disease and stroke begins to rise at a waist-to-hip ratio of 0.8. To measure your waist-to-hip ratio, use this formula: ***Divide your waist measurement at its narrowest point by your hip measurement at its widest point.***



Measuring **waist circumference** is the simplest way to check for abdominal fat. Abdominal fat is exceptionally dangerous because it can make the body resistant to insulin, a hormone that regulates blood sugar. Problems with insulin resistance can lead to diabetes, heart attack, and stroke. To measure your waist circumference, run a tape measure around your torso at about the level of your navel. In women with a BMI of 25 to 34.9, a waist circumference greater than 35 is considered high risk.

Tool	Calculation	Risk indicator
Body mass index (BMI)	Weight in pounds × 703 + (height in inches) ²	Overweight = 25 – 29 .9 Obese = 30+
Waist-to-hip ratio	Divide waist measurement at its narrowest point by your hip measurement at its widest point	0.8 or more
Waist circumference	Run a tape measure around your torso at the level of your navel	35 inches or more (in women with BMI = 25 – 34.9)

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Does Depression Affect You and Your Family?

Depression is known as a mood disorder. It affects 10% to 20% of Americans at some time in their lives. We have all felt sadness, anxiety, and grief. But when these feelings persist or occur spontaneously and interfere with our every day lives, they may indicate a problem with depression.

Generally people with depression often have the following symptoms:

- Persistent low or sad mood
- Decreased or absent interest in almost all activities
- Loss of self confidence
- Sense of worthlessness
- Disturbed sleep or appetite
- Low energy
- Poor concentration

Family members may show different signs of depression.

- **Men** may turn to alcohol or drugs, or may work excessively. Instead of feeling low, they tend to become angry, irritable, or easily discouraged. Men are less likely to seek help so encouragement from concerned family and friends can be important.
- Your **child** can experience depression, but the signs may not look the same. Your young child may cling to you, resist going to school, or pretend to be sick. She may worry that her parent may die. Older children may sulk, be disagreeable, or get into trouble at school. Sometimes this is a phase of growing up, but consider finding help if you're concerned.
- **Seniors** often have reason to feel depressed because of loss, health concerns, or dependency on others. They may deny their feelings, thinking mental health issues are character flaws. In addition to general signs of depression, they might withdraw, experience memory loss, even delusion and hallucinations. They may express vague complaints or demanding, needy behavior.



Fortunately, successful treatments are available. New research shows that cognitive behavior therapy, regular exercise, and maintaining close social ties can all help recovery. If you or a loved one experiences any of these depression symptoms, a qualified health care professional can help.

To learn more about Depression and Your Family,

- visit our website for health information;
- register for a brief eNewsletter series about Depression from Memorial Hospital.

If you are concerned and feel you or someone you love needs professional help

- visit your primary care provider to evaluate physical conditions that may cause depression;
- then consider referral to a psychiatrist or psychologist for diagnostic evaluation.

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High Blood Pressure: Not Just an Executive Problem

Why worry? Because high blood pressure can increase your risk of stroke, kidney failure, eye damage, blocked arteries, congestive heart failure, and heart attacks. Considering that over 54,000 people in the US died of high blood pressure-related illnesses in 2004, you can see why this disease is often called “the silent killer.”



Once you have high blood pressure, you may be able to lower it to the normal range by making lifestyle changes. Here’s what you can do:

- Maintain a healthy weight – lose weight if you are overweight
- Follow the DASH diet (Dietary Approaches to Stop Hypertension)
- Get 30 minutes a day of aerobic exercise, such as walking
- Reduce sodium intake to 1,500 mg a day – limit or avoid processed foods
- If you drink alcohol, limit yourself to one drink or fewer a day

Despite lifestyle changes, however, many people with hypertension still need medication. Many different medications are currently available depending on your needs. If you develop high blood pressure, talk to your doctor or nurse about how to control it.

Category	Systolic	Diastolic	Result
Normal	less than 120	less than 80	Good for you!
Prehypertension	120 – 139	80 – 89	Your blood pressure could be a problem.
Hypertension	140 or more	90 or more	You have high blood pressure.

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A Reason to Cheer: Gaining Ground in the Fight Against Breast Cancer

Breast Cancer Awareness is the key to gaining ground in the fight against breast cancer. Awareness has opened the door to new treatment options and research leading to better ways of screening, diagnosing, and treating this deadly disease. Women are also surviving longer with breast cancer. In fact, 88% are still alive 5 years following diagnosis.

New information on breast cancer is arising all of the time. Here are 7 factors that could affect your risk for developing breast cancer:

1. **Weight gain** - Significant weight gain during adulthood correlates strongly with the development of breast cancer after menopause. Try to enter menopause at a healthy weight.
2. **Activity level** - Three to 4 hours of weekly may reduce your risk of developing breast cancer by 20% to 30%. Regular exercise helps you maintain a regular body weight. It can also influence the exposure of breast tissue to estrogen and impact insulin levels which have been both linked to breast cancer.
3. **Alcohol** - Alcohol may raise estrogen levels and also may interact with the body's ability to detoxify carcinogens. It also depletes the body of folic acid. Limit your use to one alcoholic beverage or less per day and make sure you get at least 400 mcg of folic acid per day.
4. **Vitamin D** - It has been found that vitamin D may help protect against several types of cancer. Experts recommend 800 to 1000 IU of vitamin D per day. A multivitamin usually supplies 400 IU. You can add another 400 IU in a vitamin D supplement or calcium supplement that contains vitamin D.
5. **Medical risks** - Oral contraceptives and postmenopausal hormone therapy may slightly increase breast cancer risk due to long-term exposure to estrogen. These therapies have risks as well as benefits, however, so discuss their use with your health care professional.
6. **Breast density** - Women with dense breasts, or breasts that have less fat and more connective and glandular tissue, are at a higher risk for breast cancer. It is also harder to diagnose breast cancer in women with dense breasts because both tumors and dense tissue appear white on a mammogram. Digital mammography may be an option. Talk to your health care provider about options for you.
7. **Chemoprevention** - Hormonal therapies, such as tamoxifen or fexofenadine, help prevent the growth, spread, or recurrence of breast cancer by preventing estrogen from reaching tumors. Both of these drugs can have serious side effects, however, so weigh any consideration with your physician.

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