ABOUT YOUR health
YOUR HEALTH, YOUR LIFE

LOOK INTO OUR
Crystal Ball:
DIET DOS AND DON'TS

THE DIRTY TRUTH:
HAND WASHING MATTERS

WHY YOU NEED A
PRIMARY CARE PROVIDER

Memorial Hospital
HEALTH HAPPENINGS

Waiting Can Be a LOSING GAME

Life’s busy schedule can often make weight loss seem like an elusive idea—you may have good intentions but often procrastinate. Here is some motivation: The longer you wait, the greater the risk for obesity-related cancers.

In a study published in *PLOS Medicine*, researchers examined approximately 74,000 post-menopausal women from the Women’s Health Initiative to see how time affects the risk of various cancers in overweight or obese women. The results suggest that the longer a woman is overweight, the more vulnerable she is to several obesity-related cancers such as colorectal, liver, pancreatic and post-menopausal breast cancers.

This study is the first of its kind and shows that, even in small amounts, losing weight sooner rather than later betters your chances of avoiding cancer.

According to the Centers for Disease Control and Prevention (CDC), more than 40 million Americans wear contact lenses. Although using contact lenses is generally safe, they can cause serious vision-related complications if they’re not cared for properly.

The CDC studied more than 1,000 cases of serious contact-related corneal infections between 2005 and 2015 and found that roughly 25 percent of these cases may have been prevented if users avoided certain behaviors, including wearing lenses longer than prescribed, improper cleaning and swimming or sleeping in them.

Lesson to learn? Follow your optometrist’s or ophthalmologist’s instructions carefully. Don’t sleep, swim or shower while wearing contact lenses, and remember to properly clean them and change out your contacts case regularly.

The Importance of PRIMARY CARE

Every year, nearly 20 million people over the age of 65 go to the emergency room. While it is important to receive emergency care when needed, new research reveals that older adults can reduce their chances of an ER visit if they receive regular primary care.

Published in the *Annals of Emergency Medicine*, the study revealed that Medicare beneficiaries have lower chances of going to the ER if they regularly receive outpatient care from the same doctor or a small number of doctors. Examining more than 3 million Medicare patients, researchers observed up to a 20 percent decrease in ER visits in individuals who fostered a continuous relationship with their doctor versus patients who did not.

Check out our hospital website for primary care doctors near you.
If you experience these symptoms, you may need to seek help.

According to the National Institutes of Health, an estimated 20 million Americans have gallstones — hard crystals that form in the gallbladder. Most of this affected population have “silent gallstones,” meaning they don’t show any signs or symptoms and, therefore, don’t require treatment. Unfortunately, not all gallstones are silent.

The gallbladder stores bile (a liquid created by the liver that helps break down fatty foods). When gallstones become stuck in the narrow duct that carries bile to the small intestines, the gallbladder can become inflamed.

If gallstones cause a blockage, you may experience the following symptoms:

- indigestion when eating certain foods that are high in fat or protein
- pain in the right shoulder blade
- severe, sudden pain in the upper-right abdomen that lasts anywhere from 30 minutes to several hours

If the duct is completely blocked by a gallstone, a gallbladder attack may occur and is considered a medical emergency. Signs include:

- abdominal pain that lasts around five to six hours
- fever
- nausea and vomiting
- pale or clay-colored stool
- yellow hue to the skin and whites of the eyes

**REASON FOR REMOVAL**

While silent gallstones may remain undetected, the ones that lead to noticeable symptoms often require treatment. This can mean surgically removing the gallbladder. Gallbladder surgery can often be done through laparoscopic methods — which may mean a quicker recovery and smaller scars when compared to traditional, open surgery.

Once the gallbladder is removed, most patients can return to normal activities. A low-fat diet may be recommended for the first few weeks after surgery.

**FAST FACT**

Gallstones may be as small as a grain of sand or as large as a golf ball.

**GI HEALTH**

**ROBOTIC-ASSISTED GALLBLADDER SURGERY**

At Memorial Surgical Specialists, Heather Thieme, M.D., works with patients experiencing symptoms of gallstone inflammation to determine the best treatment and develop a personalized care plan. One option Dr. Thieme uses is robotic-assisted surgery to remove the gallbladder.

For many patients, this minimally invasive technique allows the surgeon to be more precise, often reducing negative side effects that can accompany conventional surgical procedures. Robotic-assisted surgery may mean a smaller incision and a quicker recovery compared to traditional surgeries.

Learn more about the surgical services available at Memorial Hospital, including robotic-assisted procedures at 4healthier.me/MHY-Surgery.

Dr. Thieme is a member of the medical staff at Memorial Hospital.

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With so much conflicting advice in magazines and blogs, making the right calorie choices can feel like gazing into a crystal ball. If you’re one of the 30 percent of Americans who resolve to lose weight every year, start by separating fortune-telling from facts.

**VERDICT: GOOD ADVICE!**

One pound of muscle can burn three times as many calories at rest as a pound of fat, according to the American Council on Exercise. That’s why men — who tend to have less body fat and more muscle mass than women — are more efficient calorie-burners. It seems unfair, but there’s a silver lining. People who carry excess weight burn more calories during exercise than fit people do. If you’re overweight and just starting to exercise, a little bit will go a long way. Once your initial weight loss slows down, start incorporating more muscle-building exercises such as weight lifting and ab crunches into your routine.

**VERDICT: TRY AT YOUR OWN RISK.**

You may have heard of diets based on the idea that if you constantly shift when and how many calories you consume, your metabolism learns to be more efficient. Similar diets opt for five or six micro-meals instead of the traditional three square meals a day. Unfortunately, science doesn’t back up these diet trends. A small-scale study published in 2014 in the *International Journal of Preventive Medicine* showed minor advantages of calorie shifting over simple calorie restriction, but it did not improve participants’ resting metabolic rate.

**A BETTER IDEA:**

Listen to your body. Don’t wait to eat until you’re starving, which can lead to poor nutritional choices. Don’t eat out of boredom, either. When snacking, choose filling foods, such as whole-grain crackers, green vegetables and other foods rich in complex carbs, which have appetite-curbing effects for as long as 24 hours.
THE MYTH OF THE AGING METABOLISM

You’ve heard the excuse before — “When I was young, I could eat whatever I wanted. Then I turned 40, and my metabolism slowed to a halt.” The truth is, your metabolic rate doesn’t slow down because you age, but rather because you lose muscle mass as you age. According to the National Institutes of Health, sedentary adults lose about 8 percent or more of their muscle mass every decade after age 40. You can’t stop aging, but you can prevent muscle loss through regular physical activity. Try these tools to preserve your muscle mass and keep your metabolism going strong.

Exercise Band – These giant rubber bands provide resistance to stretch and tone your muscles without harmful impact on your bones.

Kettlebell – Increasingly popular among fitness buffs, kettlebells enable ballistic exercise, a unique combination of aerobic, strength and flexibility training.

Medicine ball – Medicine balls filled with water can offer a harder challenge. As the water sloshes around inside, it requires more muscle engagement to control the ball.

Consult your primary care provider before starting a new exercise regimen.

A study published in 2016 in the BMJ Open journal found that 58 percent of Americans’ total energy intake comes from ultra-processed foods, which include candy, desserts, packaged baked goods, reconstituted meat products, and sweet and savory snacks. On average, the amount of added sugar in these foods is eight times greater than in regular processed foods.

VERDICT: TWO THUMBS UP!

Eating a well-balanced diet is a better weight-loss strategy than restricting or eliminating certain food groups. Unsaturated fats found in eggs, vegetable oils, nuts, seeds and avocados are considered good fats because they decrease harmful LDL cholesterol and provide important nutrients such as fatty acids. A 2007 study published in the American Journal of Clinical Nutrition showed that consuming fatty acids actually reduces body fat and improves metabolic health.

To lose bad fat, EAT GOOD FAT.

Zero-calorie means zero weight gain.

VERDICT: KEEP WISHING.

Several studies suggest zero-calorie beverages could actually contribute to weight gain. One preliminary study published in the journal NeuroImage in 2008 found that the brain can tell the difference between caloric and noncaloric sweeteners, which could trigger the body to crave the calories it was expecting to get — and lead to overeating. A 2015 study published in the Journal of the American Geriatrics Society found that older adults who drank diet soda every day for almost a decade experienced an increase in waistline size three times that of those who never drank it.

A BETTER IDEA:

To satisfy your sweet tooth, stick with natural sources of sugar, such as whole fruit or a teaspoon of honey. Pair your sweet with a protein or complex carb to avoid a blood-sugar crash.

FAT TO FIT

For every 20 pounds you weigh, you can expect to burn an additional 10–12 percent of calories during exercise. For example, a 160-pound woman will burn about 255 calories during 30 minutes of jogging. A 180-pound woman will burn about 286 calories doing the same thing, according to the Calorie Control Council.

This explains why it becomes harder to lose weight as you become slimmer!
Take advantage of screening and vaccinations to stop cervical cancer.

Rates of occurrence and death from cervical cancer have dropped by more than half during the past 30 years, according to the American Congress of Obstetricians and Gynecologists. The reason: a two-pronged preventive approach that includes screening for the disease and vaccination against the virus that causes it.

Much work remains to be done to defeat cervical cancer, however, and it starts with your annual well-woman exam. Here are three facts you need to know about cervical cancer and how to prevent it.

**Cervical cancer has viral origins.** Human papillomavirus (HPV) causes nearly all cases of cervical cancer. Close to 80 percent of women contract HPV by age 50, according to the National Cervical Cancer Coalition, but most don’t develop cervical cancer. Only a few of the many types of HPV lead to the disease.

**Symptoms likely won’t appear right away.** Cervical cancer can take years to develop and often doesn’t cause symptoms until it’s advanced. Signs of the disease include abnormal bleeding and spotting, unusual vaginal discharge, pelvic pain, and discomfort during sex.

**Prevention isn’t just possible, it’s probable, if you take action.** HPV vaccination and screening can prevent up to 93 percent of cervical cancers, according to the Centers for Disease Control and Prevention. Women can get the HPV vaccine until age 26; if you’ve passed this age, encourage your daughters and granddaughters to get vaccinated.

You should have a Pap test as part of a well-woman exam every three to five years until at least age 65.

**Encourage the women you love to take action against cervical cancer. Every vaccination and screening counts.**

The healthcare team at Memorial OB/GYN Specialists can answer your questions about pelvic health, including cervical cancer. To schedule an appointment, call (717) 833-6368.
HANDS OFF!

These everyday items could be crawling with germs and bacteria that can make you sick. Proceed with caution, and wash your hands frequently to stay healthy.

KEEP 'EM CLEAN
To get your hands clean and help prevent illness, follow these steps from the Centers for Disease Control and Prevention.

- **Step 1:** Use clean water to wet your hands.
- **Step 2:** Work soap and water into a lather all over your hands — the palm, back of the hand, around fingernails and between fingers.
- **Step 3:** Wash for 20 seconds (long enough to sing Happy Birthday twice).
- **Step 4:** Rinse off soap under clean, running, warm water.
- **Step 5:** Air dry or use a clean surface to dry your hands.

5% **ONLY 5 PERCENT OF PEOPLE WASH THEIR HANDS CORRECTLY, ACCORDING TO A MICHIGAN STATE UNIVERSITY STUDY.**

KITCHEN SINK
According to the National Sanitation Foundation (NSF), 45 percent of kitchen sinks are contaminated with dangerous coliform bacteria (Salmonella and E. coli are part of this family).

**Note:** Beware the sponge! 75% have coliform bacteria.

Clean tip:
Sanitize sponges and scrub your sink regularly.

CELL PHONE
Research from NSF found:

- **5%** TESTED POSITIVE FOR COLIFORM BACTERIA.
- **23%** TESTED POSITIVE FOR YEAST OR MOLD.

Clean tip:
Wipe your phone down with a lint-free cloth daily.

WET LAUNDRY
Germs survive cold washes. Use hot water, at least 140°F Fahrenheit.

Clean tip:
Use a detergent with bleach or peroxide in it to kill germs. Or hang your laundry in the sun to dry — the ultraviolet rays kill germs.

SHOPPING CART
Food Protection Trends found that of the shopping carts in one study:

- 72% HAD COLIFORM BACTERIA.
- 51% HAD E. COLI.

Clean tip:
Grab a disinfecting wipe and clean the cart before use.

73% **OF WEIGHT TRAINING EQUIPMENT AT GYMS IS CONTAMINATED WITH RHINOVIRUS, (THE CULPRIT BEHIND THE COMMON COLD), ACCORDING TO A STUDY IN THE CLINICAL JOURNAL OF SPORTS MEDICINE.**

If a minor illness or cold gets you down, call your primary care doctor.
If you’re looking for convenient, accessible healthcare for your whole family, you’ll find it with us. With same- and next-day appointments often available, there’s no long wait to see a doctor. Also, ask about preventive care services your health insurance may cover at no cost to you, including flu shots, immunizations, annual checkups, and colon and breast cancer screenings.

Visit MemorialFamilyHealth.com for more information.

Memorial Family Medicine

9 convenient locations. 1 phone number.

1 Memorial Family Medicine at Brogue
2500 Delta Road, Brogue

2 Memorial Family Medicine at Greenbriar
510 Greenbriar Road, York

3 Memorial Family Medicine at Greensprings
1232 Greensprings Drive, York

4 Memorial Family Medicine at Manchester
4314 North George Street, Manchester

5 Memorial Family Medicine at Mill Creek
1748 Sixth Avenue, York

6 Memorial Family Medicine at Shrewsbury
55 Old Farm Road, Shrewsbury

7 Memorial Family Medicine at Stewartstown
200 Bailey Drive, Suite 101, Stewartstown

8 Memorial Family Medicine at Susquehanna
2295 Susquehanna Trail, Suite A, York

9 Memorial Family Medicine at Windsor Commons
3141 Cape Horn Road, Red Lion