

# Vibrant Health



A JOURNAL DEVOTED TO HEALTHFUL LIVING

WINTER 2015

## HEALTHY EATING

# The holiday solution

**IF** you've ever felt sluggish—or stepped on the scale—after a big holiday meal, then you know that overindulging on food doesn't make the season any more special.

However, you don't have to completely avoid the pie and stuffing to look and feel better. The solution is to enjoy your favorite holiday foods in moderation.

Smart dietary choices and daily exercise can help give you the energy and stamina you need to carry you through the holidays and into a healthy new year without a bigger waistline.

Here are a few suggestions:

- ▶ Before going to a party, eat a healthful snack. High-fiber foods, such as fruit or whole-grain crackers, can help take the edge off hunger and reinforce your willpower to not overindulge. Also consider bringing a nutritious, low-calorie side dish to share.
- ▶ When at a buffet, opt for a small plate if it's available and keep portion sizes reasonable. Fill at least half

your plate with fruits and vegetables, and only take bite-sized samples of the rich foods and desserts.

- ▶ Alternate high-calorie drinks with glasses of water to help fill your stomach and stay hydrated. Dilute eggnog with low-fat milk to get the flavor with fewer calories.
- ▶ To help keep calories and fat at reasonable levels, try substituting healthful ingredients in dessert recipes.

For example, try replacing butter with cinnamon-flavored applesauce. Or substitute dried fruit—such as blueberries, raisins or cherries—for chocolate chips or candies.

- ▶ After pies or cookies are prepared (and sampled!), put them out of sight to help deter impulse snacking.
- ▶ Finally, remember that the holidays aren't just about food. Enjoy conversations with family and friends. Play games with the kids. Or start a new tradition of taking a walk after a meal.

We wish you  
and your family  
a happy and  
healthy holiday  
season!

Sources: Academy of Nutrition and Dietetics; American Heart Association; American Institute for Cancer Research



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A season of sadness

# Winter can trigger depression

**AS** fall slides deeper into winter, does a familiar downturn in your mood start to settle in? If so, you might have seasonal affective disorder (SAD).

SAD is a type of depression linked to low amounts of sunlight that occur during the shorter days of winter. Symptoms tend to start in the fall and diminish with the brighter days of spring. Often, January and February are the most difficult months for someone with SAD.

Along with having depressive symptoms, such as low self-esteem or hopelessness, a person who has SAD may:

- ▶ Feel extremely tired much of the time.
- ▶ Lack interest in usual activities, including sex.
- ▶ Try to avoid social contact.
- ▶ Overeat or crave sweet or starchy foods.
- ▶ Sleep more than usual or wake during the night or early morning hours.

While many people are only mildly or moderately affected by SAD, others can have significant symptoms that affect their daily lives.

Most of the people who have SAD are women, and they tend to develop it between the ages of 18 and 30.

And since SAD is related to seasonal changes in light, people may be more likely to have SAD the farther north they live, the National Alliance on Mental Illness reports.

## Into the light

If you suspect you have SAD, talk to your health care provider. Effective treatments are available. It's also important to make sure you don't have a more serious medical condition, such as major depression.

For milder SAD, health professionals may suggest that you improve the natural lighting in your home and that you do more activities outdoors, such as walking, during daylight hours. If these changes don't help, light therapy may be prescribed.

Light therapy, also called phototherapy, involves increasing your exposure to bright white light, the source of which is often a special fluorescent light box. Light treatments may last about 30 minutes each day.

Studies show that light therapy is effective in up to 85 percent of people who have SAD, reports Mental Health America.

Antidepressant medicines and talk therapy—either alone or with light therapy—also may be recommended to help you feel better.



To learn more about SAD, go to [www.nami.org](http://www.nami.org).



Look for telemedicine services at San Geronio Memorial Hospital soon!

consultation from a neurologist who specializes in strokes.

That's where telestroke comes in. When a person who may be having a stroke arrives at the emergency department, doctors can activate the secure system to connect with a remote neurologist, if an in-house neurologist is not immediately available. The distant stroke team member can see and hear the patient and emergency department doctor and vice versa. The neurologist can do a stroke exam, review brain scans, take a patient history and work with the emergency physician. The result is a swift determination as to whether TPA or other treatments are needed.

## Telemedicine brings stroke specialists to you

**IT'S** amazing what digital technology can do these days. In our everyday lives, we can share our snapshots immediately with friends or use a webcam to both see and hear distant relatives. In a similar way, technology in emergency departments is helping physicians deliver timely stroke care.

Telemedicine uses a video conference system and a web connection to link emergency departments to stroke specialists whenever their expertise is needed. Without being physically at the hospital, the specialists can examine and speak with stroke patients here and consult with physicians using equipment that includes a webcam and video screen.

And the specialists are available 24 hours a day. This is essential because time is crucial when someone is having a stroke.

### Immediate action

Most strokes happen when a clot blocks blood flow to the brain, robbing its cells of the oxygen they need. A clot-busting drug called TPA (tissue plasminogen activator) can restore blood flow and help prevent disability in people who have these strokes. To work best, it must be given within three hours of the onset of symptoms and only after doctors determine whether the patient is a candidate for TPA. Often, making that decision requires

### Be a partner—learn the signs

Telestroke is a partnership that helps us deliver stroke care as quickly as possible. But you're a partner too. Learn stroke's warning signs, and call 911 right away if you spot them in yourself or someone else. They come on suddenly and include:

- ▶ Numbness or weakness of the face, arms or legs—especially on one side of the body.
- ▶ Confusion or trouble speaking or understanding speech.
- ▶ Trouble seeing.
- ▶ Dizziness, loss of balance or coordination, or trouble walking.
- ▶ Severe headache with no obvious cause.



COMING IN 2016

## Fire and Ice Ball

ANNUAL  
SGMH FOUNDATION  
DINNER

The San Geronio Memorial Hospital Foundation's annual dinner and Perfect Partner celebration is an event you won't want to miss! Invitations and more information to follow soon.

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# Vibrant Health

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## Join us in heralding in the holiday season

San Gorgonio Memorial Hospital's annual Holiday Tree Lighting Ceremony is scheduled for Wednesday, Dec. 2, from 5 to 7 p.m.

Join us for hot chocolate and candy canes as we sing carols and visit with Santa and Mrs. Claus!

This fun, family-friendly event will be held in front of our emergency department and intensive care unit building. The ceremony is subject to cancellation in the case of inclement weather.

Please join us as we celebrate the holiday season with our community!



## DON'T LET JOINT PAIN KEEP YOU FROM THE THINGS YOU LOVE.

Our Orthopedics Department performs more minimally invasive, mobile-bearing, partial knee replacements than anyone else in Southern California.

Whether you need a partial or total knee or hip replacement, San Gorgonio Memorial Hospital in Banning is here to serve you.



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How America finds a doctor.