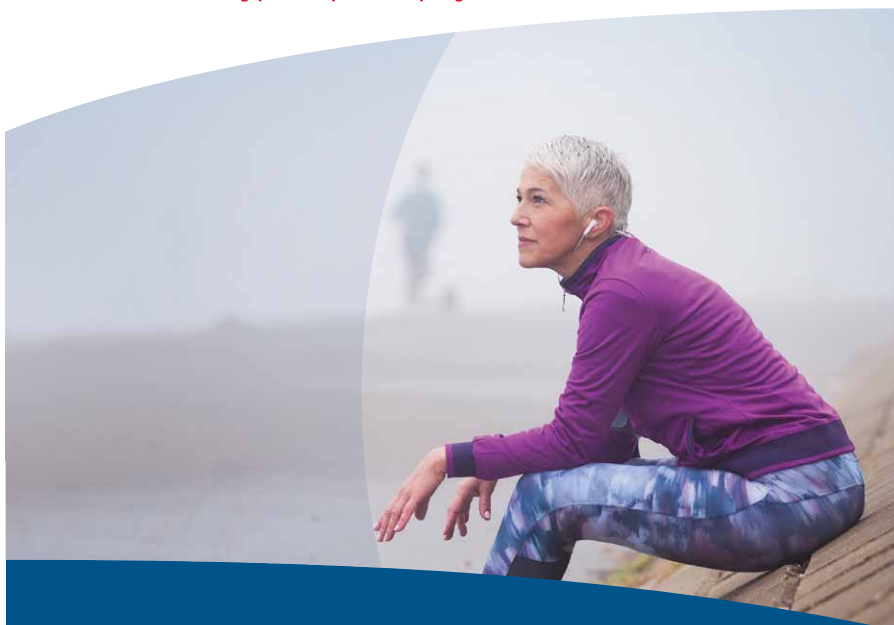


LIFESTYLES

Summer 2016





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Health and Desk Jobs

Brains are working hard while at a desk job, but the rest of the body is quite inactive. Special efforts are needed to stay healthy in this case. Why bother?



Because studies show that sedentary lifestyles can lead to health issues such as obesity, diabetes and mobility issues.

We owe it to ourselves, our co-workers and our families to get up from the chair every once in a while and keep our bodies moving. The success of our careers may depend on it.

The Risks of Inactivity

If you have a desk job, there could be physical consequences down the road even if you stick to a regular exercise routine. That means that no matter how often you try to hit the gym, your work situation may be hampering you in the long run.

Long periods of inactivity can put stress and strain on the whole body. Over time, according to Blue Cross Blue Shield, people who sit for a long time without moving are more likely to have joint, bone and posture problems. They also have increased risk of obesity and related conditions such as heart disease, diabetes and stroke, among others.

The physical effects will eventually lower energy levels and mental alertness. This sluggishness could affect your productivity at work. Develop a plan that you can realistically stick with over the course of months and years.

Moving at Work

We need to move to stay healthy, so we have to think of creative ways to incorporate more movement during those eight hours at the desk.

The experts at BCBS suggest these tips:

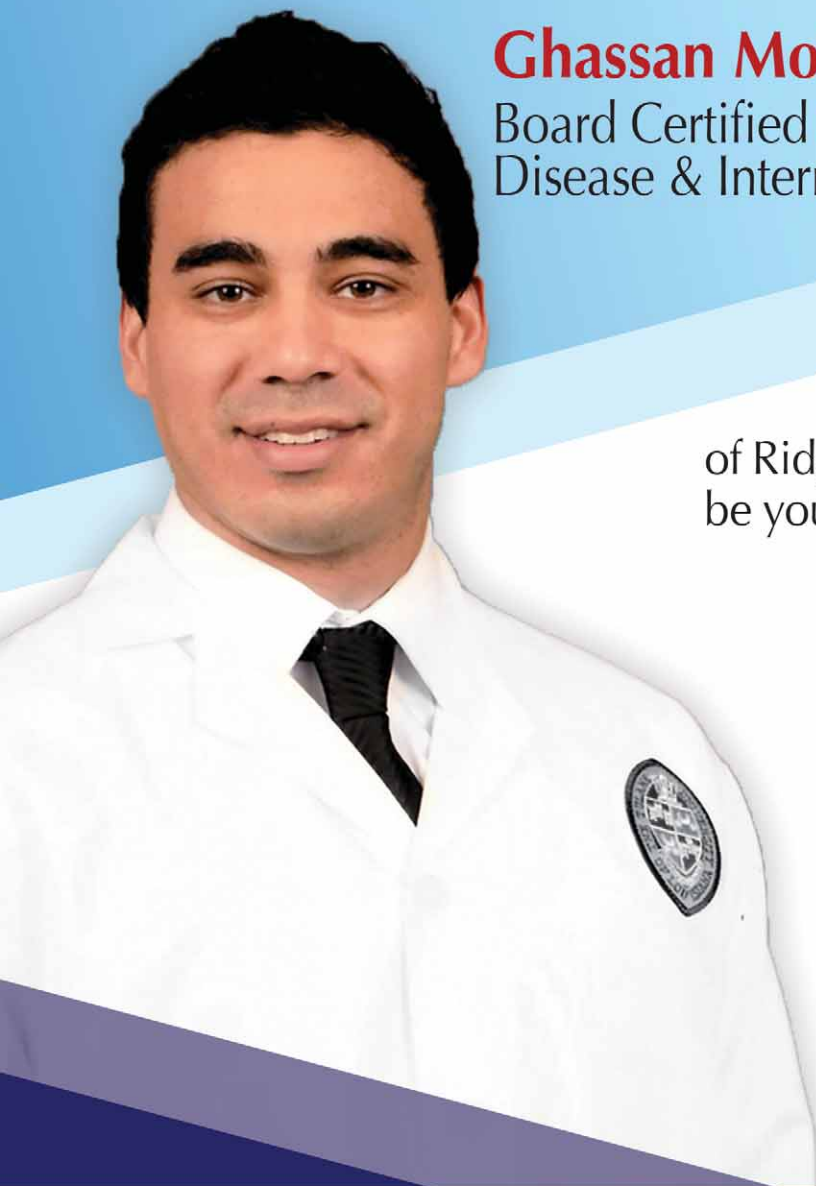
- Take the stairs, not the elevator for a healthy burst of movement.
- Walk to a co-worker's desk rather than calling or emailing. This simple step — or steps — can make a huge daily difference. You may be more productive, too.
- When someone comes to your desk, stand up to talk and use the opportunity to stretch your legs and arms.
- Take a brisk morning and afternoon walk around your building. Your lunch break can make for the perfect time for a walk.
- If you run errands during lunchtime, walk briskly to and from your car. Park far away from your company's entrance if possible. Extra steps add up quickly.

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Dealing With Allergens

Allergies can be caused by the environment, food or reactions to medications. And without a doubt, they can all cause misery. Itchy eyes and scratchy throats are just the beginning for many allergy sufferers.

More serious issues can occur if allergies are not kept in check. If you suspect that you may be suffering from an allergic reaction — even if it is mild — you should consider making an appointment with your physician to investigate.

What are Allergies?

According to the Mayo Clinic, allergies occur when your immune system reacts to a foreign substance by producing antibodies that identify a particular allergen as harmful, even though it isn't.

The National Institutes of Health identifies the following as common allergy triggers:

- Airborne allergens, such as pollen, animal dander, dust mites and mold;
 - Certain foods, particularly peanuts, tree nuts, wheat, soy, fish, shellfish, eggs and milk;
 - Insect stings, such as bee or wasp stings;
 - Medications, particularly penicillin or penicillin-based antibiotics;
- and



- Latex or other substances you touch, which can cause allergic skin reactions.

If your family has a history of allergy problems, it's worth a checkup with your doctor to check your sensitivities.

Broad Symptoms

When an allergy sufferer comes into contact with an allergen, his immune system reacts. Skin can become inflamed, as can sinuses, airways and digestive systems.

This results in a runny nose, sneezing, itching, rashes, swelling or asthma. Allergies can range from minor to severe, and a life-threatening reaction called anaphylaxis also can occur.

Treatments & Prevention

Sadly, there are many allergies that have no cure. Treatment and management are the only ways to relieve the suffering in many cases.

Nasal saline and 24-hour allergy medications or antihistamines can alleviate symptoms for many sufferers, but it's important to check with your doctor before starting any new medication.

If dust or pet mites are causing your reactions, frequently washing your bedding in hot water can help tamp down the effect. Ventilation fans and dehumidifiers can reduce moisture in damp areas where mold grows.

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Benefits of Sleep

Sleep is the foundation for overall good health. Without sleep we're grouchy and testy. With proper sleep, we're back to our old peachy selves.



Getting plenty of sleep will improve your quality of life both mentally and physically, so finding ways to increase your ratio of shut-eye to being awake should be an important part of your overall health.

Some of the benefits of sleep are quite obvious, because we can all relate to that feeling of rest when we sleep well. That gives us significant advantage over sleep-deprived people in many areas of life, including job performance and overall relationships with others.

But just how many of us are getting a full night's sleep? Not enough. About 70 million Americans of all ages suffer from chronic sleep problems, according to the National Institutes of Health.

Lack of Sleep

Because Americans are very busy, sleep is sacrificed too often in order to keep up the pace. However, sleep deprivation actually decreases an individual's quality of life.

According to the NIH, although personal needs vary, on average, adults need seven to eight hours of sleep per night. Babies typically sleep about 16 hours a day. Young children need at least 10 hours of sleep, while teenagers need at least nine hours.

If we consistently fall below these averages, there are many negative

consequences, including increased irritability, dulled senses and less energy, according to the NIH.

Sleep Tips

Getting enough sleep is easier said than done, and sometimes it is just hard to wind down after a long day at the office. Sleep can be disrupted by many things, including stimulants such as caffeine or electronic distractions.

If you're having trouble settling into a consistent sleep routine, try these tips from the NIH:

- Go to bed at the same time each night and get up at the same time each morning;
- Sleep in a dark, quiet, comfortable environment;
- Exercise daily (but not right before bedtime);
- Limit the use of electronics before bed; and
- Avoid alcohol and stimulants such as caffeine late in the day.

If these tips do not help, talk to your doctor. There could be physical reasons why you cannot sleep, including insomnia and sleep apnea. These conditions can be dangerous, but they are treatable, so it's important to visit your physician.

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welcome

DR. LASHGARI, M.D.

Dr. Lashgari is a board-certified dermatologist and a member of the American Academy of Dermatology. Dr. Lashgari has had his own private practice since 1999 and is excited to join Ridgecrest Regional Hospital and bring his expertise in dermatology, dermatologic surgery, and cosmetic surgery services to the Ridgecrest community.

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The DASH Eating Plan

Find yourself trying the latest fad diets over and over again? That's because they are just that — fads! DASH is different because it is proven.

The Dietary Approaches to Stop Hypertension has backing from major national health organizations for its simplicity and effectiveness in helping people healthier.

Need a little dash of DASH in your life? Follow the steps below to get started. Always remember to check with your physician first before starting any new diet. He will be able to give you advice that is tailored to your personal health and weight.

The Plan

The DASH plan requires no special foods, which means participants can conveniently shop at their local grocery store. It includes daily choices from the different food groups, but the calorie needs and recommended intake will vary per person.

The plan limits daily sodium levels to 2,300 milligrams, meaning processed foods need to take a back seat to healthier, fresher options. Followers of the DASH plan need to pay special attention to food labels to make sure they're staying on track.

One thing the DASH eating plan specifically incorporates is more potassium. Some examples of potassium-rich foods include potatoes, yogurt, oranges and fish.



According to National Institutes of Health, here are some specifics to include in your DASH plan:

- Vegetables, fruits and whole grains;
- Foods low in saturated and trans fats; and
- Foods rich in potassium, calcium, magnesium, fiber, and protein.

And here are some to keep out of your DASH diet:

- Anything high in saturated fat;
- Fatty meats or full-fat dairy products;
- Tropical oils, such as coconut, palm kernel and palm oils; and
- Sugar-sweetened beverages and sweets.

Health Benefits

There are obvious health benefits of the DASH plan, including lower salt intake, decreased saturated fats and moderation of calories. These changes can contribute to lowering high blood pressure and bad cholesterol, helping you maintain a lower weight.

The DASH eating plan is just one key part of a heart-healthy lifestyle. To complement your new eating regimen, include adequate physical activity, limit alcohol, control your stress, quit smoking and get enough sleep.

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Ridgecrest Regional Hospital is looking for **energetic volunteers** within our community. Our volunteers program offers a unique opportunity to gain valuable hospital workplace experience. So, whether you are looking for work experience or simply wanting to get more involved in our community, the staff at Ridgecrest Regional Hospital works closely with you, providing you with the tools you need to get ahead.

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- ✓ *Build Your Resume While Providing Real-Life Assistance*
- ✓ *Learn New Skills While Contributing to Our Community*

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Improve Your Health with Gratitude & Generosity

Ridgecrest Regional Hospital Development Foundation has been promoting Gratitude as a health benefit and as a basis for giving back to Ridgecrest Regional Hospital for a while now. And while fundraising is our priority, our other main concern is developing life-long partnerships with our community. Ridgecrest Regional Hospital is our local community hospital and healthcare system, and together we can support high-quality services right here in Ridgecrest.

The health benefits of Gratitude and Generosity are all over the news today. There are emotional benefits, such as feeling good about yourself and a sense of personal reward, but several studies have also suggested:

- *Giving and volunteering can lower the risk of high blood pressure*
- *People who volunteer are less likely to be depressed and may live a longer life*
- *Giving back promotes better heart health with benefits like lower levels of cholesterol and reduced inflammation*

Would you consider an opportunity to our partner with us and improve your health? We want volunteers too! Consider helping in our Hospice Thrift Store, coming soon.

Whether it's Giving or Volunteering, contact the Development Foundation at (760)499-3955
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