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August Newsletter

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Keeping Safe in the Water

Summer is almost over, but water safety should not be forgotten. Nothing is more relaxing than floating in the ocean or pool. Every "body" of water has potential to be dangerous. According to the CDC's National Center for Injury Prevention and Control, the leading factors that affect the risk for drowning, the ones we can control:

Lack of Swimming Ability-Formal swimming lessons can reduce the risk of drowning.

Lack of Barriers: Barriers such as fencing can

prevent young children from gaining access to a pool without a caregiver's awareness. **Lack of Supervision:** Drowning can happen quickly and quietly anywhere there is water. This includes tubs, swimming pools and buckets. This has occurred even in the presence of lifeguards. **Location:** Home swimming pools are the site of most drowning among children between ages 1-4. Drownings in natural settings (lakes, rivers, oceans) increase with age.

Failure to wear a Life Jacket: No explanation needed.

Alcohol Use: Among adolescents and adults 70% of deaths include alcohol. Don't drink and swim!



Exercise Corner

Warm up:

2 min jog or jump rope

1 min stretching

10 leg swings per leg

10 arm circles both forwards and

backwards

10 air squats

10 pushups

Twenty Minutes AM-RAP (as many rounds as possible)

5 push ups

10 situps

15 air squats

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5 Quick and Healthy Breakfast Alternatives

Whole Wheat Toast with Peanut Butter and fruit. A single slice of bread with one Tbsp of peanut butter and half a banana is less than 200 calories— 9 grams of protein, healthy fats, and 6 grams of fiber

Plain yogurt with Berries and granola. A 6 oz plain yogurt with half a cup of blueberries will power your morning with 14-20 grams of protein, healthy probiotics and antioxidants. 180 calories

Hard boiled egg. One of the

best value meals is a single egg it has 6 grams of protein for 70 calories

Whole wheat bread with cottage cheese and cherry tomatoes. A simple pleasure that's quick and easy. One Tbsp of cottage cheese and 5 tomatoes-8 grams of protein and 3 grams of fiber.

Home Made Trail Mix. Combine your favorite nuts and dried fruit for a combination of fats and protein and sweet that can be eaten on the go.

You can prepare a large batch in advance and portion it out into individual Ziploc bags.



Signs of Pneumonia

It's surprising to me how many people have pneumonia and may not know it. Here are some symptoms that can come on gradually or sudden:

Fever, as high as 102 degrees

Shaking chills

Sharp chest pain

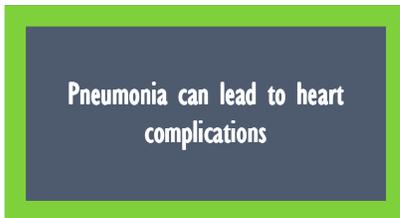
Abdominal pain

Profuse sweating, confusion, rapid breathing and pulse rate, shortness of breath, and severe fatigue

Cough that produces greenish or rust colored mucus

Worsening of symptoms after a cold or the flu

If you think you may be developing pneumonia, call our office to be seen immediately.



Symptoms of serious gum disease

Gum disease not only contributes to tooth loss, but can lead to heart disease as well.

Here are some symptoms:

Bleeding gums

Bad breath

Pus coming from the gums

Hard buildup of plaque and tartar above and below the gums

Areas where your gums are pulling away from your teeth



Pockets between your teeth and gums

Risk Factors for Sleep Apnea

Sleep apnea is a big risk factor for heart disease. It also leads to chronic fatigue. Chronic fatigue also leads to increased stress and cortisol levels. You see the possible chain of events. The following factors may increase your chances of sleep apnea:

- Being male
- Family history of sleep apnea
- Smoking
- Obesity, the primary risk factor for sleep apnea
- Thick neck circumference

A narrowed airway, enlarged tonsils and adenoids

Being over the age of 60 (though people of any age can develop it, even children)

Allergies or other breathing problems

If you think you have sleep apnea,



you should be evaluated at a sleep disorder clinic with a well-trained certified staff.

The Dangers of Diet Soda

The vast majority of overweight people drink diet sodas. Drinking diet sodas do not make for a slimmer body. According to Trends in Endocrinology and Metabolism, there is actually some-



thing about diet soda that signals your brain to eat more to make up the lost calories. Studies at Purdue University showed diet soda actually promotes weight gain. It also increases the risk factors

for cardiovascular disease, diabetes, and metabolic syndrome. Sweeteners confuse the body's ability to manage calories based on taste. The brain goes into overdrive, seeking more calories. Diet soda can also damage teeth as badly as methamphetamine or crack cocaine.

Thank You

Thank you everyone for all the record-breaking referrals we've had this month. We are sincerely honored to serve you, your friends, and family. We do our best to be quick, efficient, available. We pride ourselves that you can call our office and quick service. We know it can be

frustrating having to wait long periods of time on the phone to make appointments or to have your questions answered. If you like our office, please feel free to post on our Facebook page and Twit-



ter page. Our Facebook page is Nancy E. Boyden, ARNP and Twitter page is the same.