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May Newsletter

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New Website!!

We are excited to announce the unveiling of our new website!! Thank you to John Ohlson of Dragonwyck Web Design for such a wonderful job!

Most sections have the opportunity to “share” with friends. Please feel free to tell your friends everything we do. Our office is unique in that your medical needs can be taken care of, cosmetic treatment can be addressed as well as weight issues. Also, our ability to replace hormones naturally is unique and tailor made for you. Most offices don't accept insurance for natural hormone replacement, but our

office does. You can access our Facebook and Twitter page from our new website as well. Please feel free to post what your experience has been in our office.

Our specials can be shared with friends as well.

We are displaying art from our website and you can connect with these amazing artists through our web page. Thank you to Deanna Minich, PhD who allowed us to use her artwork as our new logo. Her artwork encompasses the passion of our office: A big heart for our patients, the love of nutrition, and

general feeling of caring we hope you experience in our office.



Check out our new Website! Let us know what you think.

Special points of interest:

- Office Hours

Tuesday–Friday 9a–4p

Saturday 9a-12

Phone– 253-858-2408

Website:

www.gigharborhealthclinic.com

Exercise Corner

Longer workouts are not necessarily better- Mix it up!

100 Jump ropes

25 sit-ups

25 Air squats

25 Push ups (girl push ups are completely acceptable here) Try to work your way eventually to boy push ups if you can

Do five rounds and try to improve your time with each effort. You will be surprised how quickly you improve.

How Sleep Loss Can Affect Metabolic Traits

7 Points to remember:

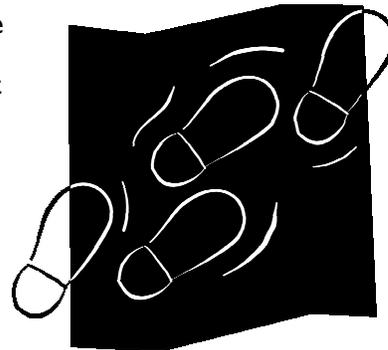
Lack of sleep definitely has an effect on weight, blood pressure, diabetes, and lipids:

1. Quality and duration of sleep effect metabolic traits.
2. Shift work disrupts normal circadian sleep wake cycle.
3. The strongest link is between short sleep and hypertension.
4. Reduced sleep duration and sleep quality lead to increased hepatic glucose production and reduced peripheral muscle glucose uptake
5. Suppression of slow wave

sleep, but not rapid eye movement sleep impairs glucose metabolism.

6. A meta-analysis including more than one million subjects in 16 prospective studies reported that sleep duration of less than 7 hours is associated with an increased risk of death.

7. Activity (measured by actigraphy) is decreased in healthy individuals after one night of partial sleep deprivation. Moreover, habitual sleep deprivation (less than 6 hours/night) is associated with a significant reduction in total body movement. Taken together, insufficient sleep may negate the positive effects of physical activity on metabolic health. Taken from Cardio-Source.



Metabolic Dysfunction– Weight gain, hypertension, diabetes, hi cholesterol

Key Features of Headache Subtypes

Primary Headaches:

- Migraine-with and without aura– Usually accompanied by nausea with attack and light sensitivity with attack. Can interfere with activities.
- Episodic Tension Headaches– Headaches

without nausea, felt on both sides, non-pulsating pain and mild to moderate intensity not worsened with activity

- Cluster Headaches– Must have all of the following: Frequent, severe, brief (duration of less than 3 hours), one-sided, effects

the eyes with redness or tearing, there may be restlessness during attacks.

If you experience a headache that can be described as “The Worst Headache Ever” that is characterized by excruciating pain, call 911 or go to the Emergency Room. This can be the sign of something worse. It is best to get it checked out.

Go to Emergency Room if you have uncharacteristic worst headache EVER. May be sign of something else.

Micronutrient Treatment for Adult ADHD

A vitamin and mineral formula moderately improved symptoms for Attention Deficit Hyperactivity Disorder. ADHD in adults can be disabling and concerns with adverse effects of medication is leading to a growing interest in alternative medicine approaches. A group of investigators in New Zealand studied a

formula consisting of a formula containing all vitamins (except K) and 16 minerals (2-400 times the RDA). The group studied was small, but there appeared to be a significant improvement in ADHD symptoms with



the nutritional formula. Methylfolate, Vit B6, and niacin are known to affect monoamine neurotransmission. These findings are interesting and warrant further investigation. New England Journal of Medicine

Endometrial Cancer- Another Reason to Limit Consumption of Soda

The link between obesity and endometrial cancer is well established. Can sugar-sweetened beverages (SSB) affect risk for cancer? The Iowa Women's Health Study assessed incidence of Type I (estrogen-related) and type II (estrogen-independent) endometrial cancer. This was determined annually using state and federal surveillance data. As of 2010, among 23,039 evaluable women (mean age 62), 592 incident invasive endometrial cancers were identified (506 type I, 89 type II). After adjusting for BMI and other confounders, it was noted there was 78% higher risk for Type I endometrial cancer. Risk for Neither fruit juice

nor sugar-free beverages were associated with risk for Type I tumors. None of the items studied were associated with risk for Type II endometrial cancer. Sugar-sweetened beverages are a major source of dietary sugar in the U.S., affecting insulin and glucose levels more profoundly than sugars in whole foods. Consumption of sugar-



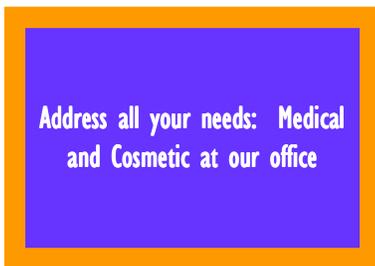
Drinking sodas can increase your risk for endometrial cancer

sweetened beverages contributes to risk for Type I endometrial cancer regardless of body weight. These findings point to the health benefits of avoiding sugary beverages.

May Special

Jan Marini Transform Peel

Take advantage of our most aggressive peel at a great price. We are offering our Transform Peel for \$150/tx vs \$200/tx. This peel utiliz-



es a high concentration of multiple acids to lift pigment and aggressively resurface the skin for overall skin rejuvenation. Retinol, peptides, and antioxidants enhance efficacy and overall results. Only available through medical providers.

Other Cosmetic Treatments-

- Microdermation-paraffin hand wax and acid peel included
- Acne Treatment- Blu-U Light, Peels
- Botox
- Juvederm
- Fractional lasering

Treating Obstructive Sleep Apnea in Patients with Resistant Hypertension

Many patients with resistant hypertension have obstructive sleep apnea (OSA). Investigators in Brazil decided to study the effects of treatment on OSA to see if it would improve blood pressure. 24-hour ambulatory BP monitoring at 6 months (compared to baseline) showed that mean daytime systolic and diastolic improved significantly

with treatment for OSA. Treatment for OSA consists of CPAP machine which emits continuous positive airway pressure. Low oxygen during the sleep cycle can increase blood pressure and also increase the incidence for myocardial infarction. This



Sleep apnea-easy to treat

study is promising, although it was small and follow up with these patients was very brief. Call our office if you think you may have sleep apnea

Taken from Journal Watch