



HOPE Health Letter

"Life Is a Journey. Have Some Fun."

JUNE 2020

Coping With COVID-19

By Eric Endlich, PhD

Facing a pandemic such as COVID-19 can be stressful and scary. There are continuous news reports of outbreaks and other developments. How can you remain calm?

Manage your media exposure. Staying current on important changes (e.g., travel bans) is appropriate, but it's not necessary to check news outlets multiple times a day.

Stay connected with friends and loved ones. Try to discuss various topics, not just the current crisis. Schedule regular video chats or phone calls.

Maintain routines when possible. If your old routines (e.g., leaving for work) aren't possible, establish new ones such as daily walks or exercise.

Seek out meaningful, productive activities. Make something creative, clean out an overstuffed closet or take an interesting course online.

Many of these strategies apply to helping children cope, too. Additional steps to support them include:

- **Correcting any misinformation.** Encourage precautionary measures, but provide appropriate positive information as well. They should know, for example, that even if family members get sick, most likely they will recover.



- **Allowing them to express their feelings.** Show that you understand what they feel by mirroring their communication ("sounds like you're pretty worried") without disputing it. Let them know that being frightened is perfectly normal.
- **Providing verbal and physical comfort.** Reassure them, but avoid false promises.
- **Instructing them on ways to stay healthy.** These steps include good hygiene (especially handwashing), nutrition, rest and exercise.
- **Remaining patient.** They look to you as an example for how to cope. Know that the situation, while challenging for everyone, is temporary.



BEST bits

■ **When adding to your activity level, increase it no more than 10% per week.** For instance, if you usually walk 2 miles daily and want to boost your fitness level, don't try to double it in a week's time. Gradually add more distance. Tack on another 0.2 miles. Slowly build up to more miles each week until you reach your new goal. The same 10% rule goes for strength training.



■ **A major safety problem at home is children exposed to poisonous products, according to the National Safety Council.** During National Safety Month this June, take an inventory: Keep all chemicals, household cleaners, medicines and potentially poisonous substances in locked cabinets or out of kids' reach. And add safety latches on drawers or cabinets, and child-resistant caps on bottles. Record the National Poison Control Center number in your phone: **800-222-1222** (available 24 hours a day/7 days a week for questions or emergencies).



■ **During Internet Safety Month review your online habits to steer clear of viruses and spyware:** Update your security software, browsers, apps and operating systems. Help your kids safely navigate their digital world and educate them to avoid harmful online experiences; explore websites, games, apps and social media together and set some rules. Learn more at the National Cyber Security Alliance: **staysafeonline.org**.

Note: Due to production lead time, this issue may not reflect the current COVID-19 situation in some or all regions of the U.S. For the most up-to-date information visit **coronavirus.gov**.

Just know what's
inside your food.

— Venus Williams



TIP of the MONTH

Eat the Rainbow

You may wonder if there's one fruit or vegetable that you should eat more often than the others, but there's no one standout option.

Instead, the best advice is to eat a rainbow of different colors of vegetables and fruit because they contain more than 25,000 different phytochemicals, which help prevent disease and keep your body functioning optimally. Examples of beneficial phytochemicals are anthocyanins in blueberries, beta-carotene in carrots, and lycopene in tomatoes.



eating smart

Produce 3 Ways

By Cara Rosenbloom, RD



There's always nutrition research that's up for debate — is saturated fat harmful or helpful? Is a low-fat or low-carb diet better? But the one thing all health professionals agree on is the importance of eating enough vegetables and fruit.

Filled with fiber, vitamins, minerals and important antioxidants, vegetables and fruit are known to help reduce the risk of developing heart disease, type 2 diabetes and certain types of cancer. Your best bet is to fill half your plate with colorful options at all of your meals, and anything goes. It does not matter if the vegetables are fresh, frozen or canned — what's most important is that you eat them daily.



Go fresh: If you live in an area where fresh vegetables and fruits are economical and readily available all year round, stock up on your favorites and enjoy. Some hardy and affordable options are carrots, beets, squash, celery, pears, apples and broccoli. Buy berries in season and freeze them for later use.

Rely on frozen: Studies that test the vitamin content of fresh vs. frozen vegetables show that both are quite nutritious, with frozen options often edging out the fresh options. Why? Because frozen vegetables are picked and packed at the height of their nutrient value, and freezing locks in the vitamins. However, the vitamins in fresh vegetables may degrade while they are shipped and stored. Both are still nutritious options — so choose what you prefer.



Stock cans: Canned vegetables and fruit are economical and convenient, and they have a long shelf life. If possible, choose those with no added salt or sugar. Rinse those that have added salt or sugar.



Remember that canned and frozen vegetables are convenient and help reduce food waste because they last longer than fresh vegetables. They are all great choices.

Summer Corn Salad

EASY recipe

3 cups fresh, frozen (defrosted) or canned (and drained) corn niblets	1/4 cup chopped fresh parsley or basil
1 cup chopped cucumber	3 tbsp olive oil
1 cup diced tomato	2 tbsp apple cider vinegar
1/4 cup diced red onion	1 tsp Dijon mustard
	1/4 cup crumbled feta cheese

In a large bowl, add corn, cucumber, tomato, onion and parsley.

In a small container with a lid, add oil, vinegar and mustard.

Shake well, then add dressing to vegetables, and toss to coat.

Top with feta cheese and serve.



Makes 6 servings. Per serving:

170 calories | 4g protein | 9g total fat | 2g saturated fat | 6g mono fat | 1g poly fat | 22g carbohydrate | 4g sugar | 3g fiber | 98 mg sodium

Dealing with Negative People

Sooner or later, everyone interacts with negative people. Whether at work, home, or social situations, some folks seem to always look on the bleak side, finding fault and complaining. Unfortunately, even if you're a natural optimist, dealing with negative people can impact your mood, too. That's why it's important to set boundaries.

Sure, it's sometimes necessary to talk to people who are negative, and you don't want to be rude or unpathetic. But instead of listening while they complain nonstop, try redirecting the conversation with positive input. Avoid overt criticism and ask how they can fix a problem or find appropriate help. Then, get on with your priorities.

Negative people often blame others for their woes, spreading gossip. Avoid this toxic situation with a simple "that's none of my business" and walk away.

Remind yourself you can't control negative people — but you can control your responses. Distance yourself from negativity when possible.

If you can't remove yourself from a situation, such as a constant complainer at work, psychologist and Psychology Today contributor Sherrie Bourg Carter advises taking a "happy break." Do something to lift your spirits. For example, take a walk or seek a positive friend or colleague.



June is Alzheimer's and Brain

Awareness Month. Did you know? Alzheimer's is the 6th leading cause of American deaths. But it's not part of normal aging, according to the NIH. Instead of feeling helpless about Alzheimer's and related forms of dementia, use Alzheimer's and Brain Awareness month as an opportunity to discover ways to potentially lower the risk and how to bring attention and funding to Alzheimer's research. Learn more at act.alz.org.

Navigating Change

Change, good or bad, is one thing you can count on in life. There are both expected and unexpected changes and they can be happy, dreaded or anything in between. It's important to recognize all changes — whether a shock, such as a death in your family, or a longed-for happy change, such as a new baby or job promotion — produce some stress. It's how the body and brain respond to any new demand, the NIH explains.



Strategies to navigate successfully through change in life and work:

Keep to your regular schedule as much as possible. This includes sticking to your regular bedtime and taking care to get enough sleep.

Make a list of things to tackle related to the new change. You'll have less to remember, and checking things off your to-do list can relieve stress.

Take care of your health. Even if a change has you flustered and extra busy, eat a nutritious diet and skip fast food. Work in exercise, too, even if it's only a daily walk.

Ask for help. Talk to a trusted friend or colleague about the change you are experiencing. And talk to your health care provider if you are having problems coping.



“Change your life today. Don't gamble on the future, act now, without delay.”

— Simone de Beauvoir

“One of the things I learned the hard way was that it doesn't pay to get discouraged. Keeping busy and making optimism a way of life can restore your faith in yourself.”

— Lucille Ball



Recognizing health problems affecting men saves lives. National Men's Health Week, June 15 to 21, brings awareness about men's risks for heart disease, stroke, prostate cancer and other health problems. Guys, get your checkups, seek help quitting smoking or for other addiction problems, and learn how exercise and healthy diets can lower your health risks. Learn more at [cdc.gov/features/healthymen/index.html](https://www.cdc.gov/features/healthymen/index.html).

body & mind

Mobility and Exercise

Explore your movable options.

Most of us can exercise without full physical mobility. Arthritis, chronic illness, severe weight problem or other ongoing physical or mental disability? Some level of regular exercise is possible when it's personally suited to you.

Regardless of your age or condition, staying active can help you feel stronger throughout the day. With the guidance of your health care provider, here are 3 key fitness pursuits to consider.

1. Cardio strength: If you're overweight or have arthritic knees, you can still exercise your heart and burn calories with soft workouts. Routine walking may be the best low-impact cardio workout if you keep a brisk pace; be sure to wear good supportive shoes. Or try elliptical and bike exercise. For upper body strengthening, consider body bands.

2. Muscle health: Do you use a wheelchair? Focus on upper body strengthening with free-weight workouts; wheel yourself about outside daily. For chronic back pain or a shoulder injury, work your leg and core muscles.

3. Stretching: Even with limited movement in your legs or back, you should enjoy better flexibility and comfort through daily stretching. And it may help prevent or delay further muscle atrophy.

Regular exercise can also have a powerful effect on your mental health, especially when coping with long-term physical challenges. During exercise, your body releases endorphins that energize mood and stamina, ease stress, boost your self-confidence and improve your outlook on life.

Maybe you can't move as well as you want to, but you have the same need to protect your health and future as people without disabilities.



EXPERT advice

— Eric Endlich, PhD

Q: Relief for burnout?

A: **Prolonged stress can lead to burnout, a state of physical and emotional exhaustion.** When demands are too great, you may lose interest and motivation. It's important to address this condition before it leads to health problems. Keys to managing burnout include:

- **Identifying the signs early.** Know when you're reaching your limit.
- **Finding a good listener.** Whether via a loved one or support group, feeling heard can be very comforting.
- **Avoiding excessive negativity.** Read positive news stories and seek out upbeat people.
- **Engaging in meaningful activities.** What makes you feel fulfilled?



- **Considering your options.** Can you decline or delegate some tasks?
- **Relaxing.** Try yoga, a nature walk or soothing music.
- **Sleeping.** This is essential!
- **Exercising.** When your energy is low, this can be challenging but also rejuvenating.

Treating Acne

By Elizabeth Smoots, MD

Whiteheads, blackheads and pimples appear on the face, chest and back in people with acne.

This can cause discomfort, emotional distress, and sometimes scarring in severe cases. See your health care provider if your acne does not improve with over-the-counter products such as benzoyl peroxide or salicylic acid.



Prescription medications: These work to help control breakouts and reduce scarring. Acne may get worse before it improves, usually in about 4 to 8 weeks, with prescription medications such as the following:

Topical medications: Retinoids are made from vitamin A. They are applied in the evening and prevent plugging of the hair follicles. Topical antibiotics are used once or twice daily to kill skin bacteria. They are usually combined with benzoyl peroxide to reduce antibiotic resistance. Azelaic acid is another acne cream with antibacterial properties. Dapsone gel is sometimes recommended for inflammatory acne.

Oral medications: Antibiotics by mouth are used to treat moderate to severe acne, usually for the shortest time possible. Women with acne are sometimes prescribed oral contraceptives or the drug spironolactone. People with severe acne that has not improved with other treatments may be given isotretinoin. They must be monitored closely for side effects while taking this acne drug.

EXPERT advice

Q: What is aphasia?

A: Aphasia is the loss of ability to speak, read, write or understand language. The loss of these skills makes it very difficult to communicate with others.

Aphasia usually signals another condition. Common underlying causes include a stroke or traumatic brain injury. Other culprits are infection, brain tumor, dementia or other brain disorders. Temporary aphasia may occur with a migraine headache, seizure or transient ischemic attack (ministroke).

Seek medical care immediately: Call 911 if you or someone you know suddenly has difficulty speaking or trouble understanding speech. Also get emergency medical care if you suddenly develop difficulty with word recall or problems with reading or writing. The condition causing aphasia must be treated immediately to improve the chances of recovery. Long-term treatment usually includes speech and language therapy. Family and friends can also learn skills to better communicate with a person with aphasia. — Elizabeth Smoots, MD



“Don’t tell people your plans. Show them your results.”

— Unknown



One in 7 HIV-positive Americans don’t know they have the virus.

That’s why **National HIV Testing Day, June 27**, is important. Get tested, know your status and, if positive, get linked to care and treatment — antiretroviral therapy can help HIV-positive people live long, healthy lives. Visit the HIV Testing Sites & Care Services Locator at hiv.gov/locator to find a testing location near you.



“Time is more valuable than money because time is irreplaceable.”

— John C. Maxwell

QuikQuiz™: Are You Financially Literate?

Test your money smarts:

- You have \$100 in a savings account and the interest rate is 2% per year. After 5 years how much will you have in the account if you don't spend any?
 - More than \$102.
 - Exactly \$102.
 - Less than \$102.
 - None of the above.
- Your savings account's interest rate is 1% per year and inflation is 2% per year. After 1 year, how much could you buy with the money?
 - More than today.
 - Exactly the same.
 - Less than today.
- If interest rates rise, what will typically happen to bond prices?
 - They will rise.
 - They will fall.
 - They will stay the same.
 - There is no relationship between bond prices and the interest rate.
- A 15-year mortgage typically requires higher monthly payments than a 30-year mortgage, but the total interest paid over the life of the loan will be less.

☐ True ☐ False
- Buying a single company's stock usually provides a safer return than a stock mutual fund.

☐ True ☐ False



ANSWERS:

1. a; 2. c; 3. b; 4. True; 5. False

safety solutions

The ABCs of DE (Device Ergonomics)

The average American spends about 3 hours and 43 minutes daily looking at mobile devices, according to an eMarketer study. With this, neck injuries are also growing, according to an Ergonomic Trends report, "U.S. Time Spent With Mobile 2019."



To prevent these types of injuries, follow this advice:

- Take frequent breaks (every 20 minutes) from typing.** If you plan to use a tablet for longer durations, use a separate keyboard and prop up the tablet on a stand to avoid neck strain.
- Write fewer and shorter messages.** Use dictation when possible. Or use apps available for voice recognition, abbreviation expansion or word completion to reduce key input associated with texting.
- Use hands-free devices** to eliminate awkward and static postures when you have to be on the phone a long time (meetings or conference calls).
- Maintain neutral wrists** and alternate hands when holding mobile devices.
- Keep your head in a neutral position** and keep your elbows relaxed below your shoulders.
- Perform hand exercises** recommended by the Physical Therapy Association.
Learn more at www.uclahealth.org/safety/Workfiles/Ergo-Tips-Hand-Held-Devices.pdf.
- Alternate using fingers and thumbs when typing** to reduce chance of repetitive injuries to the thumb.



SAFETY corner

Unrestrained Flying Objects

Did you realize that your groceries could be a safety hazard if you make a sudden stop or get involved in a car accident?

Loose items such as groceries, water bottles, purses, laptops, umbrellas and toys in a vehicle can cause serious injury if they strike a driver or passenger. According to a 2012 Safety Research and Strategies study, ordinary objects in cars and trucks are responsible for 13,000 injuries each year.

Here's what you can do: Keep bulky or heavier items secured in a trunk or storage net; store smaller objects in a closed compartment unless they are secured with a clip-in system; carry only soft toys for your children; provide storage options for laptops or tablets; and make sure all passengers are buckled up.



Top Reasons for Health Care Visits



Primary health care providers are usually the first health care professional you see when you have health concerns. This person can be a physician, physician assistant or nurse practitioner, whose job is 4-fold. They:

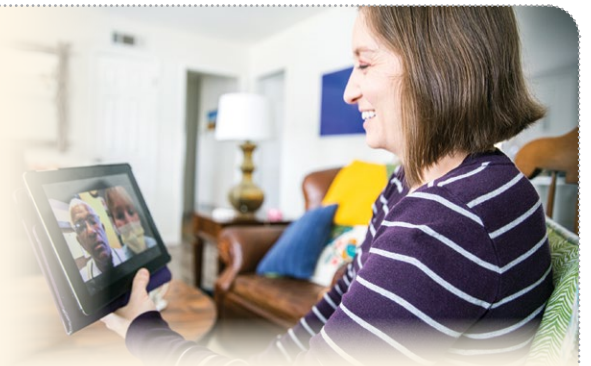
1. **Identify and resolve sudden medical problems.** Common examples are influenza, pneumonia, stomach or intestinal virus, bladder infection, broken bones and other injuries. Providers also may prescribe medications and behavioral change.
2. **Treat you for chronic conditions.** For example, your provider can help you cope with ongoing back pain, insomnia or depression, and guide you with disease management. The most common chronic conditions primary providers help us control include hypertension, diabetes, arthritis, elevated cholesterol, asthma, IBS and obesity.
3. **Refer you to a specialist.** When a condition warrants it, your provider will help coordinate additional care. For example, following a heart attack, you could regularly see a cardiologist. Once you are stabilized on the proper medications, the cardiologist would likely refer you back to your primary care provider for continued monitoring and treatment.
4. **Guide you with self-care measures to help you avoid or control disease.** Your provider will do vaccinations and perform annual physical exams that can include bloodwork and screenings for various diseases and conditions. Providers teach patients how to minimize lifestyle risks that could lead to future diseases. For example, if you have high blood pressure or risks for it, your provider may advise you to manage or avoid it through dietary changes, regular exercise and quitting smoking in addition to medication.

Did you know 6 in 10 adults in the U.S. have a chronic health problem? And 4 in 10 have 2 or more. The leading causes of death and disability: heart disease, cancer, chronic lung disease, stroke, Alzheimer's disease, diabetes and chronic kidney disease.

Working Well with Your Health Care Provider

Having a primary care provider can give you a trusting, ongoing relationship with a single medical professional over time. When choosing your provider, the following qualities can help you build an effective partnership. Your provider:

- **Encourages** your questions.
- **Works** easily with you so you learn what you need to.
- **Refers** you to specialists when needed.
- **Focuses** on wellness and the prevention of health conditions as well as treating them.
- **Provides** advice on reversing risky health behaviors (e.g., weight gain, smoking, alcohol abuse).
- **Has** office staff who are friendly, helpful and promptly return calls.
- **Uses** a patient portal to enhance and quicken communication.



Learn to rely on your provider and make the most of this important relationship. Working as a team and making smart choices can improve your everyday life and extend it well into your senior years.

DR. ZORBA'S corner

Type 2 diabetes is on the rise. It's increased nearly 20 times since 1950. Why? Because we eat or drink excess sugary stuff, eat more refined carbohydrates and less produce and, in general, eat too much and exercise too little. Adolescents are especially at risk. A study of nearly 6,000 teens and young adults found that the prevalence of prediabetes in these age groups is skyrocketing. The problem involves unhealthy blood sugar, blood cholesterol, blood pressure and belly fat. What's the answer? Become aware: Eat better, eat less and exercise more. If you're a parent show your kids the way by eating the right food and moving your body. Mentoring helps, especially when it comes to lifetime habits. What you do with your kids today will pay off when they're your age.

— Zorba Paster, MD

Stay in Touch. Keep those questions and suggestions coming!

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June Fill-in-the-Blank Puzzle

Find out how well you know the topics covered in this issue of the newsletter.

- ① _____ locks in the vitamins in fruits and vegetables.
- ② An example of beneficial phytochemicals are _____ found in blueberries.
- ③ _____ is the 6th leading cause of death in the U.S.
- ④ You can enjoy better flexibility and comfort through daily _____.
- ⑤ Prolonged stress can lead to _____, a state of physical and emotional exhaustion.
- ⑥ _____ can sometimes cause scarring in severe cases.
- ⑦ Common underlying causes of _____ include a stroke or traumatic brain injury.
- ⑧ _____ is the loss of ability to speak, read, write or understand language.



You'll find the answers at personalbest.com/extras/June2020puzzle.pdf.