



Healthy resolutions you'll keep

Here are some tips to make them stick. We've all made live-healthier declarations of the start of a new year. The problem is most of the time they're just too grand. Big goals tend to be unrealistic and set you up for failure. The key to making resolutions stick is to take little steps toward your main goal.

Want to lose weight?

Resolve to set down whenever you eat. This simple behavioral change can help you lose several pounds without even trying. We tend to eat more quickly when we're standing and miss our bodies "fullness" signals that tell us when we've had enough. When you sit you'll eat more slowly and savor each bite, which will help you feel more satisfied.

Want to eat healthier?

Resolve to snack on one-ingredient foods. Many of us get a quarter of our day's calories from snacks, most of which aren't healthy. Switch to one-ingredient snacks (think fruits, yogurt and nuts) or combos of one-ingredient foods (such as trail mix) and you'll eat fewer packaged and processed foods, which will help boost nutrition while decreasing calories.

Want to exercise regularly?

Resolve to walk at least five minutes daily. It made not sound like very much, especially when you've heard you need to do at least 30 minutes daily. But at this point, it's all about setting the groundwork to make exercise a habit. Building a habit gradually and consistently makes it more likely you'll stick with it long-term.

Want to lower your disease risk?

Resolve to substitute beans for meat two meals each week. Studies show that people who eat more plant-based foods, which are lower in calories and richer in antioxidants than some animal-based foods, have fewer



incidents of chronic illness, including heart disease and diabetes. Some easy ways to get your beans: Swap out beef for black and red beans in burritos and chili.

Want to quit smoking?

Resolve to talk to your doctor. Advice and help from doctors can more than double odds a smoker will quit successfully. Quitting smoking may be the single most effective thing you can do to improve your life expectancy.

Want to reduce stress?

Resolve to take time for yourself. Set aside time to think and relax.

Want to feel smarter?

Resolve to do something uncomfortable. Stimulate your brain by moving out of your comfort zone and trying something new. Learn some phrases in a foreign language, attempt a challenging puzzle, or take a class in something new that interests you. Your brain needs exercise, too.

Register to win a free one-month pass to the Baptist East/Milestone Wellness Center

There's no better time than right now to resolve to get into better shape!

That's why we're giving away a free one-month pass to the Baptist East/Milestone Wellness Center.

To register to win, send an email with your name, address and phone number to Pass@BaptistHealthKY-hy.com and type HY Milestone Pass in the subject line.

At Milestone, you'll find award-winning facilities, programs and staff - all focused on doing their best for all clients, regardless of age and fitness level.

For more information on the oasis spa at the Baptist East/Milestone Wellness Center, call (502)753-7554 or visit Baptist-Milestone.com/spa.

Looking for more ways to stay healthy throughout the year?

Sign up for our free monthly e-newsletters, Healthy Helpings (full of recipes and cooking tips) and/or On Fitness and Exercise (tips on staying fit).

Email WellMail@BaptisthealthKY-hy.com with the topic of your choice in the subject line to enroll. Sign up today and you will be eligible to win a \$25 iTunes gift card!

Visit us online:



Children's health

Winter safety tips for kids

To ensure that your little ones survive the coldest season in one piece, take a look at these safety tips:

Bundle up. When it's cold outside, children shouldn't leave the house without wearing several layers of clothing. These layers, which are more effective than one big winter coat or snowsuit, should include thermal underwear, wool socks, turtlenecks, sweaters, sweatpants and a water resistant jacket.

Be careful with sleds, skis and ski. Winter sports, such as sledding, skiing and ice skating, can be tons of fun, but they can also be extremely dangerous. While a sprained knee or a broken wrist would certainly put a damper on the winter season, a head injury could result in everything from learning and memory problems to coma and death. For that reason, wearing a helmet is encouraged for all of these activities.

Don't mess with fire. Once your kids come in from a cold day, they'll probably want to relax in front of a hot fire. No matter how you heat your home, fires are a huge risk for families during winter months. Before building a fire, install a smoke alarm on every floor of the home; you may also need a carbon monoxide detector, as the silent killer gives no warning of its presence. Thousands of fires each year are also caused by space heaters. Don't let a child get too close to a space heater. In fact, don't let anything get too close to a space heater—it should always be at least 3 feet away from particularly flammable things such as curtains, bedding or furniture.



Avoid processed foods

They are linked to an increase in obesity and cancer

Processed foods, or convenience foods, are foods that have been changed in some way, shape or form to make them easier and cheaper to eat. In order to make these changes, most of these convenience foods have been highly processed in some manner. There are some easy ways to wean your family off a diet of processed foods. Ready to get started?

Cook at home, don't eat out. This is the golden rule of not eating processed food. If you really want to change your family's diet, you're going to have to cook at home.

Strive for at least two fruits and/or vegetables per meal. If that task seems too daunting, start with one meal of the day and then increase over time to include all meals.

Snack smart. Instead of reaching for a box of crackers or a bag of chips, learn to snack on real food. Fresh grapes. Cheese. A few almonds. Reprogram your mind to think that the best snacks don't come in packages, bags or wrappers.

Quit soda, juice and other potentially unhealthy beverages. Limit yourself to coffee, tea, water and milk as much as possible on a daily basis. You can allow yourself to have juice a few times per week, but make sure it isn't loaded with excess added sugar or other additives.

Cut back on the meat. Try a few meat-free meals this week, and then gradually increase the frequency of the no-meat meals.

Don't buy foods with the labels "low-fat," "reduced fat" or "light." These foods, while made to appear healthy, are usually heavily processed.

Avoid all things artificial. Don't buy products that have any non-food ingredients added in. No added sweeteners. No added fake flavorings. No colors and dyes.

Follow the five ingredient rule. Avoid anything prepackaged, boxed, canned or frozen that has more than five ingredients total.

Your diet can play a key role in fighting inflammation. Explore ways to ease aches and pains caused by inflammatory conditions such as arthritis by visiting BaptistHealthForYou.com.



Women's health

Reasons you're not getting pregnant

More than 11% of women 15-44 years of age in the United States have difficulty getting pregnant or carrying a pregnancy to term. While each case of infertility is different, there are some risks that can be managed or controlled if you are trying to get pregnant. For example the following reasons can increase your risk of infertility:

Excessive stress.

Excessive physical stress, such as over-exercising or moving, can be risk factors against becoming pregnant. Managing your level of stress is key. Yoga, exercise or finding a creative outlet can play a role in managing your stress.

Extreme weight gain or loss.

The hormonal signals sent from your brain to your ovaries are affected by your weight. Both weight gain and weight loss can disrupt your hormone levels, which in turn play havoc with your fertility.

Smoking.

Most people think it's harmless to light up before you get pregnant, but that cigarette could be killing your chances of conception. Smoking just 10 cigarettes per day can lower your chances of conception by 50%. It's important to stop smoking before pregnancy in order to maximize your chances of successful conception.

Age.

Aging not only decreases your chances of having a baby but also increases your chances of miscarriage and of having a child with a genetic abnormality. Today, more than 20% of women are waiting until they are in their 30s to have children.

A medical condition.

Most couples don't get pregnant on their first attempt, but if a year goes by and you still aren't getting pregnant, make an appointment with your gynecologist. Several medical conditions could be causing your fertility struggles and the first step is identifying the problem. Most fertility tests are simple and fast, and they offer great insight into what is causing a delay in conception.

A primary care physician is important at any stage of life. Visit the online physician directory at BaptistHealthKY.com or call the Baptist Health Information Center at (502) 897-8131 for a physician referral.

Health quiz

The answers are inside you

You remember a little ditty about the thighbone being connected to the hipbone, which was in turn connected to the backbone. But what else do you remember about human anatomy?

1. Are there more bones in your hand or your foot?

Your hand

Your foot

They have the same

2. If you were to stretch out your entire digestive system, how long would it be?

10 feet

30 feet

50 feet

3. What is the most common blood type?

AB+

B-

O+

4. If you were to stretch out your body's blood vessels from end to end, how many miles will blood travel?

6000 miles

60,000 miles

600,000 miles

5. Where is your heart really located?

Left side of your chest

Middle of your chest, slightly to the left

Middle of your chest, slightly to the right

6. The smallest bones in the human body are found in your?

Feet

Ears

Fingers

For the answers to the Body Basics Quiz, send an e-mail to BodyBasicsQuiz@BaptistHealthKY-hy.com and type "HY Body Basics Quiz" in the subject line.

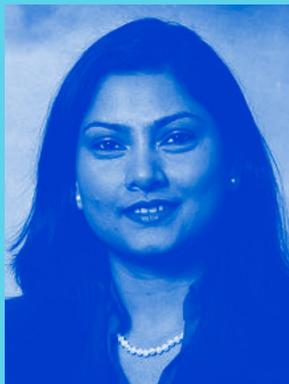


Ask the Doctor

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Is prescription drug abuse a big problem in Kentucky?

“Kentucky is facing a silent epidemic the non-medical use and abuse of prescription drugs is a severe problem in many areas of the state. In fact, Kentucky has the sixth highest overdose rate in the country,” says Ismat Asad, MD, who is board-certified in family medicine with Baptist Medical Associates (Jeffersontown).

The most commonly abused prescription drugs are opioids, or painkillers. Opioid painkillers are highly addictive in some individuals, as they have a similar chemical effect in the body as heroin or opium. When combined with alcohol or other drugs, respiratory and cardiac systems are slowed or excited to dangerous levels, which can result in death.

The most dangerous aspect of prescription drugs is the false assumption that these drugs are safer than street drugs because they are prescribed by a doctor. That couldn't be further from the truth. Opioids kill almost twice as many people in the US each year than cocaine and heroin combined. prescription drug addiction affects the entire family.

"more than 70% of those who illegally used prescription pain relievers obtained them through friends or family, including surreptitiously raiding the home medicine cabinet," Dr. Asad says.

Errors on prescribing controlled substances can be minimized by cross-checking KASPER (Kentucky All Schedule Prescription Electronic Reporting) before any prescription by the providers.

To increase prescription drug safety in your home, Dr. Asad recommends the following steps:

Keep drugs out of reach.

Store your medications in a locked area out of children's reach.

Keep track of your medications, especially those prone to abuse.

Periodically count the medications remaining in the container and make sure that it's the correct amount according to the prescribed dosage.

Dispose of drugs properly.

If specific disposal instructions are provided on the label, follow them. Take advantage of drug disposal days sponsored by local police departments and healthcare providers. Do not flush drugs down the toilet.

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Avoid the post holiday blues

Get back to your normal routine

When that last drop of New Year's Eve champagne is gone and the Christmas ornaments are packed away, many people enter a state of post holiday blues. It's winter; the parties are over and it's back to the daily grind. But you can beat the post-holiday blues.

Let there be light.

The post holiday blues occur when the days are shortest. We all need natural light to feel our healthiest and happiest. So be sure to get outside for some natural light for at least a few minutes every day – especially on sunny winter days. And open the blinds and let as much as light as possible into your home and workplace.

Get back to your normal eating patterns.

All the rich foods and desserts of the holidays can leave us feeling sluggish and foggy. Be mindful about what you're eating now that the treats are not tempting you everywhere you go. Avoid alcohol and drink plenty of water.

Get back to your normal sleep patterns.

Our bodies need a regular sleep routine. The late night revelry of the holidays can leave us tired and out of sorts so get back to your regular sleeping and waking schedule.

Exercise.

Chances are bumping up your fitness routine is already probably part of your New Year's resolutions. A good workout boosts your mood and metabolism in addition to being a good habit.

Change things up a bit.

Break up your routine. Turn off the TV and have a board game night with the family. Pack some soup in thermoses and have a winter picnic in the park on a Sunday afternoon. Shake yourself out of the doldrums by shaking up your routine.

Remember that spring is right around the corner.

The seed catalogs will be coming in the mail before you know it. Planning your spring garden is a great way to spend a winter day.

When stress symptoms begin to affect thoughts, feelings and behaviors, Baptist Health Counseling can help. You'll find a full range of psychological services devoted to helping live an emotionally fulfilling life. Call the 24 Hour Access Center at (502) 896-7105, or toll-free, (800) 478-1105 or find out more at BaptistHealthLouisville.com/counseling.