



Trial Participants Needed

Cholesterol Trial

We are still looking for people who would like to participate in our **cholesterol** trial. If you or anyone you know has a history of high cholesterol, is being treated with a statin medication and is interested in volunteering for this trial, please call our office at 717-267-3606 or write to Kathy at kathy@scotlandfamilymedicine.com. All visits are **free** of charge and you will receive **compensation** for your time.



Are You Frustrated with Caring for Your Alzheimer's Patient? You are NOT alone.

Please contact our office at 717-267-3606 or write to Kathy at kathy@scotlandfamilymedicine.com if you, a friend or family member would be interested in being considered for a **new medication** that is being investigated to help with behavior of patients with **Alzheimer's** disease. Visit www.triadstudy.com for more.

What Causes Stress?



Feelings of stress are caused by the body's instinct to defend itself. This instinct is good in emergencies, such as getting out of the way of a speeding car. But stress can cause unhealthy physical symptoms if it goes on for too long, such as in response to life's daily challenges and changes. When this happens, it's as though your body gets ready to jump out of the way of

the car, but you're sitting still. Your body is working overtime, with no place to put all the extra energy. This can make you feel anxious, afraid, worried and uptight.

Signs Of Stress

- Back Pain
- Constipation or Diarrhea
- Depression
- Fatigue
- Headaches
- High Blood Pressure
- Trouble Sleeping or Insomnia
- Shortness of Breath
- Stiff Neck or Jaw
- Upset Stomach
- Weight Gain or Loss

Tips For Dealing With Stress

- Don't worry about things you can't control, such as the weather.
- Solve the little problems. This can help you gain a feeling of control.
- Prepare to the best of your ability for events you know may be stressful.
- Try to look at change as a positive challenge, not as a threat.
- Work to resolve conflicts with other people.
- Talk with a trusted friend, family member or counselor.
- Set realistic goals at home and at work.
- Exercise on a regular basis.
- Eat regular, well-balanced meals and get enough sleep.
- Meditate

Why Exercise?

Exercise is a good way to deal with stress because it's a healthy way to relieve your pent-up energy and tension. Exercise is known to release feel-good brain chemicals. It also helps you get in better shape, which makes you feel better overall.



Why Meditate?

Meditation is a form of guided thought. It can take many forms. You can do it with exercise that uses the same motions over and over, like walking or swimming. You can meditate by practicing relaxation training, by stretching or by breathing deeply.

Relaxation training is simple. Start with one muscle. Hold it tight for a few seconds then relax the muscle. Do this with each of your muscles, beginning with the toes and feet and working your way up through the rest of your body, one muscle group at a time.

Stretching can also help relieve tension. Roll your head in a gentle circle. Reach toward the ceiling and bend side to side slowly. Roll your shoulders.

Deep, relaxed breathing by itself may help relieve stress. This helps you get plenty of oxygen and activates the relaxation response, the body's antidote to stress.

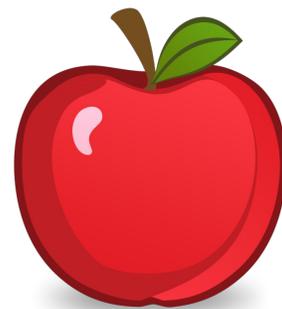


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Let's Talk About Food

Should I Change What I Eat?

- Have you had a discussion with Dr Rictor about a medical problem or a risk factor, such as high blood pressure or high cholesterol?
- Were you aware that this condition could be improved by better nutrition?
- Do diabetes, cancer, heart disease or osteoporosis run in your family?
- Are you overweight?
- Do you have questions about what kinds of foods you should eat or whether you should take vitamins?
- Do you think that you would benefit from seeing a registered dietitian, a



Won't It Be Hard To Change My Habits?

Probably, but even very small changes can improve your health considerably. The key is to keep choosing healthy foods and stay in touch with Dr. Rictor and/or your dietitian, so they know how you are doing.

There are so many different diets and opinions and information out there to wade through. What's important is that you find what works for you. Something that results in positive change and that can be maintained.

- Find the strong points and weak points in your current diet. Do you eat 4-5 cups of fruits and vegetables every day? Do you get enough calcium? Do you eat whole-grain, high-fiber foods regularly? If so, you're on the right track! Keep it up. If not, add more of these foods to your daily diet.
- Keep track of your food intake by writing down what you eat and drink every day. This record will help you see if you need to eat more from any food groups (such as fruits, vegetables or dairy products) or if you need to eat less of a food group (such as processed or high-fat foods).
- Think about asking for help from Dr. Rictor or a dietitian, especially if you have a medical problem that requires you to follow a special diet.

Who's Advice Can I Trust?

Nutrition tips and diets from different sources often conflict with each other. You should always check with Dr. Rictor first. Also, keep in mind this advice:

- There is no "magic bullet" when it comes to nutrition. Short-term diets may help you lose weight, but they are hard to keep up and may even be unhealthy in the long run.
- Good nutrition doesn't come in a vitamin pill. Only take a vitamin with Dr. Rictor's recommendation, as your body benefits the most from eating healthy, whole foods.
- Eating a variety of foods is best for your body, so try new foods!
- Stories from people who have used a diet program or product, especially in commercials and infomercials, are advertisements. These people are usually paid to endorse what the advertisement is selling. Remember, regained weight or other problems that develop after someone has completed the program are never talked about in those ads.



Before You Go

- Plan ahead. If you need any immunizations or vaccinations, see Dr. Rictor at least 6 weeks before you leave. Some vaccines don't reach the highest protection until about 6 weeks after you get the shots.
- Have medical and dental check-ups before your trip, to be aware of problems and to find out about medicines you might need to take with you.
- Be prepared. Find out what your health insurance will pay for if you see a doctor while you're in another country. Carry enough of your regular medicines in their original containers, along with extra prescriptions for them.

Vaccines You Might Need

Dr. Rictor will review the plans for your trip and decide whether you need any vaccines. The vaccines you got when you were a child also may need to be updated if you are not fully protected. Vaccines that you may need include the following:

- Hepatitis A or hepatitis A immune globulin
- Hepatitis B
- Japanese encephalitis
- Measles-mumps-rubella
- Meningococcal meningitis
- Pneumococcal
- Polio
- Rabies
- Tetanus and diphtheria toxoids
- Typhoid fever
- Yellow fever

Keep your eyes peeled next month for another interesting Healthy Bytes! If you enjoy these newsletters, share them with your friends on Facebook and other social media sites. Share the love!

Any Suggestions?

We'd love to hear any suggestions you might have for us. If there's a specific topic you'd like us to cover, a preference on how often you'd like to receive these newsletters or any other thoughts you have on how we're doing, please contact us [here](#) or just give us a call at 717-267-3606. Thanks!



Call Us at 717-267-3606

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