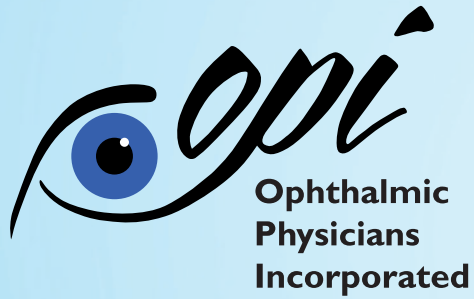




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Movement, moderation, and more water: local health experts give tips on staying well this winter



COURTESY OF JORDAN TAYLOR

Jordan Taylor of I Perform Fitness in Wickliffe works one-on-one to create personalized training programs to fit his client's goals.

By Sheena Holland Dolan
sholland@news-herald.com

After almost a full year of elevated anxiety amid a worldwide pandemic, staying healthy both physically and mentally is the primary concern of many.

While beginning a health journey can seem like a daunting world of diets, sweat and endless information — local experts agree, start simple.

Lydia Skiljan, a certified health and wellness coach at LakeHealth's Brunner Sanden Deitrick Wellness Campus in Mentor, has worked in the wellness field and health education industry for over 30 years, and said the primary focus of her job is helping people meet their goals, big or small.

"With coaching, I help people reach their goals — whatever their goals are," she said. "So it might be losing weight. It might be stress reduction, or organizing your day, organizing your life. And I've worked with all walks of life with that."

Skiljan said that one of the biggest issues she has encountered recently with her clients is, not surprisingly, a massive amount of stress.

She recommended taking advantage

of technology to combat it. She said apps such as "Ten Percent Happier," which provides guided meditation and mindfulness exercises, are a useful route to take if you are one of many struggling with anxiety right now.

Even simple breathing exercises can make a huge difference, Skiljan said.

"Breathing is huge. So there's an easy style of breathing called 'four, seven, eight,' and basically you inhale for four [seconds], you hold for seven, you exhale for eight," she said.

"It's that holding your breath for seven that tells your brain, there can't be a tiger chasing us, because you're holding your breath — and it really is a neurological change," she added. "The whole system calms down, and the good chemicals are released."

As more people are working from home than ever before, Skiljan said it was important to not fall into stagnancy when stuck inside and it seems too cold to want to go do any outdoor exercise.

Her philosophy is that any type of movement is good movement, even if it is just curling soup cans while watching television. It does not necessarily have to be a strict exercise regime.

"Anything you can do, and anything

you're willing to do," Skiljan said. "People say, 'when should I exercise?' or 'what type of exercise?' — whatever you look forward to doing, and you will do, at whatever time you will do it. So it doesn't matter if it's morning or night or whatever, if you're willing to do it."

Another result many have experienced from working at home or simply not going out as much over the past year is the notorious 'quarantine 15' — unexpected weight gain due to stress or lack of activity.

Skiljan said taking simple steps to engineer one's environment to successfully lose weight can be very helpful.

"Make sure your environment is conducive to what you want to do," she said. "So if you want to start eating healthier, or you don't want to gain more weight, get rid of the cakes, the cookies, pasta and garlic bread, whatever it is, that's going to be a trigger for you, or send you down a path."

"I think that's important, making it easy on yourself," she added. "And then find other ways to reduce your stress if you're a stress eater — really think about 'why am I doing this?'"



COURTESY OF JORDAN TAYLOR

Personal trainer Jordan Taylor teaches a young client proper form on the pull-up bar at I Perform Fitness.

Skiljan added that taking time away from computer screens to eat is also another form of mindfulness.

"If you're working and you're thinking, 'well, I'm at home, I should just eat while I'm working.' Don't do that. Take time away, enjoy your meal," she said.

Registered dietician nutritionist Julie Lipowski, who has a private practice called Cleveland RDN with offices in Mentor and Beachwood, also lauded the benefits of self-awareness when it comes to what foods one is putting in their body.

"I would say that everyone needs to be mindful of what their body wants and how you feel...," she said. "If you're tired and bloated all the time, you're probably doing something wrong."

Lipowski spends her time working with a range of clients, from those seeking recovery from eating disorders to those who are just looking for general guidance on how to eat healthier and be more in tune with their own needs.

Once a person has identified foods that are causing more harm than good, Lipowski said it is important to swap them out with better options. But seeking balance in all the food groups is the goal.

"It's not about starving or dieting; it's about balance and moderation," she said.

However, Lipowski said she encourages her clients to be intentional about planning out their meals — she said taking time to shop for groceries and specific ingredients so that they can cook meals at home is important.

In the midst of active spread of COVID-19 across Ohio, Lipowski said using nutrition as preventative medicine is a good idea.

"Make sure you're getting in enough vitamin C, fruits, veggies and whole foods...," she said. "Hydration is really important too, to flush the body of toxins."

No stranger to the importance of hydration, one of the main things personal trainer Jordan Taylor recommends his clients do is make sure they are getting in enough water.

"The biggest thing is increasing your water intake, especially during the winter," he said. "We're more likely to be kind of dehydrated during the winter,

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Movement

FROM PAGE 3

and just simply increasing water is going to increase your metabolism's rate to speed up."

Taylor, owner of I Perform Fitness in Wickliffe, has personal training clients of all ages — ranging from 8 years old to 69.

He said that in addition to keeping easily accessible water bottles around, it is also essential to get in foods that are rich in calcium and iron during the winter.

"So for instance, leafy green vegetables, lentils, beans, things of that nature — it's going to be huge because obviously, you know, we're putting a whole bunch of clothes on and the sun's not always out," he said. "So you're not getting that natural calcium and vitamin D which is essential for our body's health."

Taylor also encouraged anyone looking to start or revamp their fitness routine to begin with simple exercises and lifestyle changes that are easy to turn into habits.

"The likelihood of you doing four, five, or six things is tough," he said. "So I'm like, 'hey, what's the one thing you can for sure do? And then I say cool — can we do that for two weeks? Can we then maybe add something to that? Or can we expand how long you're doing that one thing and then just continue to just build off of that?'"

"[That's] how I've seen people have the most levels of success," he added.

At the end of the day, Taylor said, consistency in how much movement a person is getting will ensure proper blood flow, which plays a role in preventing physical illness, and exercise helps regulate positive hormones released from the brain for mental wellness too.

"It does so much mentally and emotionally," Taylor said. "There's hormones that are released through this physical movement that help with stress reduction."

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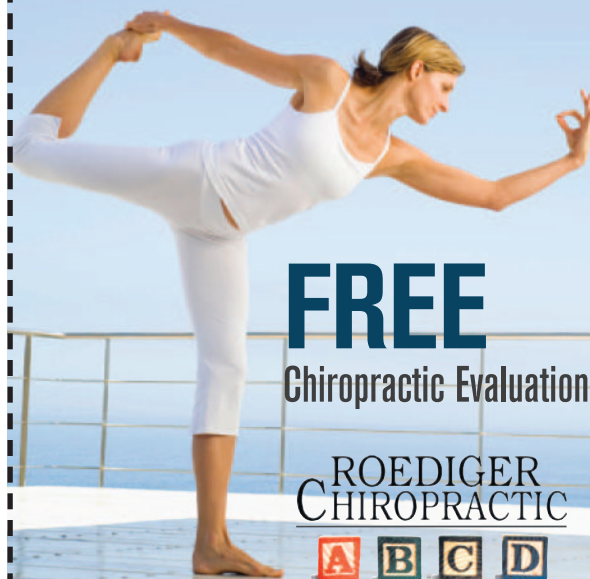
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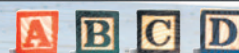


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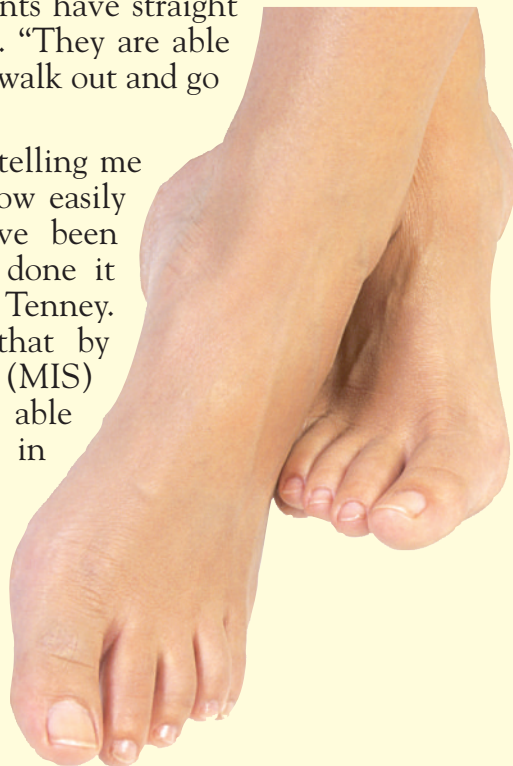
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What's the impact? We lose fitness quickly. Our oxygen uptake, blood volume, and muscle strength decrease rapidly when we stop exercising. This new research indicates that people who report scaling back on exercising since the onset of COVID-19 reported poorer

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Why annual checkups are so important



the Centers for Disease Control and Prevention, routine health exams and tests can find problems before they start. During annual check-ups, doctors may notice some red flags, such as high cholesterol, that men and women won't detect on their own. These warning signs could be increasing people's risk for disease and/or discomfort. Many of these red flags are undetectable without proper screenings, which is why annual checkups are integral to maintaining one's health.

Annual checkups also serve as a great time for adults to be screened for certain cancers. The American Cancer Society notes that cancer screenings are used to find cancer before a person develops symptoms. That's a vital benefit of annual checkups, as cancers caught in their early stages are more easily treated. In addition, catching cancer before it has metastasized greatly improves patients'

prognosis.

Another reason to schedule annual checkups is that they make perfect opportunities for patients to discuss their family histories with their physicians. This is especially important for adults over 40, as age and family history are significant risk factors for a host of conditions and diseases. Men and women concerned about conditions and diseases that their family members have had can discuss those concerns with their physicians during their annual check-ups. Physicians can then recommend ways for patients to balance their risk, calming patients' concerns and giving them a road map to reduce their risk for conditions and diseases that seem to run in their families.

Annual checkups are as vital a component of a healthy lifestyle as nutritious diets and routine exercise. By scheduling annual checkups with their physicians, adults can closely monitor their overall health and potentially uncover issues before they escalate into major health risks.

Nutritious diets and routine exercise are two hallmarks of a healthy lifestyle. Combining the two can lower people's risk for various diseases and contribute to a high quality of life. But food and physical activity are not the only things people should do to improve their chances of living long, healthy lives.

Preventive care is important. One of the most effective principles of preventive care is to schedule an annual checkup with a physician. According to

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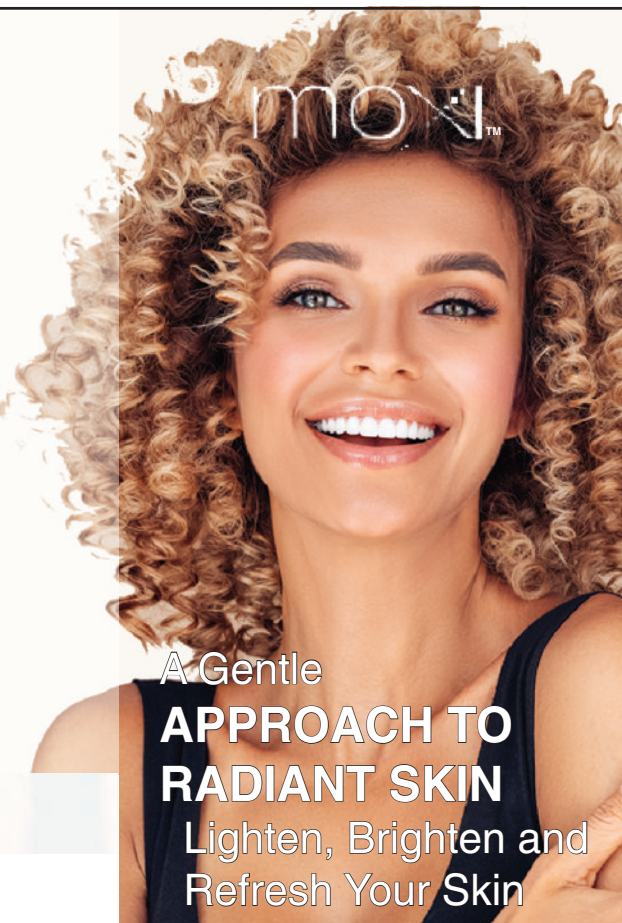
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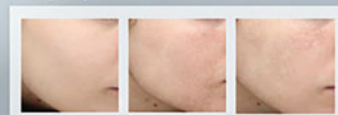
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*ref. The Aesthetic Guide Market Report

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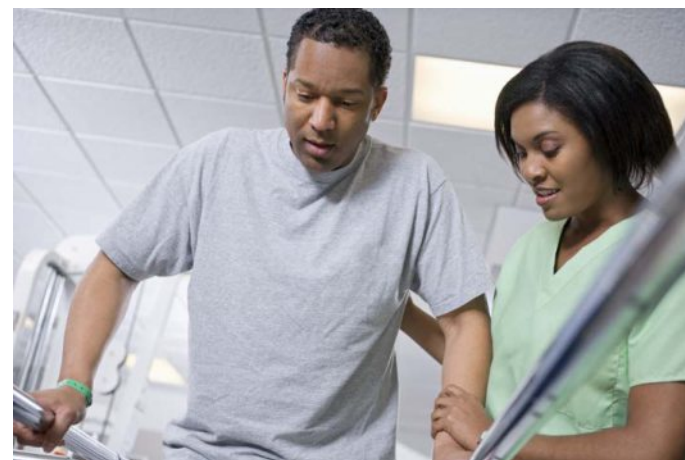
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Bruce came to **Kirtland Rehabilitation and Care** for short-term rehab following a battle with COVID-19. Bruce was on a ventilator and received artificial nutrition through a tube during his hospitalization.

Once he was medically stable, received a negative COVID-19 test, and no longer contagious, he admitted to our facility to regain the strength and skills needed to return home to his wife.

Bruce worked hard with the therapy team to begin eating, walking, and caring for himself again. In one week of therapy, he was able to start eating regular, tender foods again. By the second week, he was walking over 200 feet, up and down a flight of stairs, and drinking regular liquids. After a total of 19 days at the facility, Bruce walked out of our doors and back into the arms of his loving family.

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The smile is most likely to be the first thing someone else notices about us.

Now is the time to take care of our oral health and smile appearance. Start with the all important exam and **cleaning**, whether you need just a preventative routine cleaning or a more extensive treatment due to some level of gum disease. This would be assessed by your dentist and hygienist working together. Removing plaque and tartar removes stain. These cleaning brighten and whiten your teeth! If the gums are irritated or diseased these procedures also improve, not only gum and total body health, but also the appearance of your gums, and therefore, your smile. The gums should be a lighter pink, not red, purple or puffy. Also your breath will be fresher!

At this point, if no work is needed, consider **whitening and brightening** your smile. We have several options to fit your lifestyle and budget. A **professional whitening** will be **more effective** and safer than over the counter or internet products. Ours will be at a more effective strength of solution that brightens to a greater number of shades and faster. Your treatment will be safely monitored by an experienced professional. We have in office laser assisted whitening that speeds up the results. Also available are take home strips, again at a greater strength and efficacy than OTC products.

Broken teeth can be repaired sometimes with tooth colored bonded fillings, veneers, or for more extensive problems, with crowns (caps). In certain conditions, we can straighten the alignment, the size of the teeth, and the color with crowns or possibly with veneers. Stained fillings can be a sign of cavities, along with the negative esthetics they present. For this we

treat with new fillings. Healthy gums and plaque free teeth are a must for the best results and longevity of the new restorations. So we start with the foundation of our mouth...the gums. **Cosmetic dentistry** procedures may need time for planning, design, lab fabrication, and shade satisfaction.

So think about treating yourself to an improved smile, both esthetically and health-wise.

The masks are going to be coming off. We all want to be ready for that moment with a **beautiful smile.**

So hurry! We suggest getting started as soon as possible to create that attractive smile just in time for that mask unveiling!

Hope to "see" you all... and I mean "**all of you**" as in no mask required - **Soon! Smile on!!**

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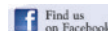
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Overcoming the Mask

Tips for communicating through COVID-19

(Family Features) It can be challenging to communicate through masks, 6-feet of social distance, physical barriers and other factors due to COVID-19 that have changed daily life.

For people with hearing loss, this is an especially challenging time. In a telling sign of increased hearing difficulty, usage of online hearing tests increased 500% since the pandemic began.

“With COVID-19 and masks, everyday tasks are a source of frustration, such as asking a question at the grocery store deli or talking to someone from behind a customer service desk,” said Bill Schiffmiller, a lifelong hearing aid user and founder and CEO of Akoio, a hearing wellness company. “It’s a triple threat because masks reduce the loudness of the voice, muffle pronunciation and eliminate visuals like facial expressions and lip reading.”

Data shows people who can’t hear others begin to stay away from other people, and social isolation can lead to anxiety and depression. People who

have trouble hearing also tend to have higher hospitalization rates and longer hospital stays, according to research published in “JAMA Otolaryngology.”

Among those 55 and older who have hearing loss, 58% don’t use hearing aids. In the past, statistics have shown people waiting up to seven years before getting a hearing aid from the time of diagnosis. However, the communication challenges posed during COVID-19 are driving some to address their hearing sooner than they may have otherwise.

Help Someone Hear You Better

- Consider the mask you’re wearing. Clear masks provide a visual difference, helping with lip reading and facial expressions. The plastic in clear masks, however, can muffle sound too much for some. According to audiologist Dr. Shivani Patel, high-frequency hearing loss is common, making female voices difficult to hear. In this situation, research has found standard medical masks tend to transfer sound best. Try different masks to see what works for



you.

- Minimize background noise. Music, construction, other conversations, heaters and fans can make it challenging to communicate when wearing a mask.

- Avoid “cavernous” rooms. An environment with mostly hard surfaces, such as a large meeting room or gymnasium,

offers minimal sound dampening and can make hearing comprehension more difficult.

- Maintain eye contact. Look directly at the person you’re speaking to and speak clearly, helping him or her read some of your facial expressions. When

SEE PAGE 19

Vision Care of Ohio



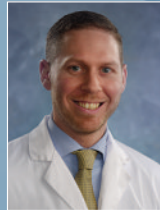
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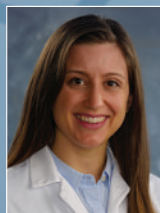
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Hear Better in the New Normal

*"I can barely understand what folks wearing masks are saying."
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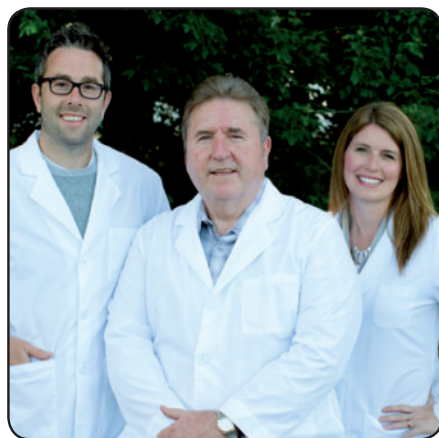
- **PRECAUTIONS**, such as frequent facility-cleaning, prescreening, mobile waiting room, use of personal protective equipment, and more.
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MASK FROM PAGE 17

using video conference services, look directly into the camera in a well-lit room and ensure you have clear picture quality to help with lip reading.

* Be patient. Remember the increased challenges people with hearing loss are facing now. If communication becomes too challenging through a mask, have a backup plan such as pen and paper or a smartphone note-taking app.

When You're Having Trouble Hearing

- Talk to your friends and family. Tell them what you're experiencing and be clear and direct in expressing your thoughts and feelings. Ask whether they have noticed your hearing troubles and listen to their feedback.

- Describe specific instances and circumstances when your hearing is affected most. Armed with this knowledge, friends and family can help you manage various situations.

- Determine a plan of action. Set an appointment to have your hearing checked by an audiologist. If you wear a hearing aid, be sure to carry extra batteries. Notice ways to adjust your environment to reduce background noise.

- Make hearing wellness a priority. Data shows hearing is important to a person's mental and physical wellness, and untreated hearing loss can have multiple health consequences.

Find more hearing resources, downloadable guides and an audiologist finder at akoio.com.

How often to see the doctor

Routine health checkups are a key part of staying healthy. Older adults may feel like they're always visiting one doctor or another. But what is an acceptable frequency for doctor appointments?

The answer isn't always so cut and dry, and many health professionals have mixed feelings even among themselves over the magic number. The Centers for Disease Control and Prevention recommends adults over the age of 65 visit the doctor more than twice as often as 18- to 44-year-olds. According to Paul Takahashi, a physician at the Mayo Clinic in Rochester, Minn., adults should see their primary care physicians at least once a year to make sure diseases are being properly managed and to stay current on preventative screenings.

Visiting the doctor more frequently does not necessarily add up to better health, and it actually can do the opposite. Dr. Peter Abadir, an associate professor of medicine at the Johns Hopkins University School of Medicine, says frequent visits to

health facilities where sick people congregate puts one at a higher risk of illness or infection. Visiting the doctor only when necessary is one way to avoid risky exposure.

Doctor visit frequency is not a one-size-fits-all answer. A yearly physical or checkup is a given, even for people who are healthy. People with a family history of certain conditions, like sleep disorders, cancer, high blood pressure, and other conditions, may need to see a doctor more frequently than those with no such histories. In addition, patients may need referrals to certain specialists who work together to provide an overall health plan. That can increase the number of appointments and shorten the intervals between them. Johnson Memorial Health offers some statistics.

- People visit the doctor four times a year on average.

- Studies show that poor or uninsured people prolong the time between doctor's visits.

- Individuals with high blood pressure may need to see the doctor four

times a year to ensure medications are working properly.

- Patients on dialysis see the doctor several times a week.

Dr. Jennifer Caudle, a family physician and assistant professor at Rowan University School of Osteopathic Medicine in Stratford, NJ, says too often people visit the doctor only when they are really sick. That works to their disadvantage because the appointment will focus only on treating the illness instead of addressing other preventative care and screenings. Balance is necessary in regard to health care.

Patients can work together with their doctors to develop screening schedules that are customized to their particular profiles. These schedules can be modified as health history information changes or as patients age. Doctors can dial back or increase health visits as needed.

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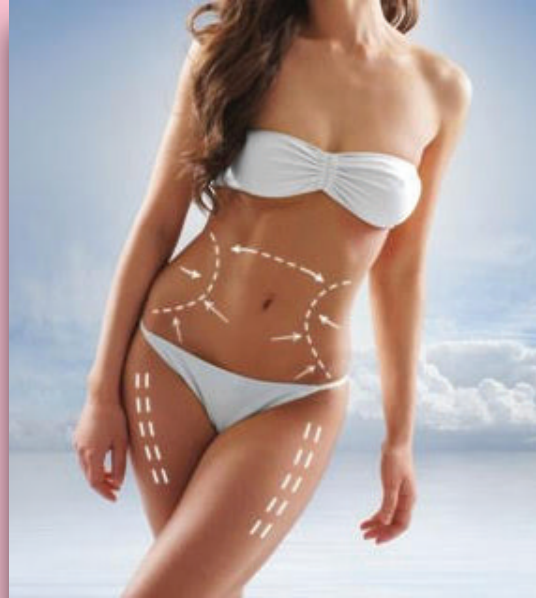
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How exercise can help you live longer



The Mayo Clinic says physical activity can increase the production of endorphins, which are the body's feel-good neurotransmitters. In addition, exercise can imitate the effects of stress, helping the body adjust its flight or fight response accordingly, and help them cope with mildly stressful situations. While engaged in exercise, people may forget about their problems as they are focused on the activity at hand.

Improve bone health

Strength training and physical activity can stave off the effects of frailty and osteoporosis, which affects bone strength. A study published in the *Journal of Internal Medicine* in 2017 found that hip fractures are associated with diminished quality of life and survival among the elderly. One in three adults aged 50 and over dies within 12 months of suffering a hip fracture, and older adults have a five- to eight-times greater risk of dying within three months following a hip fracture. Building muscle strength, balance and bone density through exercise can reduce falls and frailty, helping to prevent fracture-related health risks.

Addresses sarcopenia

The health and wellness resource Healthline defines sarcopenia as the loss of muscle mass specifically related to aging. Doctors once considered this muscle loss inevitable, and it can affect stamina and lead to weakness. However, new indications suggest that exercise is the main treatment regimen for sarcopenia, particularly resistance training. This is designed to improve muscle strength and help balance hormone levels by turning protein into energy for older adults.

These are just some of the ways exercise can help older adults live longer, healthier lives.

There are many reasons to get in shape. Weight loss is a prime motivator, as is reversing a negative health effect, such as high cholesterol or increased diabetes risk. Routine exercise also can improve life expectancy.

WebMD says exercise keeps the body and brain healthy. That's why exercise should be an important component of daily life no matter one's age.

Research published in the *Journal of Immune Aging* found that how people age is 75 percent lifestyle and only 25 percent genetics, which underscores the importance of the lifestyle choices people make.

Cardiorespiratory fitness

Many health experts say that cardiorespiratory fitness may be just as valuable a metric to determine overall health as blood pressure and lipid levels. People with a high aerobic capacity can deliver oxygen to tissues and cells efficiently to fuel exercise, according to data published in 2014 in the *Journal of Aging & Disease*. In a study involving 11,335 women, researchers compared V02 max, also known as aerobic capacity, in women with mortality data. Women who were fit from a cardiovascular perspective had a lower death rate from all causes, irrespective of the women's weight.

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