Moody BLUE

Don’t let winter get you down

Join us for a night at the Oscars®
EXERCISE ADVICE

Keep it simple

EXERCISE: You know you should do it. But it’s so confusing. There’s so much information available about how much and what sort of exercise is best for you. But keeping fit isn’t as complicated as you might think. Here’s pretty much all you need to know to get started.

How much?
You don’t need to be a marathon runner to reap the health benefits of exercise. Just moderate amounts of activity can help. In fact, the American Heart Association reports that moderate exercise, such as brisk walking for about 30 minutes on five to six days weekly, could cut your risk for premature death by 50 percent.

More specifically, the Centers for Disease Control and Prevention advises adults to engage in:

› Moderately intense activities for at least 2½ hours a week.
› Vigorous activities for 20 minutes or more on three or more days a week.
› Strengthening activities, such as weightlifting, two days a week.

What kind?
Moderate activities include: ➔ Brisk walking. ➔ Golf, when pulling or carrying your own clubs. ➔ Recreational swimming. ➔ Doubles tennis. ➔ Bicycling at 5 to 9 mph on level terrain. ➔ Lifting weights. ➔ Chores such as pushing a power mower, scrubbing floors and washing windows.

Vigorous activities include: ➔ Race walking, jogging and running. ➔ Swimming laps. ➔ Singles tennis. ➔ Bicycling at more than 10 mph or riding on steep terrain. ➔ Chores such as mowing with a push lawnmower or moving furniture.

The key to a successful—and sustainable—exercise program is to pick activities you enjoy.

NEW YEAR, NEW YOU

It’s cold outside, so take your exercise inside to Premiere Fitness,
2231 Lake Ave. in Ashtabula.

We have many options, including:
✓ Cardio and strength training equipment.
✓ The only Treadwall in the area.
✓ Exercise classes.
✓ Personal trainers.
✓ A salon.
✓ Much more.

For more information, visit www.premierefitness.com or call 440-998-3488 (440-998-FITT).

FREE EXERCISE?

One step at a time

MANY PEOPLE CLAIM that they cannot start exercising because of the cost of a health club membership, but there is always a free alternative—walking.

Walking just a few times a week can greatly improve a person’s overall health. Studies have shown that people who walk regularly have fewer incidences of cancer, diabetes, heart disease, stroke and other potentially fatal diseases.

Kathy Chiacchiero, RN, wellness coordinator at Ashtabula County Medical Center, says that walking is a great activity, because it can be done indoors or outdoors. She suggests using a treadmill to exercise while watching television.

"Pull it in front of the TV and watch your favorite show while you walk,” Chiacchiero says. "It makes the time go by."

But the health benefits are even greater for those who walk outdoors year-round.

People are often leery about walking on snow-covered sidewalks, Chiacchiero says, but the benefits of being outdoors— fresh air and exposure to sunlight—are worth the hassle.

Experts suggest walking for at least 30 minutes to get the most benefit.
Seasonal affective disorder (SAD) is linked to a decrease in sunlight.

Dreary? Weary?

AS THE DAYS SHORTEN and the clouds increase, moods start to change.
Most people are able to cope with the changing seasons. But for some, the approach of winter means bouts with depression—and more.

The winter doldrums
Seasonal affective disorder (SAD) generally comes with the dark, cold, grey days of winter.

“The further north of the equator, the greater the risk—mostly due to decreased sunlight,” says Farid Talih, MD, a psychiatrist with Ashtabula County Medical Center (ACMC).

Dr. Talih is board-certified in psychiatry and sleep medicine. He treats patients with a variety of psychological disorders in his office and in the ACMC Behavioral Medicine Unit, including specialized treatment for senior citizens.

Serotonin is found in the central nervous system and affects appetite, sleep, mood, memory and learning.

“Everyone has a biological clock, better known as circadian rhythm,” Dr. Talih says. “During the fall and winter months, sunlight is limited, and the melatonin levels decrease, causing changes in affect and mood.”

Melatonin is a primary chemical in regulating the sleep-wake cycle. It is produced primarily at night.

According to Dr. Talih, SAD symptoms include:

➜ Decreased energy.
➜ Oversleeping.
➜ Decreased interest in activities or social gatherings.
➜ Craving high-carbohydrate foods.

Those who experience SAD may also engage in substance abuse, withdraw from society, perform poorly at work or school, or have suicidal thoughts.

Clear away the clouds
The good news for people with SAD is that it is often easily treatable. Changes in sunlight exposure and diet usually help most people.

“Get outside in the sunlight,” Dr. Talih says. “Make your home or office sunnier—open the blinds; trim the trees outside.”

Dr. Talih also says that some herbs and supplements have been shown to help.

Dr. Talih says that eating more cold-water fish, such as salmon or herring; flax seed oil; pumpkin seeds; walnuts; or olive oil can help a person combat SAD. Each of these foods is high in omega-3 fatty acids, which also contributes to a healthy cardiovascular system.

Dr. Talih says that people with severe cases of SAD may need medication or group therapy.

One benefit to living in the snowbelt is that snow is a great reflector of light. Even on cloudy days, the snow reflects light, which can brighten the day enough to help lift people’s spirits.

TIME TO TALK?
Set up an appointment to talk about mood or other behavioral issues.

Call 440-994-7504.
Consider organ donation

IF SAVING ONE LIFE is a noble act, what about saving many lives? That kind of heroism may sound unattainable, but it’s possible if you become an organ donor.

According to the U.S. Department of Health and Human Services (HHS), a single organ donor can save or improve the lives of as many as 50 people.

Unfortunately, there’s a shortage of organ donors in this country. As many as 19 people in the U.S. die every day waiting for a transplant that never comes, the HHS reports.

What can be donated
You’ve probably heard about heart or lung transplants that use donated organs.

But a variety of other organs and tissues can be donated and used for transplantation, including:

- Kidneys
- Liver
- Pancreas
- Intestines
- Middle ear
- Corneas
- Skin
- Heart valves
- Bone
- Veins
- Cartilage
- Tendons
- Ligaments

In addition to saving lives, these organs and tissues can help restore sight, cover burns, replace veins, and mend damaged connective tissue and cartilage.

When to act
During cardiac arrest, the heart suddenly stops functioning. As a result, a person collapses and can no longer breathe. You may feel shocked if you see this happen, but don’t let it stop you from acting. Try not to be afraid, and remember that your actions can only help, says the American Heart Association (AHA).

If an adult around you suddenly collapses, call 911. Then administer hands-only CPR. Here’s what to do:

- Place your hands in the center of the person’s chest. Push as hard and as fast as you can, allowing the chest to rise between compressions.
- Continue, without interruption, until emergency help arrives.

Hands-only CPR can be as effective for cardiac arrest as regular CPR, says the AHA. However, do not use the hands-only technique for:

- Infants or children.
- Adults whose cardiac arrest was related to a drug overdose or near drowning.
- An unwitnessed cardiac arrest.

In these instances, conventional CPR, which includes rescue breathing, is recommended.

When minutes count
Ashtabula County Medical Center’s emergency department was recently noted as having shorter wait times for cardiac patients.

Becoming a donor
If you want to become an organ donor, sign up with the state donor registry and indicate your decision on your driver’s license. In some cases, a donor’s family may need to give their consent, so it’s also a good idea to discuss your wishes with your family.

3 things a donor should know
If you become a donor, you and your family should know that:

1. The first priority when you are admitted to a hospital is always to save your life. Donation is considered only after efforts to save the life of the donor have failed.
2. A donor’s body is treated with the utmost respect, and an open-casket funeral is still possible after donation.
3. There is no cost to the donor’s family for removing organs and tissues.

U.S. Department of Health and Human Services

Find out more about organ donation at organdonor.gov.
Get a taste of the red carpet

Oscar Night © America tickets now on sale

ON SUNDAY, FEB. 27, the Ashtabula County Medical Center (ACMC) Foundation will host an official Oscar viewing party during the 83rd Academy Awards® ceremony.

The black-tie-optional affair will be held at The Lodge at Geneva-on-the-Lake from 7 to 11 p.m. Attendees will experience the feel of arriving at the Oscars®, complete with red carpet, paparazzi, champagne and a copy of the official Oscar show program—the same program given to celebrities and others attending the awards show at the Kodak Theatre in Hollywood.

Come in formal attire or dress up as your favorite celebrity. The highlight of the night is a live broadcast of the award ceremony.

A red carpet cause

Guests at Oscar Night America will not only experience the glitz and glamour of a Hollywood-style event, but they will also play an instrumental role in raising money to help the Foundation and ACMC open a community clinic. The clinic will provide much-needed healthcare to area residents who are uninsured or underinsured.

“Oscar Night has long been an occasion for friends and families to gather and cheer for their favorite films and stars,” says Bruce Davis, the Academy of Motion Picture Arts and Sciences executive director.

Tickets to the ACMC Foundation’s Oscar Night America are $125 each. A portion of the ticket price is a tax-deductible donation to the ACMC Foundation. In addition to the live broadcast of the Academy Awards, guests will have an opportunity to mingle with local celebrities and bid on auction items, including a helmet autographed by Jim Tressell, an autographed banner from ESPN, items from the Cleveland Indians and Cleveland Cavaliers, and more.

“Oscar Night America is a unique opportunity to combine our love of movies and movie stars with raising money to help our friends and neighbors receive the healthcare services they need,” says Ken Johnson, ACMC Foundation board member and general manager of Conneaut Telephone Company and Suite 224 Internet.

A nationwide event

Only one charity party in a given media market may participate in Oscar Night America. Events are entirely produced by local nonprofit organizations, with the active participation of the local ABC-TV affiliate station.

Cincinnati is the only other Ohio city to host an official Oscar Night America party. Since its inception in 1994, the national program has generated nearly $30 million for a wide spectrum of charitable organizations—every cent stays in the community where it was raised.

A CHANGE CAN DO YOU GOOD
Want to maintain a healthy weight and help protect your heart at the same time? One way to do that is to substitute low-calorie foods for higher-calorie ones.

IT DOESN’T TAKE MUCH to change the way you eat. According to Barbara Vennetti, RD, and Jamie Spendal, RD, dieticians at Ashtabula County Medical Center, minor changes in eating habits can have a big effect on overall health.

They suggest starting by adding seasonal foods to your diet. For example, a trip to the local apple orchard between August and December can net some tasty varieties of apples.

Another way to subtly change your diet is to make healthy food substitutions. Try using applesauce instead of oil, Greek yogurt instead of sour cream, or sunflower seeds or nuts on salads instead of croutons.

### Instead of

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<tr>
<td>Whole milk</td>
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<td>Ice cream</td>
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<th>MEAT, FISH, POULTRY</th>
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<td>Regular ground beef</td>
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<th>BAKED GOODS</th>
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Need some extra help making a weight-loss plan? The registered dieticians at Ashtabula County Medical Center’s Nutritional Services Department provide nutrition counseling with a physician referral. Nutritional counseling is available for:

- Diabetes, including gestational diabetes.
- Lipid disorders.
- Cardiovascular disease.
- Hypertension.
- Obesity, including childhood obesity.
- Malnutrition.
- Eating disorders.
- Renal disease.
- Gastrointestinal disease.
- Wounds.
- Cancer patients.
- Osteoporosis.
- Sports nutrition.
- Pre-bariatric surgery.
- High-risk pregnancy.
- Healthy eating.

Nutrition counselors will help establish eating and exercise plans that can be followed for a lifetime.

A patient must present a signed referral from his or her physician with a diagnosis noted. Check with your insurance provider to determine if nutritional counseling is covered.

To schedule an appointment, call 440-997-2262, ext. 2093.
An apple a day keeps the doctor away, may be rooted in truth. Researchers have proven that apples are necessary for good health, and since Ohio’s apple season runs through March, now is the perfect time to add some apples to your diet. Several recent studies show just how beneficial apples can be, say Barbara Vennetti, RD, and Jamie Spendal, RD, dieticians at Ashtabula County Medical Center. For example:

➜ A 2007 Pennsylvania State University study showed that people who added an apple to their breakfast or morning snack consumed fewer calories than those who did not.

➜ A 2007 study from the United Kingdom found that people who ate five apples per week had better lung function and a lower risk for asthma.

➜ A 2004 study linked apple consumption to a reduced risk for Alzheimer’s disease and Parkinson’s disease, while another linked apple consumption to a reduced risk of cardiovascular disease.

"Apples may be even better for you than previously appreciated," Spendal says. "They are a healthy food choice, especially if eaten instead of less-nutritious snacks. But even if eating apples can’t keep the doctor away, eating more apples is unlikely to cause you harm."

One reason apples are so good for us is that they contain the antioxidant quercetin, which has been linked to reduced growth and spread of cancer cells. The peel is a good source of quercetin, so don’t throw it away. Tannins in apple juice may also help keep gums healthy.

Apples are low in calories—about 80 for a medium-sized apple—and are high in fiber. Since 84 percent of an apple’s content is water, it also helps relieve thirst. Spendal suggests incorporating apples into your diet in different ways—beyond just wiping off the fruit and eating it whole.

A good kid-friendly snack is an apple sandwich. Slice a Granny Smith or other tart apple, and put it in a whole-grain pita with ricotta cheese and a dash of cinnamon.

With plenty of apple orchards throughout northeast Ohio, it is easy to add locally grown apples to your family’s diet.

From the recipe box of ACMC chef John S. Juhasz

Easy apple crisp

This low-sodium, low-fat recipe is provided by John S. Juhasz, executive chef/nutrition foodservice manager, AVI Healthcare Division, Ashtabula County Medical Center nutrition services.

**INGREDIENTS**
- 4 cups sliced apples in water
- ½ teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- 1 cup apple cider
- 1 ounce granola

**DIRECTIONS**
- Preheat oven to 325 F.
- Drain water from apple slices.
- Combine sliced apples, cinnamon, nutmeg and apple cider.
- Place mixture in 2-inch deep pan and cover with foil.
- Bake apple mixture until internal temperature reaches 165 F.
- To serve, ladle 3 ounces of apple mixture into a bowl. Sprinkle 1 ounce of granola on top. Serve hot.

Cover, label and refrigerate leftovers.
AshtAbula County Medical Center’s (ACMC) emergency medicine care is among the top 5 percent in the nation, according to a recent study by HealthGrades, the leading independent healthcare ratings organization. As a result, ACMC is a recipient of the HealthGrades 2010 Emergency Medicine Excellence Award.

Of the 4,900 hospitals examined for their mortality rates in 11 of the most common conditions for Medicare patients associated with emergency medicine, only 255 received this award. ACMC and the other award recipients had a 39 percent lower mortality rate for the 11 conditions studied than the other facilities. The mortality rates were risk-adjusted so that hospitals with older patients or patients with more serious illnesses could be compared on an equal footing with other hospitals.

The study used 5 million Medicare patient records from 2006, 2007 and 2008 to analyze mortality rates for bowel obstruction, chronic obstructive pulmonary disease (COPD), diabetic acidosis and coma, gastrointestinal bleeding, heart attack, pancreatitis, pneumonia, pulmonary embolism, respiratory failure, sepsis, and stroke.

“With the CDC showing that 50 percent of hospital admissions are now beginning with hospital emergency rooms, it’s more important than ever for hospitals to reach the level of excellence achieved by those in the top 5 percent of this study,” says Rick May, MD, a vice president with HealthGrades and co-author of the study. “Those living in a community with a top 5 percent hospital in emergency medicine should feel extremely confident that, should an emergency arise, they will receive top-notch care.”