

2024

# HEALTHCARE *Profiles*

- 3 | Dos and Don'ts  
**OF HEALTHY  
WEIGHT LOSS**
- 4 | What Dental Hygiene  
**DOES FOR  
OVERALL HEALTH**
- 8 | Seven Lifestyle Choices  
**TO REDUCE  
CANCER RISK**
- 11 | Signs Kids  
**COULD BE HARD  
OF HEARING**

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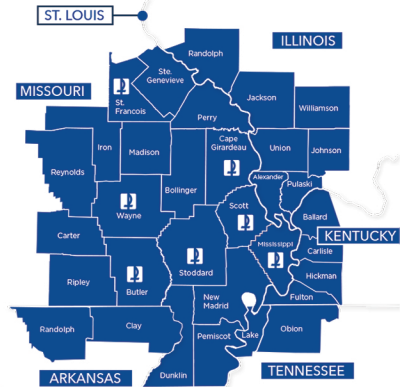
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# Dos and Don'ts OF HEALTHY WEIGHT LOSS

Maintaining a healthy weight promotes long-term health. Being overweight or obese are risk factors for various conditions, including type 2 diabetes and cardiovascular disease. The World Health Organization reports that the worldwide obesity rate has tripled since 1975. In 2016, more than 1.9 billion adults were overweight. Of these, more than 650 million were obese.

Health issues related to obesity are largely preventable. Losing weight in a healthy manner is essential for safe and lasting results. Individuals aspiring to lose weight can follow these guidelines on what to do and what not to do.

**DO** add lean protein sources to your diet. Healthline indicates the body burns calories when digesting and metabolizing protein, so a high-protein diet can help to shed up to 80 to 100 calories per day. Protein also helps you to feel full, reducing the propensity to overeat.

**DON'TS** get hung up on numbers early on. The Centers for Disease Control and Prevention advises that even modest weight loss of 5 to 10 percent of your total body weight is bound to produce health benefits, such as improvements in



blood sugar levels, cholesterol and blood pressure. Start small and gradually build up.

**DO** eat at least four servings of vegetables and three servings of fruits daily. Produce contains an abundance of vital nutrients and is often fiber-rich and low in calories, which helps you to feel full.

**DON'TS** overlook the impact of beverages on weight loss. The calories in sugary beverages, including some all-natural fruit juices, can add up quickly. Stick to water, tea or other unsweetened beverages to help with weight loss.

**DO** get moving more. The Mayo Clinic notes that while it is possible to lose weight without exercise, getting moving can help burn off the excess calories you can't cut through diet alone. Exercise boosts metabolism and benefits mood and strengthens muscles and the cardiovascular system as well.

**DON'TS** go shopping while hungry. If you do, you may make

impulse buys that compromise healthy eating plans.

**DO** speak with a doctor if you are vetting diet and exercise plans. A healthcare professional can assist you by indicating if a particular diet or fitness routine is acceptable for your age, goals and current health status.

**DON'TS** forget to track eating. Most healthy diets involve some sort of calorie-counting, whether they actually require you to document your intake or use a formula to attribute "points" or another measure related to what you eat. Writing or tracking the foods and beverages you consume will provide the most honest assessment of habits that could affect weight loss.

**DO** include foods you enjoy. Completely restricting access to occasional treats may cause you to resent healthy eating, which can derail weight loss goals. The principle of moderation can apply to healthy weight loss as long as you account for the more calorie-dense foods.

Losing weight in a healthy manner is achievable when you seek guidance and follow some time-tested techniques.



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# What dental hygiene DOES FOR OVERALL HEALTH

Brushing and flossing your teeth may save you extra sessions in the dentist's chair each year, but the benefits of dental hygiene do not end with pearly whites. In fact, there's a direct correlation between oral hygiene and overall health.

Oral health offers clues about overall health, advises the Mayo Clinic. When a dentist or hygienist checks a person's mouth, he or she is getting a window into that person's overall wellness — including if something is amiss.

Dental hygiene matters because, without proper brushing and flossing, bacteria in the mouth can grow unchecked. Over time, that bacteria can infiltrate and break down the soft tissues in the gums and teeth, eventually leading to decay and gum disease. Greenwood Dental Care in Illinois states that the bacteria from the mouth could travel into the bloodstream and elsewhere, causing a host of issues.

There's a high correlation between an unhealthy mouth and systemic diseases. The United Kingdom-based dental group Fulham Road Dental indicates that gum disease is linked to heart problems,



kidney diseases and certain types of cancer. Dentists who notice problems in their patients' mouths may be able to predict potential illnesses elsewhere in the body, advising those patients to seek consultations with other healthcare providers.

Here's a deeper look at some of the correlations between oral health and overall health, courtesy of the Mayo Clinic.

- **Endocarditis:** When bacteria or other germs from the mouth or

another part of the body spread through the bloodstream, they can attach to certain areas of the heart. This causes an infection in the inner lining of the heart chambers or valves.

- **Pregnancy and birth complications:** Periodontitis has been linked to low birth weight and premature birth.
- **Cardiovascular disease:** While it's not fully understood why, clogged arteries, stroke and heart disease may be linked to inflammation and infection caused by oral bacteria.
- **Pneumonia:** Bacteria in the mouth may be pulled into the lungs, where it can lead to respiratory illness, such as pneumonia.

It's a two-way street with health and the mouth. Certain diseases can lead to issues in the mouth. HIV/AIDS may cause mucosal lesions in the mouth; those with osteoporosis may have weakened periodontal bone and tooth loss; and research has shown that diabetes puts gum health at risk.

Individuals should make oral health a priority, as it has a significant effect on their overall health and well-being.

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# Seven Lifestyle Choices TO REDUCE CANCER RISK

To date there is no definitive cure for cancer, nor any one preventative treatment. But individuals should not resign themselves to the fact that cancer is inevitable. There are plenty of lifestyle modifications that can go a long way toward reducing cancer risk. Here's a deeper look at some of the more effective.

## AVOID TOBACCO

Not only does smoking cause between 80 and 90 percent of lung cancer deaths, according to the Centers for Disease Control and Prevention, it also contributes to many other forms of the disease, including cancers of the pancreas, liver, bladder, and cervix. Quitting smoking and avoiding secondhand smoke can reduce cancer risk.

## EXERCISE REGULARLY

Physical activity can lower estrogen levels, reduce levels of insulin in the blood, help a person lose weight, and reduce inflammation — all factors that contribute to the formation of cancer. Experts recommend 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity exercise a week.

## EAT HEALTHY FOODS

The American Institute for Cancer Research indicates cer-



tain minerals, vitamins and phytochemicals can produce anti-cancer effects. Many foods, namely fruits, vegetables, whole grains, and legumes, can boost health and contribute to lower cancer risk.

## AVOID EXCESSIVE ALCOHOL CONSUMPTION

Drinking alcohol regularly increases the risk of cancers to the mouth, voice box and throat, according to the CDC. Furthermore, alcohol consumption is a primary risk factor for liver cancer. By limiting alcohol consumption, individuals can reduce their cancer risk.

## BE CAUTIOUS OF HEPATITIS C

Individuals should avoid behaviors that put them at risk of contracting hepatitis C, which causes inflammation of the liver. Hepatitis C can be contracted by receiving a piercing or tattoo in an unsanitary environment, through injecting or

inhaling illicit drugs, through unsafe sex, or if you are a healthcare worker exposed to infected blood through an accidental needle prick.

## APPLY SUNSCREEN

Protect the skin from exposure to ultraviolet rays from the sun and tanning beds, as skin cancer is the most common form of the disease in the United States. Simply reducing exposure can help prevent skin cancers and other damage. This includes wearing wide-brimmed hats, applying sunscreen with an SPF of at least 30, avoiding the sun between 10 a.m. and 4 p.m., and wearing sun-protective clothing. Tanning beds are not safer for the skin than being out in the sun, so they should be avoided.

## GET ENOUGH SLEEP

The importance of sleep to overall health is easily overlooked. Lancaster General Health says, while there is no specific data for sleep on cancer prevention, sleep deprivation can lead to harmful behaviors, such as overeating, drinking too much alcohol or being too tired to exercise, each of which increases cancer risk.

Relatively easy lifestyle changes can go a long way toward reducing cancer risk.



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# Hormone Therapy (MEN & WOMEN)

## Common Symptoms :

- Fatigue
- Mood swings
- Sleep issues
- Hot flashes/night sweats
- Joint pain
- Brain fog
- Low sex drive
- Low motivation
- Erectile dysfunction
- Depression/anxiety
- Vaginal dryness
- Weight gain

## Treatment options:

- Pellets, creams, shots, oral options
- Testosterone (TRT) for men

## Weight Loss

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- Phentermine

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- Immune boost, energy
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# Signs kids **COULD BE HARD OF HEARING**

Hearing loss is often associated with aging, and understandably so. Individuals from all walks of life undoubtedly have an aging friend or relative who has experienced some degree of hearing loss, and millions of seniors across the globe would admit to having some difficulty with their hearing. But hearing loss also can affect children and, if undiagnosed, it can have an adverse affect on nearly all aspects of their lives.

The World Health Organization estimates that, as of 2021, approximately 34 million children present with hearing loss that requires rehabilitation. Johns Hopkins Medicine notes that hearing loss in children can be present at birth or develop later in childhood. Hearing loss that develops later in childhood is known as acquired hearing loss, and parents can look for various signs that kids could be losing their hearing. The American Speech-Language-Hearing Association notes that the signs of hearing loss in children may include:

- Delayed speech and/or language development



- Speech sound disorder: The ASHA notes that speech sound disorders include any difficulty or combination of difficulties with perception, motor production, or phonological representation of speech sounds and speech segments
- Difficulty in following or understanding instructions
- Frequent requests for repetition
- Use of increased volume on devices, including televisions, personal music players and tablets
- Difficulty effectively expressing themselves: Children can exhibit difficulty expressing themselves verbally and/or via written language
- Frustration with communication breakdowns
- Feeling of exhaustion at the end of a school day
- Difficulties at school: Children with hearing loss may experience academic, behavioral, or social difficulties in the classroom and on campus

## **WHAT CAUSES ACQUIRED HEARING LOSS IN CHILDREN?**

The causes of hearing loss in children can be as simple as cerumen (ear wax) or as complex as damage to middle or inner structures after suffering trauma to the head. Children's Healthcare of Atlanta notes that over-the-counter ear wax removal drops can effectively clean ears and restore kids' hearing, though such drops may need to be part of routine preventive health care measures. Ear infections, encephalitis, excessive noise exposure, meningitis, the presence of a foreign body in the ear, and viral infections like measles or mumps also can contribute to hearing loss in kids. Physicians can direct treatment of hearing loss based on the cause of kids' hearing loss, but it's worth noting that some hearing loss may require long-term use of hearing aids, surgery or medication.

Though often seen as a byproduct of aging, hearing loss affects millions of children as well. More information about children and hearing loss can be found at [asha.org](http://asha.org).



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