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SATURDAY, Jan. 28, 2023

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BE HAPPY, BE HEALTHY

Health is important for both mind and body. See inside for tips on mental health, diet, age and more.

B3-B8

HEALTH

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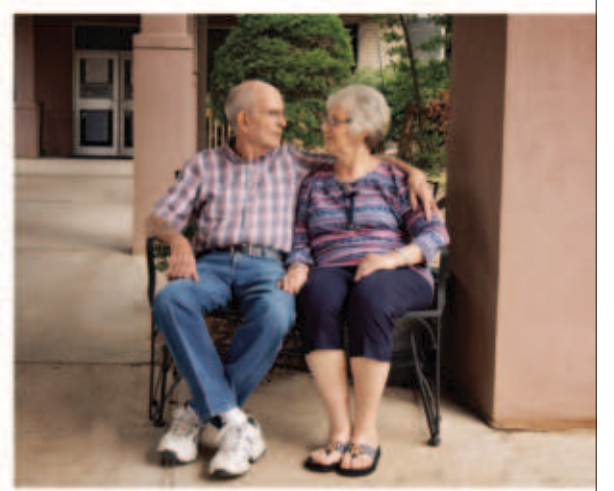
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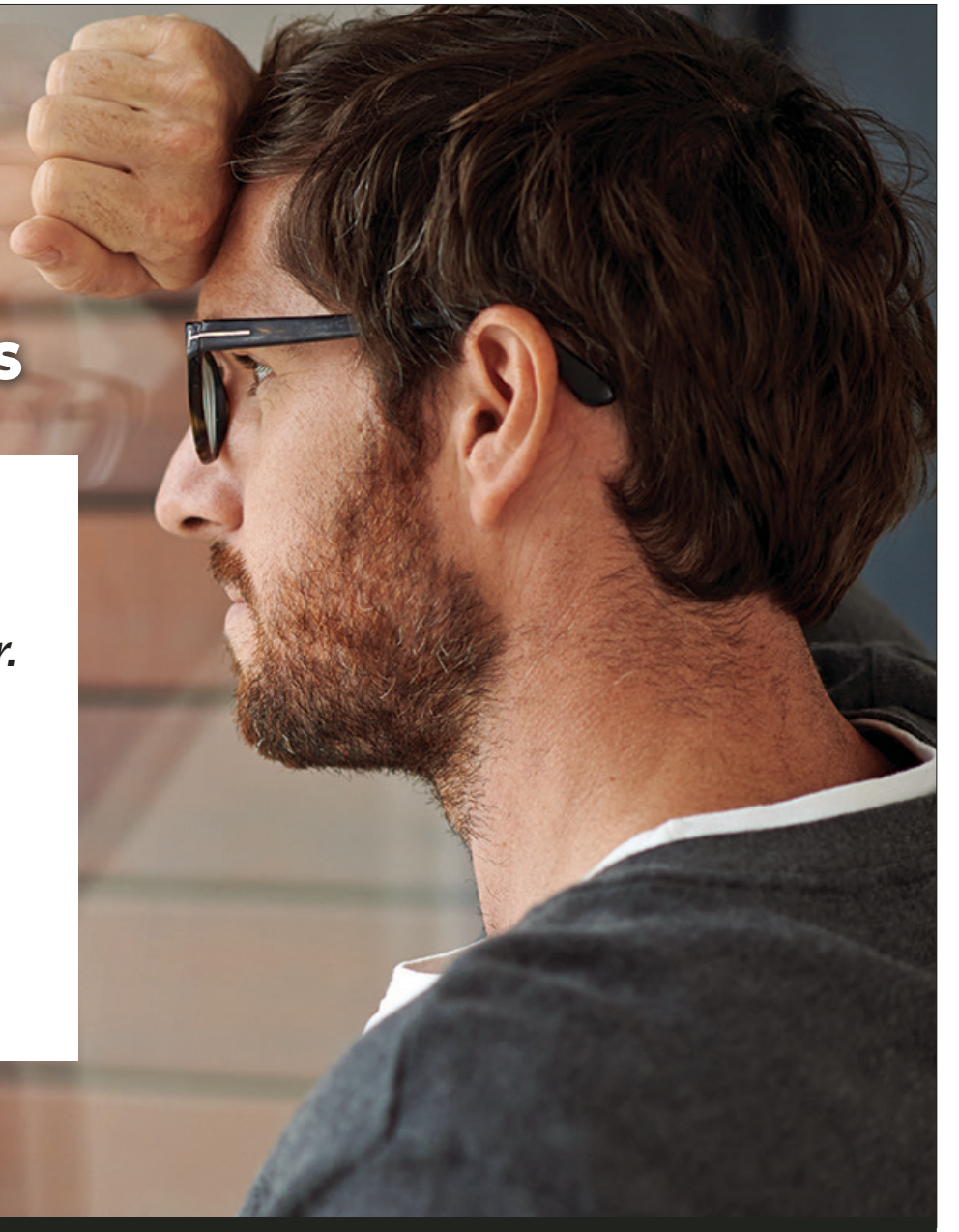
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WARNING SIGNS OF MENTAL HEALTH ISSUES

A 2017 study from the Institute for Health Metrics and Evaluation estimated that 792 million people across the globe lived with a mental health disorder.

If that figure is startling, it's likely even greater as a result of the pandemic.

Below are some common signs of mental illness in adults and adolescents.



STOCK PHOTO COURTESY OF METROCREATIVE CONNECTION

(MetroCreative Connection)

Data from the Kaiser Family Foundation indicated that about four in 10 adults in the United States reported symptoms of anxiety or depressive disorder during the pandemic. That marked a significant uptick since the summer of 2019, when one in 10 adults reported such symptoms.

The pandemic undoubtedly posed significant challenges that affected the mental health of people across the globe. But those challenges won't necessarily go away if and when life returns to pre-pandemic normalcy. Nor is there any guarantee that new challenges that pose a threat to individuals' mental health

won't arise in the years to come. That reality underscores the importance of learning to recognize signs of mental illness in both adults and children.

The National Alliance on Mental Illness notes that each mental illness has its own symptoms, so anyone concerned about their own

mental health or the health of a loved one can speak with a mental health professional for more information. In the meantime, the NAMI notes that these are some common signs of mental illness in adults and adolescents.

- Excessive worrying or fear
- Feeling excessively sad or low
- Feelings of confusion or difficulty concentrating and learning
- Extreme mood changes, including uncontrollable "highs" or feelings of euphoria
- Prolonged or significant feelings of irritability or anger
- Avoiding friends and social activities

- Difficulty understanding or relating to other people
- Changes in sleeping habits or feelings of fatigue and low energy
- Changes in eating habits, such as increased hunger or lack of appetite
- Changes in sex drive
- Difficulty perceiving reality (delusions or hallucinations, in which a person experiences and senses things that don't exist in objective reality)
- Inability to perceive changes in one's own feelings, behavior or personality. Some individuals experience a lack of insight known as anosognosia, which NAMI describes as unawareness of one's own mental health condition.

- Overconsumption of substances such as alcohol or drugs
- Multiple physical ailments without obvious causes, such as headaches, stomach aches and vague and ongoing aches and pains
- Suicidal thoughts
- Difficulties handling daily life, including an inability to carry out activities or handle problems and stress that arises each day
- An intense fear of weight gain or concern with appearance
- Pre-adolescent children also can experience mental illness, which can manifest itself through these symptoms:
 - Changes in academic performance

- Excessive worry or anxiety. Some children may fight with parents to avoid going to bed or school.
- Hyperactive behavior
- Frequent nightmares
- Frequent disobedience or aggression
- Frequent temper tantrums
- Individuals who are experiencing any of these symptoms or those who recognize them in loved ones, including children, are urged to contact a health care professional, including their general physicians, who may be able to recommend a mental health specialist. More information is available at www.nami.org.

DEALING WITH DEPRESSION

Depression is among the most common mental disorders in the world. According to a 2019 report from the Institute of Health Metrics and Evaluation, roughly 3.8 percent of the world's population is affected by depression. That percentage is higher among adults (5 percent) and even more so among adults 60 and over (5.7 percent).

One of the first steps toward overcoming depression is to learn how it can manifest itself.



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(MetroCreative Connection)

Despite its prevalence, depression still carries a stigma, leaving many people to confront it in silence. However, over the last several years, public attitudes toward mental health have shifted, compelling millions of people to recognize the severity of the threat posed by mental health disorders like depression. That recognition has led various prominent public figures, such as comedian Jim Carrey, athlete Kevin Love and singer/actress Lady Gaga, to publicly acknowledge their own battles with depression.

Depression is nothing to be ashamed of, and recognition of that reality may compel millions of people to seek the help they need. One of the first steps toward overcoming depression is to learn how it can manifest itself. Though feelings of sadness are common in people with depression, according to ADA Health, depression is much more than a feeling of sadness, and its symptoms may be masked by physical complaints or substance abuse. That can make it hard to identify signs of depression, which underscores

the significance of learning to spot its symptoms. The National Institute of Mental Health notes that the following signs and symptoms could be indicative of depression if individuals have been experiencing them most of the day, nearly every day, for at least two weeks.

- Persistent sad, anxious, or "empty" mood
- Feelings of hopelessness or pessimism
- Feelings of irritability, frustration or restlessness
- Feelings of guilt, worthlessness or helplessness
- Loss of interest or plea-

sure in hobbies or activities

- Decreased energy, fatigue or feeling "slowed down"
- Difficulty concentrating, remembering or making decisions
- Difficulty sleeping, early morning awakening or oversleeping
- Changes in appetite or unplanned weight changes
- Thoughts of death or suicide, or attempts at suicide
- Aches or pains, headaches, cramps, or digestive problems without a clear physical cause that do not ease with treatment

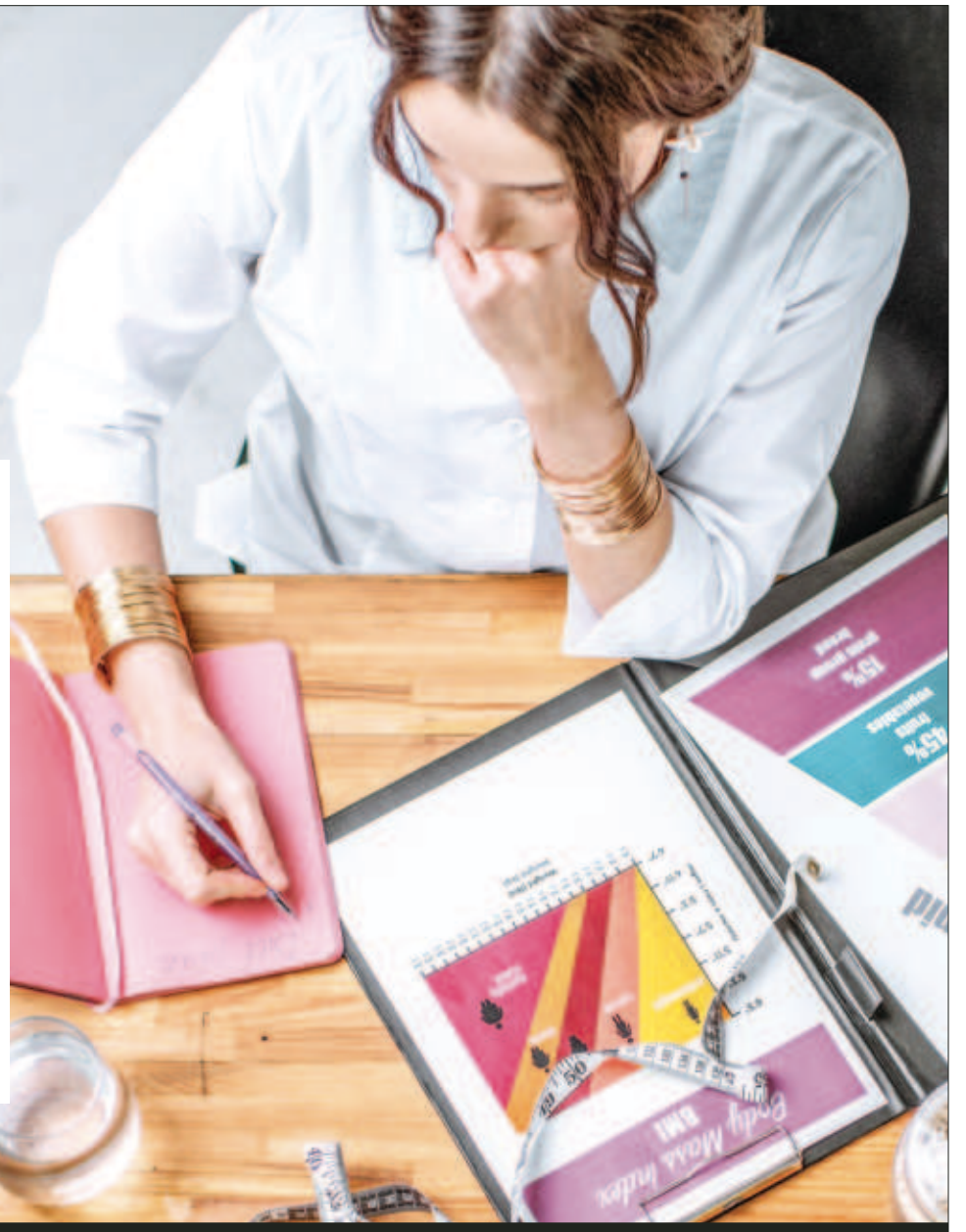
It's important that individuals experiencing these symptoms or those who witness them in loved ones avoid self-diagnosing their conditions or the condition of friends or family members. If any of these symptoms are present for two weeks or more, contact a physician immediately or urge a loved one to do so. More information about depression can be found at www.nimh.nih.gov/health/topics/depression.

YOU'RE NOT ALONE
If you or someone you know is considering suicide, please contact:
National Suicide Prevention Hotline
1-800-273-TALK (8255)
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DIABETES AND DIET

The number of people living with diabetes has risen dramatically over the last four decades. According to the World Health Organization, between 1980 and 2014, the number of people with diabetes rose from 108 million to 422 million.

The dramatic spike in diabetes cases in such a short period of time highlights just how big a threat the disease poses to the health of people across the globe.



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(MetroCreative Connection)

The dramatic spike in diabetes cases in such a short period of time highlights just how big a threat the disease poses to the health of people across the globe. That makes now a perfect time to learn more about diabetes and what individuals can do to manage their disease.

WHAT IS DIABETES?

Diabetes is a chronic disease related to how the body produces or utilizes insulin, a hormone that regulates blood sugar. Diabetes occurs when the pancreas does not produce sufficient insulin or cannot effectively utilize the insulin it produces.

WHAT IS THE DIFFERENCE BETWEEN TYPE 1 AND TYPE 2 DIABETES?

The WHO notes that more than 95 percent of the people with diabetes have type 2 diabetes. According to the American Diabetes

Association®, type 2 diabetes occurs when the body does not use insulin properly, whereas type 1 occurs when the body does not produce insulin.

CAN DIABETES BE MANAGED?

It's important that individuals diagnosed with diabetes recognize that both types 1 and 2 can be managed. The ADA reports that diet and routine exercise are vital to managing type 2 diabetes. The ADA urges people who have recently been diagnosed with diabetes to speak with a registered dietitian nutritionist (RDN/RD) to find foods that

are healthy and help them feel satisfied at the end of a meal. Lingering may compel people to make poor dietary choices that could make their condition worse. The ADA's "Nutrition Consensus Report," published in 2019, is a comprehensive review of 600 research articles over a five-year span conducted by a panel of scientists, doctors, endocrinologists, diabetes educators, and dietitians. That review emphasized the significance of working with an RDN, noting that recommendations about diet for diabetes patients must take factors specific to each individual, including their life circumstances and prefer-

ences, into consideration. The review also noted that each person responds differently to different types of foods and diets, so there is no single diet that will work for all patients.

Though there is no "one-size-fits-all" diet for people with diabetes, the ADA created the Diabetes Plate Method as a simple way to help people with diabetes create healthy meals. The method urges individuals to fill half their plate with nonstarchy vegetables, such as asparagus, broccoli, green beans, and salad greens. One-quarter of the plate should be filled with lean proteins such as chicken, lean beef

(cuts like chuck, round or sirloin), or fish (salmon, cod, tuna). Plant-based sources of protein also count, and these include beans, lentils, hummus, falafel, edamame, and tofu, among other foods. The final quarter of the plate should be reserved for foods that are higher in carbohydrates, such as whole grains (brown rice, quinoa, whole grain pastas), beans and legumes, or even fruits and dried fruit.

More people than ever before are being diagnosed with diabetes. Diet plays a significant role in managing life with diabetes. More information can be found at diabetes.org.

HEALTHIER MEALS MADE AT HOME

Cooking foods at home is one of the simplest ways to gain greater control over personal health. Cooking at home is the easiest way to know precisely what you're putting into your body each day. Cooking your own meals also enables you to customize recipes so they align with any dietary restrictions or personal preferences you may have.

Increasing the amount of vegetables in one's diet is a simple and healthy modification.



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(MetroCreative Connection)

According to a 2021 survey by the consumer market research firm Hunter, 71 percent of people in the United States plan to continue cooking more at home after the pandemic ends. Increased creativity and confidence in the kitchen, as well as the fact that cooking at home helps to save money and enables one to eat healthier, is driving the ongoing increase in dining in.

When cooking at home, cooks can consider various tips to make meals that much healthier.

INCREASE FIBER INTAKE

Fiber improves bowel regularity and helps a person feel full between meals. High fiber foods also help stabilize blood sugar levels.

Two servings of fibrous foods at each meal and an additional fiber-rich snack each day can ensure your body is getting the fiber it needs.

SLOW DOWN EATING

The pace at which a person eats a meal can affect his or her overall health. Healthline reports that fast eaters are more likely to eat more and have higher body mass indexes than slow eaters.

CHOOSE WHOLE GRAINS

Choosing whole grain breads or cereals over re-

fined grains can make for a more nutritious diet. Whole grains are linked to a reduced risk for type 2 diabetes, heart disease and cancer.

SWAP GREEK YOGURT FOR OTHER VARIETIES

Greek yogurt contains up to twice as much protein as regular yogurt, providing roughly 10 grams per 3.5 ounces. Protein along with fiber helps a person feel fuller longer, which can manage appetite and reduce overeating. Greek yogurt also can replace mayonnaise or sour cream in cer-

tain recipes.

ADD A VEGETABLE TO EVERY MEAL

Vegetables are loaded with essential vitamins and minerals. Plus, they tend to be high in antioxidants that strengthen the immune system. Increase vegetable intake by eating vegetables with every meal.

CHOOSE HEALTHY FATS

While a person should minimize the amount of oils and other fats used during the cooking process, when it's necessary for a recipe, select the best fat possible.

Olive oil is a monounsaturated fat that is packed with antioxidant polyphenols. It is considered a heart-healthy oil, and it may promote a healthy brain and memory function.

Cut out sweetened beverages. Sodas and other sweetened drinks are leading sources of added sugar in diets. Opting for water or naturally sweetened fruit juices can improve overall health.

Small dietary changes can add up to big health benefits.



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PERSONAL TRAINERS

THE BENEFITS OF WORKING WITH A PROFESSIONAL

(MetroCreative Connection)

Goals can be a motivating force that help people realize their full potential. When it comes to personal fitness, goals are often an essential component of getting healthy.

Achieving fitness-related goals is not always so easy. A 2018 survey from Cision and Varo Money found that 45 percent of respondents resolved to lose weight or get in shape in 2018. Many of those people made those efforts part of their New Year's resolutions, which various studies have found have a high failure rate. In fact, one 2015 report from U.S. News indicated that 80 percent of New Year's resolutions don't survive to see the second

week of February.

Fortunately, there are ways to clear the hurdles required to make significant lifestyle changes, particularly those associated with physical fitness. Whether they're looking to lose weight, improve their overall health and/or simply hoping to look better in the mirror, many people find working with personal trainers is a good way to get on track and stay on track. People on the fence about hiring personal trainers can

consider these benefits to working with these highly trained fitness professionals.

KNOWLEDGE

Gyms often require their personal trainers to earn their personal training certifications, and many universities now even partner with specific certification programs so people who want to become personal trainers can earn both their degrees and their certifications. Knowledgeable, certified personal trainers can help their clients tailor their workouts around clients' individual goals. After meeting with a client and learning about the client's goals, trainers can design workout

regimens specific to the individual. That personalization is not possible for people who design their workout regimens around generalized advice they find online or elsewhere.

MOTIVATION

Personal trainers also can provide the motivation their clients need to keep going. That's valuable for anyone, but especially for people new to exercise or those who haven't been physically active for some time. Trainers can motivate clients to finish sets when weightlifting, but also track clients' progress between workouts. When delivered by a trained fitness professional, such progress

reports can motivate people to keep working, especially during those times when they might be questioning their commitments to exercising.

VARIETY

Many people quit working out due to something often referred to as "exercise boredom." That's the boredom that can set in when people perform the same exercise routine for weeks, months or even years at a time. Personal trainers can use their experience to create exercise regimens that change often enough to prevent exercise boredom from settling in.

AVOID INJURY

Perhaps the biggest benefit to working with a personal trainer is that doing so can reduce risk for injury. Personal trainers know the appropriate ways to use exercise machines and watch their clients closely to ensure their form is always correct during a workout. Poor form or misuse of machines can lead to injuries that can quickly derail fitness goals.

Personal trainers can be invaluable assets for people looking to get or stay healthy.



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DIET AND AGE

The human body is a marvel. How the body transforms over the course of an individual's life is one of its more remarkable qualities, and those changes never cease, even as individuals near retirement age.

The following are some ways aging adults can use diet to combat age-related changes to their bodies.



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(MetroCreative Connection)

The changes associated with aging include physical transformations but also more subtle shifts the naked eye cannot see. For example, metabolism slows as individuals grow older, and aging also can lead to a decrease in bone density and muscle mass. These changes affect how men and women at or nearing retirement age should approach their diets in recognition of the various ways their nutritional needs change at this point in their lives. Any modifications to a diet should first be discussed with a physician, but the following are some ways aging adults can use diet to combat age-related changes to their bodies.

PRIORITIZE PROTEIN

The authors of a 2010 study published in the journal Current Opinion in Nutrition and Metabolic Care recommended that older adults consume between 25 and 30 grams of protein with each meal. The researchers behind the study concluded that such consumption could limit inactivity-mediated losses of muscle mass and function.

OVERCOME REDUCED PRODUCTION OF VITAMIN D

WebMD notes that people over 65 typically experience a decrease in natural production of vitamin D. Vitamin D is not naturally found in

many foods, so aging men and women may need to rely on supplementation to ensure their bodies get enough of it. Vitamin D helps with anti-inflammation, immune system support and muscle function, among other benefits. So it's vital that aging men and women find ways to get sufficient vitamin D.

CONSUME AMPLE DIETARY FIBER

The National Resource Center on Nutrition & Aging notes that fiber plays an important role in the health of older adults. Fiber has been linked with heart health, healthy digestion, feeling full, and preventing constipation, which the online

medical resource Healthline notes is a common health problem among the elderly. Though the NRCNA notes that older adults need slightly less fiber than their younger counterparts, it's still a vital component of a nutritious diet. The feeling of fullness that fiber consumption can provide also is significant, as it can ensure adults who aren't burning as many calories as they used to aren't overeating in order to feel satisfied. That can make it easier for such adults to maintain a healthy weight.

MONITOR INTAKE OF VITAMIN B12

The NRCNA notes that

vitamin B12 is involved in a host of important functions in the body, including nerve function and the formation of red blood cells. Vitamin B12 is most easily found in animal products, which many aging men and women must largely avoid due to other health concerns. In such instances, men and women can discuss supplementation with their physicians as well as alternative food sources of B12, such as fortified cereals, salmon and other items.

Bodily changes related to aging increase the likelihood that men and women will need to alter their diets in order to maintain their overall health.

COGNITIVE HEALTH

HOW TO PROTECT YOUR BRAIN LONG-TERM

(MetroCreative Connection)

Cognitive health is not something to take for granted. Although a certain level of memory loss can be expected as people age, when the ability to clearly think, learn and remember is compromised, those changes can affect an individual's ability to perform daily activities and should serve as a cause for concern.

Brain health should be a priority for everyone. The National Institute on Aging says brain health is an umbrella term that encompasses a host of factors, including:

- cognitive health, which is how well you think, learn and remember
- motor function, or how you make and control movements
- tactile function, which is how you feel sensations; and
- emotional function, or how emotions are interpreted and responded to.

Individuals can safeguard brain health — particularly cognitive health — by taking these steps.

BE MORE HEALTH-

CONSCIOUS

Working with doctors, individuals can put their health first. This includes getting routine screenings, managing chronic health problems, limiting or avoiding alcohol and nicotine products, and getting the recommended amount of sleep each night.

MANAGE HIGH BLOOD PRESSURE

All chronic conditions cause long-term repercussions, but the NIA indicates that observational studies show having high blood pressure in mid-life increases the risk of cognitive decline later in life. Lowering blood pressure lowers the risk for mild cognitive impairment and possibly dementia.

CHALLENGE YOUR BRAIN

Harvard Medical School says nurturing social contacts, engaging in stimulating mental activities like reading and doing puzzles, seeing new places, and learning new things can help keep the brain in top form.

MANAGE STRESS

Stress can take its toll on the body, and there is reason to believe that it may adversely affect cognitive health as well. Make every stride to reduce stress, whether that involves taking vacations, meditating, laughing with friends and family, or engaging in relaxing activities that relieve stress.

GET ENOUGH VITAMIN D

Vitamin D is linked to a host health benefits, including its potential to promote a healthy brain. Individuals can get more time outdoors to get vitamin D naturally from the sun and eat foods rich in vitamin D. If doctors find that vitamin D levels are exceptionally low, supplementation can help.

PAY ATTENTION TO HEARING LOSS

Certain hearing loss has been linked to cognitive decline, says Healthline. Researchers in Italy concluded that people with central hearing loss had



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STAYING ACTIVE

FUN FOR SENIORS

Physical activity is an important component of overall health. Health experts advise that exercise can increase lean body mass, prevent conditions like diabetes and cardiovascular disease, improve balance, and positively affect mental health/cognition. Exercise also can foster socialization with others, helping people overcome boredom and isolation.

As individuals get older, they may not be able to participate in all of the activities they enjoyed as youths, but that doesn't mean older adults must resign themselves to sedentary lifestyles.



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(MetroCreative Connection)

As individuals get older, they may not be able to participate in all of the activities they enjoyed as youths, but that doesn't mean older adults must resign themselves to sedentary lifestyles.

There are plenty of entertaining ways to remain physically active that can accommodate any limitations a person may have. Explore these methods for staying active.

EXPLORE SENIOR CENTER OFFERINGS

Community senior centers often fill calendars with a vast array of activities, some of which can include physi-

cal activities. Hikes, walking tours, dances, and other activities all serve as entertaining ways to get out and about while meeting some fitness goals.

GARDEN OR DO YARD WORK

The Office of Disease Prevention and Health Promotions says adults should get 150 minutes of moderate exercise per week. Raking leaves, mowing the lawn, digging in flower beds,

trimming bushes, and other outdoor tasks could help a person meet this quota in a way that doesn't seem like exercise at all.

PLAY GAMES WITH GRANDCHILDREN

Little kids may inspire older adults to be more active, as it can be difficult to keep up with those youngsters. Take infants or toddlers for walks or push them

in strollers. Attach a child seat or towing carriage to a bicycle and ride around the neighborhood. Play games that require movement, such as hide-and-seek or Marco Polo in the pool. If it's snowing, have a snowball fight or make a snowman in the yard.

TAKE UP A NEW HOBBY

Find hobbies that incorporate physical activity. Perhaps learning to salsa dance or taking Zumba™ will

be fun? Pickleball has caught on across the nation. The sport is a mix of tennis, racquetball and badminton that caters to all ages. Joining a bowling team is another way to get active and meet new people.

Physical activity is important at any age. Seniors can explore fun ways to stay in shape and be active to reap all the benefits of exercise.

THERE'S AN APP FOR THAT

HEALTH JOURNALING OPTIONS MADE EASY

Coryell Health

Traditionally an activity limited to pen and paper, the expansion of consumer technology has enabled health journaling to go digital. Apps and online tracking exercises can be accessed 24/7 from your smartphone. Whether using apps or not, accurate monitoring of your day-to-day life as it relates to your body provides detailed information which allows you and your primary care provider greater insight into your overall health.

WHY TRACK YOUR HEALTH?

Tracking your health can help you make smarter choices about your body while allowing you to improve your quality of life. Through day-to-day observation, you're given more insight into your habits. You may begin to choose to eat healthier, drink more water and prioritize exercise after an in-depth review of your regular routines. These records can help you make the most of your doctor's visits—be ready to ask your doctor questions based on your symptoms and the patterns you're noticing while tracking. Share any information of note with them, such as a rise in your blood pressure, that you've noticed over time.

WHAT HEALTH DATA IS USEFUL?

Health tracking enables you and your primary care provider to see trends in symptoms and behaviors for individual wellness metrics like:

- Weight, temperature, blood pressure and blood sugar levels
- Sleep quality and quantity
- Medication intake
- Food and beverage consumption
- Exercise and activity level

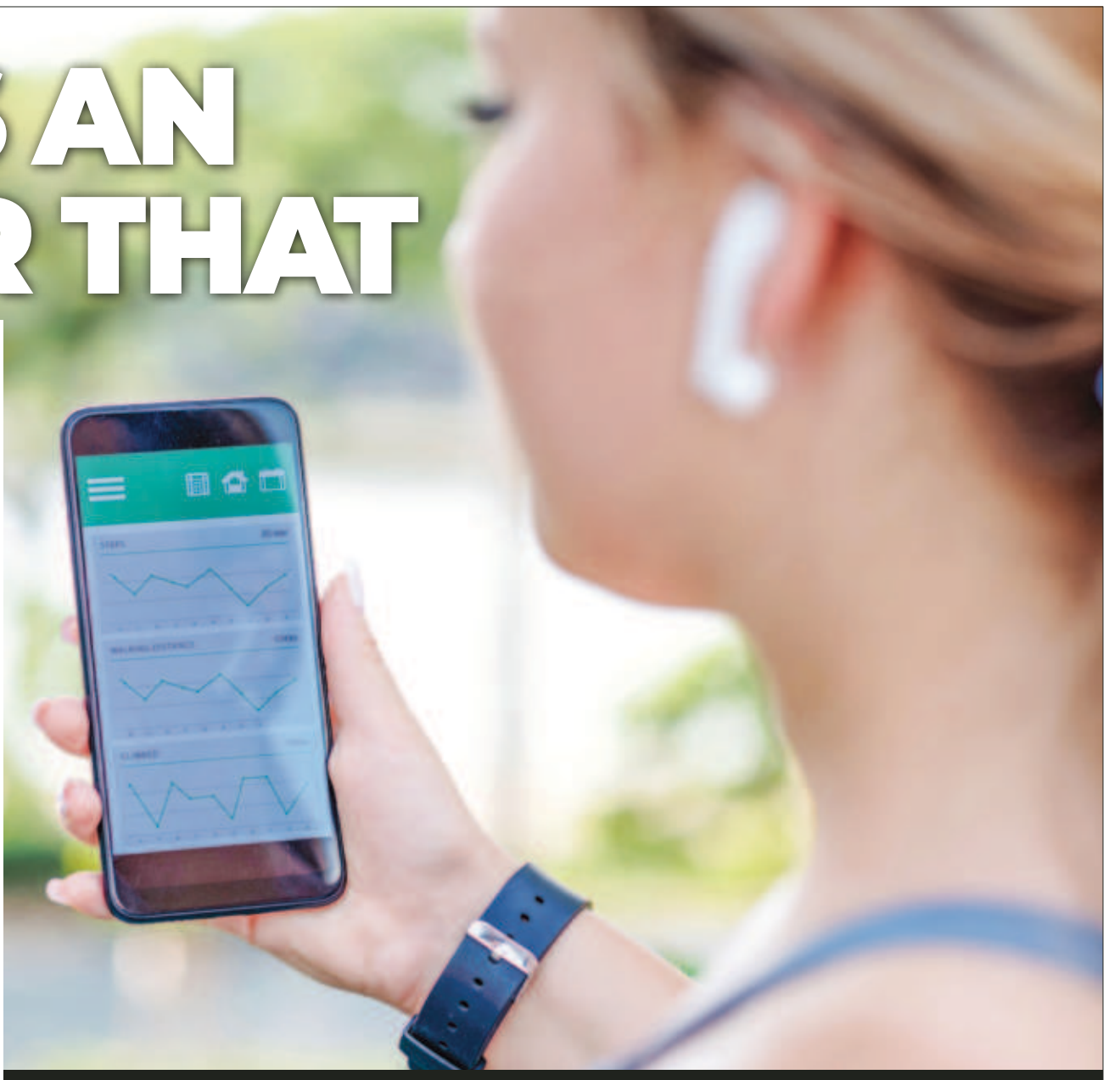
Advancements in technology have made it easier than ever to track these metrics through apps, but if you prefer, you can simply use a pen and spiral notebook to record your health.

MANUALLY MONITORING YOUR HEALTH

If you're not a fan of using apps, you can still effectively track your health using just a pen and paper. Consider purchasing a daily wellness journal and logging your information, like sleep patterns and calorie intake, on paper. If you have a smartphone or watch, utilize the built-in reminders or calendar to set alerts to take your medication, drink water or set a bedtime prompt. If you don't want to use a journal, you can also document information in the notes section of your phone.

MONITOR USING APPS

If you're looking for more guidance while tracking



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your information, consider using an app on your smartphone. Apps have the potential to make health journaling less complicated, prompting you to input information or reminding you to complete certain actions. These popular apps might make your experience more manageable.

Waterlogged

Did you know that dehydration can lead to heat exhaustion, urinary and kidney issues, seizures and more? If you struggle to remember to pick up your water cup and take a sip, you're not alone. Nearly 30% of older adults experience dehydration. Waterlogged is an app that provides users with information on water intake and helps track how many ounces they're drinking so they can stay hydrated. Knowing you're consistently dehydrated or how much water you drink may help your doctor when diagnosing you the next time you visit the office.

Clue

This menstrual cycle tracker app provides female users with the opportunity to track and predict their periods. Cycle helps monitor information to relay to your primary care provider when discussing fertility matters and monitoring hormone changes. Clue may even pick up on irregularities your

doctor should know about.

SleepScore

Lack of sleep is harmful—studies show it might lead to a less effective immune system, increased depression and anxiety, impaired memory and more. SleepScore helps users track shut-eye and determines how many restful hours of sleep they've gotten each night.

Apple Health

If you have an Apple Watch, monitoring your heart rate and exercise time is simple. The Apple Health app allows you to monitor your heart rate and detects any abnormalities to report to your doctor. You can also customize the app and add in your blood sugar readings and track your menstrual cycle.

Whichever method you choose, stay consistent and make sure you're reporting your findings to your primary care provider. Explore our website to find other helpful articles relating to your health.

coryellhealth.org



SET YOUR SIGHTS ON GLAUCOMA

Eyesight often isn't fully appreciated until it begins to diminish. Starting in one's thirties, if not earlier, a person's vision may start to be less sharp. Items at a distance or up close may be more difficult to discern, and if prescription glasses or contacts are worn, that prescription may need to be adjusted more regularly. However, there are some eye conditions that are not entirely a result of aging. Glaucoma is one of them.

Glaucoma is a chronic, progressive eye disease that occurs when the optic nerve is damaged.



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(MetroCreative Connection)

According to Johns Hopkins Medicine, glaucoma is a chronic, progressive eye disease that occurs when the optic nerve is damaged. Glaucoma is the leading cause of irreversible blindness and usually occurs when an abnormality in the eye's drainage system causes the aqueous humor fluid in the eye to build up, sometimes leading to excessive pressure that impacts the optic nerve. The optic nerve connects the retina with the brain, sending vision signals. Damage to the nerve can cause loss of eyesight. While pressure is largely to blame for glaucoma, glaucoma can occur even if eye pressure is normal.

Glaucoma is often a silent condition. The Mayo Clinic advises that many forms of glaucoma have no warning signs. With effects so gradual, no changes in vision may be noticed until the condition is in its later stages.

This underscores the importance of getting regular eye examinations that will include measurements of the pressure in both eyes, says the Glaucoma Research Foundation. Glaucoma

caught early can be slowed down or even prevented before it becomes severe. Lifelong treatment and monitoring will be needed after diagnosis.

There are different types of glaucoma. The most common is open-angle glaucoma, which occurs after the clogged fluid does not drain properly. Angle-closure glaucoma, also called closed-angle glaucoma, happens when the iris is very close to the drainage angle

in the eye and the iris blocks the drainage angle. This results in an acute glaucoma attack. Some people have normal tension glaucoma, in which eye pressure is in normal range but there are signs of glaucoma. These individuals' optic nerves may be more sensitive to pressure than others' and will have to be monitored.

Certain people are at a greater risk for developing glaucoma than others. Individuals over 40; those

with a family history of glaucoma; people of African, Hispanic or Asian heritage; people with high eye pressure; those who have had an eye injury; and individuals who use long-term steroid medications are at increased risk. Other factors also affect glaucoma risk.

Glaucoma should be discussed at routine eye wellness visits to prevent lasting vision damage.

BRAIN

FROM PAGE B6

a higher risk of mild cognitive impairment than those with no hearing loss or peripheral hearing loss. Individuals with central hearing loss are urged to speak to their physicians to

determine if they can take preventive action to stave off further decline.

Cognitive health should be a priority. Adults can employ various strategies to reduce their risk of cognitive decline as they age.



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Hamilton Healthcare System offers a specially designed pulmonary rehabilitation program to help our patients breathe easier and reduce hospitalizations. As a patient in our program, we provide you education and related classes to help you return to a healthy lifestyle. Medical weight loss management, wellness support, physical therapy, custom nutrition, breathing techniques and so much more.

The Goals of Our Pulmonary Rehabilitation Program

- To decrease respiratory symptoms and complications
- To encourage self management and control over daily functioning
- To improve physical conditioning and exercise performance
- To reduce the need for hospitalization and medical cost
- To improve emotional well being and self-esteem
- To improve quality of life
- Reduction/Cessation of Smoking

**For more information call
(254) 386-1651**