

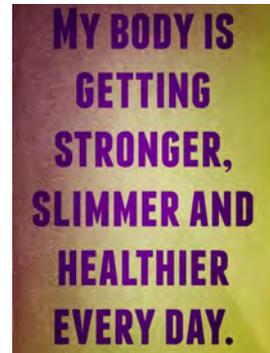
Eastport Health Care, Inc.

GET UP AND

GO GO



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May is National Physical Fitness and Sports Month

Regular physical activity is good for everyone's health, and people of all ages and body types can be physically active. National Physical Fitness and Sports Month is a great time to spread the word about the benefits of getting active.

Here are just a few benefits of physical activity:

Children and adolescents – Physical activity can improve muscular fitness, bone health, and heart health.

Adults – Physical activity can lower the risk of heart disease, type 2 diabetes, and some types of cancer.

Older adults – Physical activity can lower the risk of falls and improve cognitive functioning (like learning and judgment skills).

Exercise guidelines

The benefits of physical activity depend on three elements: the intensity, duration, and frequency of exercise.

Because walking is less intensive than running, you have to walk for longer periods, get out more often, or both to match the benefits of running. As a rough guide, the current American Heart Association/American College of Sports Medicine standards call for able-bodied adults to do moderate-intensity exercise (such as brisk walking) for at least 30 minutes on five days each week or intense aerobic exercise (such as running) for at least 20 minutes three days each week. That makes running seem much more time-efficient — but if you factor in the extra warm-ups, cool-downs, and changes of clothing and shoes that runners need, the time differences narrow considerably. Add the time it takes to rehab from running injuries, and walking looks pretty good.

Mix and match to suit your health, abilities, personal preferences, and daily schedules. Walk, jog, bike, swim, garden, golf, dance, or whatever, as long as you keep moving. Remember that Einstein himself explained, "Life is like riding a bicycle. To keep your balance, you must keep moving."



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Wellness Team Mission is to promote, support and help provide access to a workplace that encourages environmental and social support for a healthy lifestyle.

Dental Health and Fitness

It's increasingly common to hear that oral health is vital for overall health. More than 80 percent of Americans, for example, are living with periodontal or gum disease, which often goes undiagnosed. This may be because the patient's teeth feel fine, so he avoids going to the dentist, and visits to the physician rarely focus on oral health.

Oral health and heart disease are connected by the spread of bacteria – and other germs – from your mouth to other parts of your body through the blood stream. When these bacteria reach the heart, they can attach themselves to any damaged area and cause inflammation.

Patients with chronic gum conditions such as gingivitis or advanced periodontal disease have the highest risk for heart disease caused by poor oral health, particularly if it remains undiagnosed and unmanaged. The bacteria that are associated with gum infection are in the mouth and can enter the blood stream, where they attach to the blood vessels and increase your risk of cardiovascular disease. Even if you don't have noticeable gum inflammation, however, inadequate oral hygiene and accumulated plaque puts you at risk for gum disease. The bacteria can also migrate into your bloodstream causing elevated C-reactive protein, which is a marker for inflammation in the blood vessels.

Submitted,

Sue Drew, RDH/IP

11 Heart Healthy Foods

Salmon: This ocean-going fish is a top choice because it's rich in omega-3 fatty acids. "Omega-3s have an anti-clotting effect, so they keep your blood flowing.

Walnuts: Nibbling on 5 ounces of nuts each week may cut your risk of heart disease in half. Walnuts have lots of "good" fats. When you use these monounsaturated fats in place of saturated fats (such as butter), you cut your "bad" LDL cholesterol and raise your "good" HDL cholesterol.

Raspberries: These berries are loaded with polyphenols -- antioxidants that mop up damage-causing free radicals in your body. They also deliver fiber and vitamin C.

Fat-Free or Low-fat Milk or Yogurt: "Dairy products are high in potassium, and that has a blood-pressure-lowering effect.

Chickpeas: Chickpeas and other legumes (lentils, other kinds of beans) are a top-notch source of soluble fiber -- the kind of fiber that can lower your "bad" LDL cholesterol.

Oatmeal: Oats have a type of fiber (called beta-glucan) that lowers your LDL cholesterol. One and a half cups of cooked oatmeal or a little over a cup of cooked barley gives you the amount of beta-glucan you need daily to help lower your cholesterol.

Olive oil: A cornerstone of the traditional Mediterranean diet, olive oil is a great pick when you need to limit saturated fat (found in meat, whole milk, and butter).

Dark Chocolate: Cacao, the plant from which chocolate is made, is rich in flavanols, which can help lower your blood pressure and prevent blood clots. It also acts as an antioxidant, which can keep "bad" cholesterol from sticking to your artery walls.

Avocados: These fruits get their creamy texture from "good" (monounsaturated) fats, which lower your "bad" cholesterol.

Unsalted almond butter: Nut butters are great on whole-grain toast instead of butter. They're a wonderful source of monounsaturated

Upcoming Events:

- Weekly every Thursday, noon -1pm at Eastport Health Care, in conference room, Way to Wellness with Barb Vittum, nutrition & wellness class. Free and open to public
- April 20 @ 7:00 pm - 9:30 pm, Eastport Arts Center, 36 Washington St, Eastport, ME 04631, Passamaquoddy Bay Symphony Orchestra 2017 Spring Concert Series FREE
- April 21 @ 10:00 am - 2:00 pm, Downeast Lakes Land Trust, 4 Water Street, Grand Lake Stream, "Signs of Spring" Kids Hike - During April break, Downeast Lakes Land Trust is hosting a "Signs of Spring" hike for kids in grades 3 - 8 along the newly-created Tower Hill Trail in the Downeast Lakes Community Forest. FREE
- May 1 @ 10:00 am - 1:00 pm, My Money Works, Machias Career Center, 53 Prescott Drive, recurring event - This class can help you gain the skills and confidence you need to stretch your money FREE

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Dining with Diabetes Down East In Eastport

A Program for People with Diabetes and Their Families

This program is free and open to anyone with type 2 diabetes or prediabetes, and their family members and caregivers. Participants will meet once a week for four weeks. You will learn how to select and prepare foods that help to control blood sugar, cholesterol and blood pressure. There will be an opportunity to taste a variety of main dishes, side dishes, and desserts.

Dates: Thursday: June 1, 8, 15, and 22, 2017

Time: 3:00 – 5:00 p.m.

Where: Labor of Love Nutrition Center & Food Pantry, 137 County Road, Eastport

Please contact Tara Wood for more information, to register or request a disability accommodation, call 255-3345.

Online registration available:

<https://extension.umaine.edu/register/product/dining-with-diabetes-down-east-eastport/>

Class size is limited to 20. Those who call after program is full will be placed on a waiting list.