Nascentia Health

TOMORROW'S HEALTHCARE TODAY

Living well

Patient Name _____ Clinician Name _____

Nascentia Health: (315) 477-4663

Version 1

Nascentia Health

TOMORROW'S HEALTHCARE TODAY

Things I'd like to discuss with my clinician:

Health S.M.A.R.T Goals

Specific **M**easurable **A**ttainable **R**elevant **T**imely

Page	Task	Goal Met Date	Notes
2	Know when and who to call for a health issue		
3	Understand your medicines: what they look like, how much to take, and when to take them		
5	Know why advance directives are important and what they are		
8	Importance of vaccinations		
10	Types of pain and when to report it to your nurse or MD		
12	Know how to prevent falls		
13	Safety measures to take in and out of your home		
14	Preventative screening—what they are and when they are due		
17	Take steps to prevent infections or other diseases		
19	Know why personal hygiene is important		
23	Follow your prescribed meal plan		
24	Know the types of depression		
26	Alcohol, substance abuse, and its risks		

1. When to call your Nascentia nurse or 911

Call your Nascentia nurse at (315) 477-4663

Any new illnesses, injuries, or symptoms can be upsetting and confusing. How do you know when to call 911 and when it's best to start with your Nascentia Health nurse? Making the right decision could save your life.

In a life-threatening emergency, you should always call 911. Emergencies include:

- Chest pain
- Heart attack
- Serious fall
- Stroke
- Sudden dizziness, confusion, or disorientation
- Trouble breathing
- Drug overdoses
- Seizures

For less urgent needs, you can avoid a trip to the urgent care clinic or emergency room by first checking with your nurse or doctor.

If you do call 911 or go to the emergency room, always update your primary care doctor and Nascentia nurse about what happened. The primary care doctor or your nurse might need to modify or add new restrictions, medications, or treatments into your care plan.

Because our Nascentia nurses see you regularly, they often know when something's not right. They can investigate whether you have experienced any new symptoms. Also, our home health aides might notice something wrong while they're assisting with daily routine care, and they know to report it to one of Nascentia's nurses so we can investigate these issues.

If the issues are dangerous or life-threatening, your Nascentia nurse may advise calling 911 or going to the emergency room. For other issues, your nurse might need to determine whether you are sticking to your care plan, such as taking all medications when indicated or getting enough sleep, before recommending a call to the doctor's office.

Don't be afraid to lean on your Nascentia nurse as a resource if you or your loved one has questions about your care or if you need help determining when it's time to take things to the next level.

2. Your Medications

Medicines help us live longer and healthier, but taking them the wrong way or mixing certain drugs can be dangerous.

Make sure your doctor knows about ALL the medicines you take. This includes those prescribed by other doctors, as well as vitamins, supplements, herbal remedies, and over-the-counter drugs you use every now and then.

Keep a written list of all your medicines in a safe place.

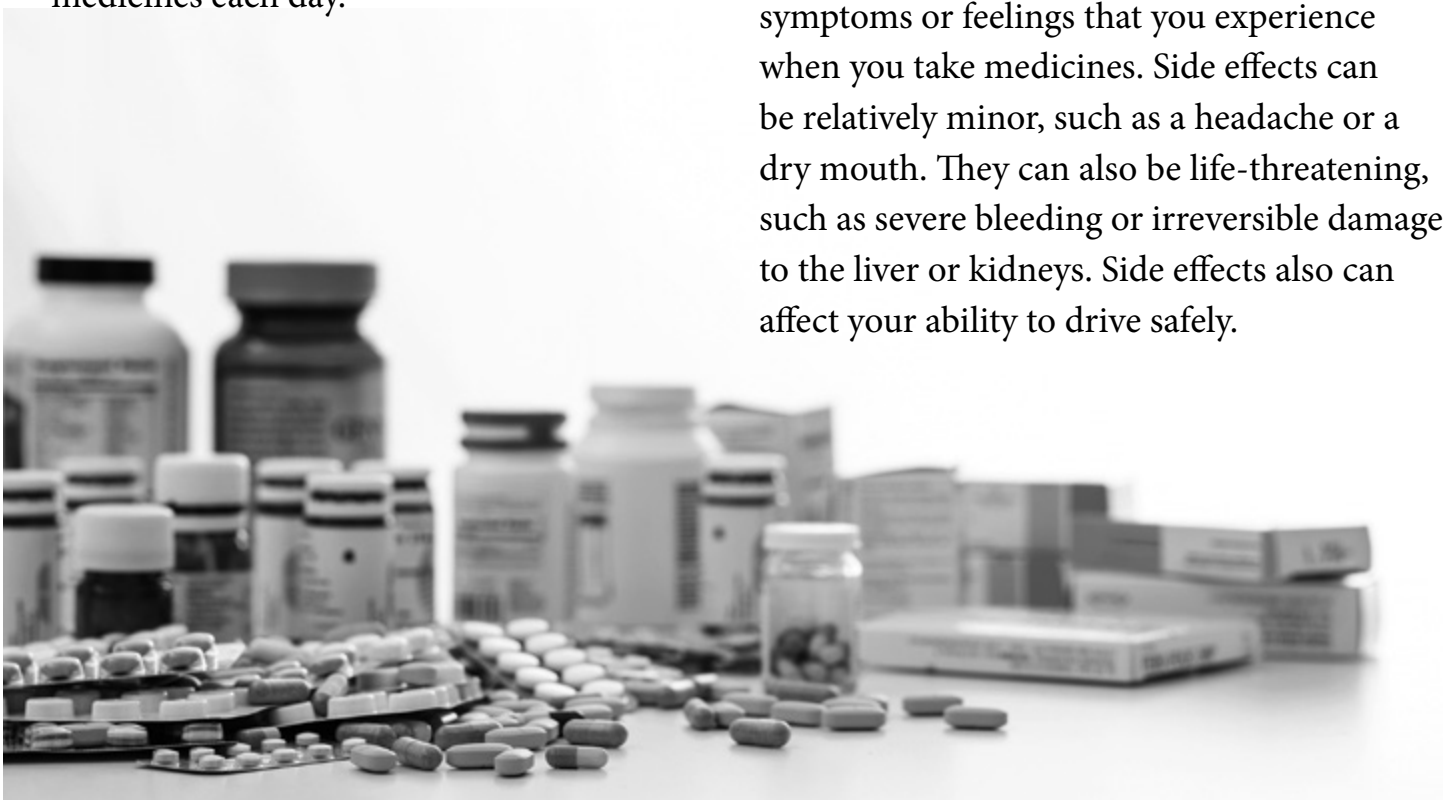
- Bring your list when you talk to your doctor or pharmacist.
- Use a pillbox to keep pills organized.
- Put notes around the house or on your phone to remind you to take your medicines each day.

Remember to:

- Take the medicine the right way
- Take the medicine in the exact amount (never more or less) listed on the label.
- Take the medicine at the times the doctor told you to take it.
- Do not stop taking my prescription drug unless your doctor says it is okay—even if you are feeling better.
- Do not break or crush my pills unless your doctor or pharmacist says it is okay.
- If you can't afford your medicine(s), talk with my doctor

Side Effects

Side effects are unwanted or unexpected symptoms or feelings that you experience when you take medicines. Side effects can be relatively minor, such as a headache or a dry mouth. They can also be life-threatening, such as severe bleeding or irreversible damage to the liver or kidneys. Side effects also can affect your ability to drive safely.



Taking Medicines Safely

- Follow instructions. Read all medicine labels. Take your medicines the right way. For example, don't use a cough and cold syrup if you only have a runny nose and no cough.
- Use the right amount. Don't take a larger dose of a medicine thinking it will help you more. It can be very dangerous, even deadly. Never skip or take half doses of a prescription drug to save money.
- Take medicine on time. Some people use meals or bedtime as reminders to take their medicine. Others use charts, calendars, weekly pill boxes, or reminders or apps on their phones. You can also set timers and write reminders to take your medication.
- Turn on a light. Don't take medicine in the dark because you might make a mistake.
- Report problems. Call your doctor right away if you have any trouble with a prescription or over-the-counter medicine, or if you are worried that it might be doing more harm than good. There may be something else you can take.
- Tell your doctor about alcohol, tobacco, and drug use. Alcohol, tobacco, and other drugs can affect how well your medicines work. Be honest with your doctor about how much you use.
- Check before stopping any medication. Take prescription medicine until it's finished or until your doctor says to stop. Note that some medicines are supposed to be taken only "as needed."
- Don't share. Never take medicines prescribed for another person or give yours to someone else.
- Use a lockbox to keep medications away from children or others.

Tips to remember:

1. Know about the medications you are taking, including why you are taking it, possible side effects, when you should take it, and what to report to your nurse or MD.
2. Use a prefilled pill planner container to help remember your medications.

3. Advanced Directives

Advance care planning is not just about old age. A medical crisis could leave you too ill to make your own health care decisions at any time. Even if you are not sick now, writing out your healthcare wishes is important to make your medical care wishes are known. This takes the burden off of doctors and family members who would have to make difficult decisions on your behalf.

Advance directives are legal documents that allow you to make decisions about end-of-life care ahead of time. They allow you to be clear about your wishes to family, friends, and health care professionals, so they can avoid confusion at a very stressful time.

In considering treatment decisions, your personal values are key. For example, if a medical condition meant you could not speak for yourself or enjoy everyday activities, would you want every treatment possible to extend your life or would you want medical treatments that just brought comfort? Would you want life-saving measures, such as restarting your heart and a ventilator to help you breathe?

These are very difficult decisions that family members face every day because their loved one never discussed what is important to them when it comes to medical treatments. You are never too young to discuss and complete something in writing regarding your values and wishes about medical treatments you want. Most importantly, you can update your wishes at any time.

What makes life meaningful to you? Have you thought about what medical treatments you would want if you had a medical emergency and could not speak for yourself? Have you discussed your thoughts with people close to you?

There are three main advance directive forms that you can complete to express your wishes in writing, so that everyone involved in your care can honor your personal choices of medical treatments.

These documents include:

- Health care proxy
- Living will
- Durable power of attorney for health care

Health care proxy

A health care proxy is the easiest way to legally put your wishes regarding medical treatments in writing and appoint someone to speak on your behalf in New York state without an attorney. The form is easy to fill out and you can find it on the internet or at your doctor's office.

- If you decide to choose a proxy, think about people you know who share your views and values about life and medical decisions. Your proxy might be a family member, a friend, your lawyer, or someone in your social or spiritual community. Make sure you talk to the person you appoint as your proxy, so that they understand what is important to you and agree to support your wishes. It's a good idea to also name an alternate proxy.
- You can decide how much authority your proxy has over your medical care—whether he or she is entitled to make a wide range of decisions or only a few specific ones.

Living will

A living will is a written legal document that tell doctors how you want to be treated if you were seriously ill or experienced a medical emergency and cannot make your own decisions about medical treatments. In a living will, you can say which procedures you would want, which ones you wouldn't want, and under which conditions each of your choices applies.

You might want to include instructions on

- Dialysis and breathing machines
- Resuscitation if your breathing or heartbeat stops
- Tube feeding
- Organ or tissue donation

Durable power of attorney for health care

A durable power of attorney for health care is a legal document naming a health care proxy

to make medical decisions for you at times when you are unable to do so. Your proxy, also known as a representative, surrogate, or agent, should be familiar with your values and wishes. This means that he or she will be able to decide as you would when treatment decisions need to be made. A proxy can be chosen in addition to or instead of a living will. Having a health care proxy helps you plan for situations that cannot be foreseen, like a serious auto accident.

Medical issues that might arise at the end of life include:

- Do not resuscitate (DNR)/ do not intubate (DNI) orders
- Organ and tissue donation
- MOLST/POLST (medical/physician orders for life-sustaining treatment) forms

A DNR (do not resuscitate) order is written by a doctor to tell medical staff in a hospital or nursing facility that you do not want them to use CPR or other life-support measures to return your heart to a normal rhythm if it stops or is beating unsustainably. Even though a living will might say CPR is not wanted, it is helpful to have a DNR order as part of your medical file if you go to a hospital. Without a DNR order, medical staff will make every effort to restore your breathing and the normal rhythm of your heart.

A similar document, called a DNI (do not intubate) order, tells medical staff in a hospital or nursing facility that you do not want to be put on a breathing machine.

A MOLST/POLST (medical/physician orders for life-sustaining treatment) form provides guidance about your medical care preferences in the form of a doctor's orders. A MOLST can be reviewed and updated with you by your doctor at your scheduled appointments. Most times, the MOLST is completed with you while you are in a hospital or nursing home. You keep the form with you. The form serves as a medical order in addition to your advance directive and provides immediate guidance to health care professionals about your decisions for medical treatments in an emergency.

Discuss your wishes for end of life with your primary physician and how she or he can help make sure your wishes for medical treatments are clear and in writing.

Always remember that an advance directive is only used if you are in danger of dying and need certain emergency or special measures to keep you alive, but you are not able to make those decisions on your own. The advance directive clearly outlines your wishes about medical treatment.

5. Vaccinations

Vaccines are injections (shots), liquids, pills, or nasal sprays that you take to teach your body's immune system to recognize and defend against harmful germs.

There are vaccines to protect against:

- Viruses, like the ones that cause the flu and COVID-19
- Bacteria, including tetanus, diphtheria, and pertussis

Vaccines work in different ways, but they all spark an immune response. The immune response is the way your body defends itself against substances it sees as foreign or harmful. These substances include germs that can cause disease.

There are different steps in the immune response:

- When a germ invades, your body sees it as foreign
- Your immune system helps your body fight off the germ
- Your immune system also remembers the germ. It will attack the germ if it ever

invades again. This "memory" protects you against the disease that the germ causes. This type of protection is called immunity.

Vaccines are important because they protect you against many diseases. These diseases can be very serious. So getting immunity from a vaccine is safer than getting immunity by being sick with the disease. And for a few vaccines, getting vaccinated can actually give you a better immune response than getting the disease would.

But vaccines don't just protect you. They also protect the people around you through community immunity.

Vaccines are safe. They must go through extensive safety testing and evaluation before they are approved in the United States.

Adult vaccines to consider include:

- Flu (influenza) . The flu can cause serious complications in older adults. The CDC recommends annual flu vaccination for everyone ages 6 months or older. Adults age 50 and older should not get the nasal spray flu vaccine.
- Pneumococcal. The CDC recommends pneumococcal vaccines for adults age 65 and older. Younger adults at increased risk may also need a dose. Pneumococcal disease causes infections such as pneumonia, meningitis, and bloodstream infections.
- Tdap (tetanus toxoid, reduced diphtheria toxoid and acellular pertussis). If you've never had a Tdap vaccine, the CDC recommends getting it as soon as possible. Tdap protects you from tetanus (lockjaw), whooping cough (pertussis) and diphtheria, which can lead to breathing problems. A booster is recommended every 10 years.
- Shingles. The CDC recommends the vaccine Shingrix for healthy adults age 50 and older. It's given in two doses. While not life-threatening, shingles can be very painful.
- COVID-19. Get a coronavirus (COVID-19) vaccine to help prevent you from getting COVID-19 or from becoming seriously ill or dying due to COVID-19.

6. Pain Management

Pain is a signal in your nervous system that something may be wrong. It can feel like a prick, tingle, sting, burn, or ache. Pain may be sharp or dull. It may come and go, or it may be constant. You may feel pain in one area of your body, such as your back, abdomen, chest, pelvis, or all over.

There are two types of pain: acute and chronic. Acute pain comes on quickly and may not last very long, and is usually from an injury, surgery, or other type of tissue damage. It usually goes away when the injury heals.

Chronic pain is pain that has lasted for at least 3 to 6 months, is long-lasting, and may or may not be caused by a disease or injury. Persistent pain makes you more likely to experience depression or anxiety, and you may feel that your quality of life and daily functioning have been impacted.

Pain can be debilitating and frustrating. It may interfere with sleep, work, activities, and quality time with friends and family.

Basic Facts

Pain is common for older adults. The extent to which pain disrupts daily routines may get worse with age. Unfortunately, pain is often poorly evaluated and managed in older people.

There is no reason to suffer silently with persistent pain. It is everyone's right to receive adequate pain management to improve quality of life and the ability to carry out activities of daily living. Good pain management can keep you healthier by allowing you to stay active, eat well, and enjoy a normal social life.

If you are in pain, you may not want to talk about it or tell anyone how bad it really is. Reasons that may prompt you to keep silent about your pain include:

- Believing that pain is unavoidable
- Fearing that pain will increase as the underlying disease gets worse
- Avoiding expensive procedures or going to the hospital
- Not wanting to be seen as a complainer
- Not wanting to be a burden to loved ones or caregivers

Whatever the reason, it is important to report any pain and seek treatment that meets your needs. Pain that is poorly managed is associated with:

- Depression and anxiety
- Poor sleep
- Loss of appetite
- Inability to carry out daily functions

- Loss of independence
- Social withdrawal
- Increased difficulty with thinking (dementia)
- Frequent visits to a doctor's office or hospital

There are many safe and effective medicines to treat pain in older adults. Since every individual responds differently to pain medications, you may have to try more than one type to achieve good pain relief.

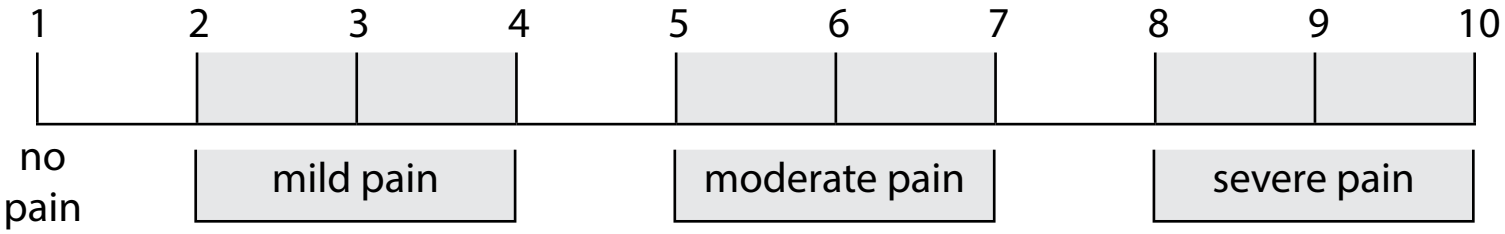
Older people often have complicated medical histories that have to be considered when choosing a pain relief medicine. Your healthcare provider will usually start with a low dose of a pain medicine and slowly increase the dose until you feel better to avoid side effects.

Only you know what your experience of pain is, so it is important that you take control of your situation. Make sure to inform your healthcare provider if you are still in a lot of pain, even when you are following their instructions. A simple dosage change, trying a different treatment option, or using a different combination of treatments is all part of the process of finding what works for you. There is no reason to suffer in silence when effective pain relief is available.

Tips to remember:

1. Discuss with your nurse or MD about increased pain or ineffective pain control.
2. By using a pain scale of 1–10, where 1 is no pain at all and 10 is the worst possible pain, notify your nurse or MD if your pain is about 6 despite taking pain medication.
3. Use non pharmacological pain control methods such as music, breathing techniques, heat/cold, rest, and activity patterns.

Pain Scale



7. Falls

1 in 4 older adults reported falling—this equals about 36 million falls. Falls can threaten the health and independence of older adults.

Many conditions can contribute to falling. These are called risk factors. Many risk factors can be changed or modified to help prevent falls. They include:

- Lower body weakness
- Vitamin D deficiency (that is, not enough vitamin D in your system)
- Difficulties with walking and balance
- Use of medicines, such as tranquilizers, sedatives, or antidepressants. Even some over-the-counter medicines can affect balance and how steady you are on your feet.
- Vision problems
- Foot pain or poor footwear
- Home hazards or dangers such as broken or uneven steps, and throw rugs or clutter that can be tripped over.

Most falls are caused by a combination of risk factors. The more risk factors a person has, the greater their chances of falling.

What You Can Do to Prevent Falls

Strength and Balance Exercises

Do exercises that make your legs stronger and improve your balance. Exercises that improve balance and make your legs stronger lower your chances of falling. It also helps you feel better and more confident. Lack of exercise leads to weaker muscles and increases your chances of falling.

Ask your doctor or healthcare provider about the best type of exercise program for you.

Have Your Eyes Checked

Have your eyes checked by an eye doctor at least once a year, and update your eyeglasses if needed. If you have bifocal or progressive lenses, consider getting a pair of glasses that are only for distance for outdoor activities, such as walking. Bifocals or progressives can sometimes make things seem closer or farther away than they really are.

Have your healthcare provider check your feet once a year. Discuss proper footwear, and ask whether seeing a foot specialist is advised.

Make Your Home Safer

- Remove things you can trip over (like papers, books, clothes, and shoes) from stairs and places where you walk.
- Remove small throw rugs or use double-sided tape to keep the rugs from slipping.
- Keep items you use often in cabinets you can reach easily without using a step stool.
- Have grab bars put in next to and inside the tub, and next to the toilet.
- Use non-slip mats in the bathtub and on shower floors.
- Improve the lighting in your home. As you get older, you need brighter lights to see well. Hang lightweight curtains or shades to reduce glare.
- Have handrails and lights installed on all staircases.
- Wear well-fitting shoes with good support inside and outside the home
- Make sure your home has lots of light by adding brighter light bulbs

Tips to remember:

1. Keep stairs and pathways clear of clutter
2. Keep a phone close at all times
3. Remove loose rugs or secure them with a slip resistant backing
4. Ensure stairs and steps have secure handrails along the full length of the stairway
5. Keep electric, appliance, and telephone cords out of pathways
6. Use bright lighting and ensure hallways and dark areas in the home are well lit at night without night lights
7. Use a rubber bathmat or nonslip strips in the bathtub or shower
8. Wipe up spills and splashed water immediately
9. If grab bars are installed, be sure they are attached into studs in the wall for safety
10. Do not wait until the last moment to start a trip to the bathroom
11. Store food dishes and cooking equipment at easy to reach waist-high levels
12. Do not carry too many items at once

Colorectal Cancer Screening

Colorectal cancer is a leading cause of cancer deaths in the United States. Screening can help find colorectal cancer early, when treatment is most effective. Screening tests let a doctor find and remove abnormal growths, known as colorectal polyps. Most of these polyps are benign (not cancerous) but have a risk of becoming cancerous if not removed.

There are two main types of colorectal cancer screening tests: visual exams and stool tests.

Visual exams are procedures that allow a provider to look inside the colon and rectum. They are done either using a thin tube with a camera attached or with a special imaging device.

Visual exams

Colonoscopy—allows a provider to view your entire colon and rectum.

Advantages

- Looks at the entire colon
- Can remove polyps and test for cancer
- May help find other diseases
- Needed only every 10 years (if no polyps were found in previous tests)

Sigmoidoscopy—allows your provider to look at the lower part of the colon.

Advantages

- Usually doesn't require bowel prep
- Sedatives are not usually needed
- Needed every five years (if no polyps were found in previous tests).

Stool tests

Fecal occult blood tests—These tests look for hidden (known as occult) blood in stool because it may be a sign of polyps, cancer, or other conditions.

Stool DNA test—This test checks for genetic changes in the stool that may be signs of colorectal polyps or cancer.

The risk of developing colorectal cancer increases as you get older. That's why screening is recommended for everyone ages 45 to 75.

Other risk factors are:

- Having certain types of polyps (growths) inside the colon
- Having a personal or family history of colorectal cancer
- Smoking cigarettes
- Being overweight or having obesity
- Not getting enough physical activity
- Drinking too much alcohol

- Having certain health conditions, like Crohn's disease, that cause chronic (long-term) inflammation (ongoing irritation) of the small intestine and colon

Breast Cancer Screening

Breast cancer is one of the most common kinds of cancer in women. About 1 in 8 women in the United States will get breast cancer during her lifetime. The good news is that mammograms can help find breast cancer early—before it spreads to other parts of the body. Most women can survive breast cancer if it's found and treated early.

Mammograms

A mammogram is an x-ray picture of the breast. Mammograms can be used to look for breast cancer in women with no signs or symptoms. They can also help doctors figure out if cancer is causing a particular symptom — like a lump or another change in the breast.

Women ages 50 to 74 should get mammograms every 2 years. Talk with your doctor to decide if you need them more often.

Some warning signs of breast cancer are:

- New lump in the breast or underarm (armpit).
- Thickening or swelling of part of the breast.
- Irritation or dimpling of breast skin.
- Redness or flaky skin in the nipple area or the breast.
- Pulling in of the nipple or pain in the nipple area.
- Nipple discharge other than breast milk, including blood.
- Any change in the size or the shape of the breast.
- Pain in any area of the breast.

Cervical Cancer Screening

Cervical cancer was once one of the most common causes of cancer death for American women. The cervical cancer death rate dropped significantly with the increased use of the Pap test for screening.

Cervical cancer is a type of cancer that is in the cervix, the opening to the uterus at the top of the vagina.

Two screening tests can help prevent cervical cancer or find it early:

- The Pap test (or Pap smear) looks for precancers, which are cell changes on the cervix that might become cervical cancer if they are not treated appropriately.
- The HPV test looks for the virus (human papillomavirus) that can cause these cell changes.

Women with early cervical cancers and pre-cancers usually have no symptoms. Symptoms often do not begin until the cancer becomes larger and grows into nearby tissue. When this happens, the most common symptoms are:

- Abnormal vaginal bleeding, such as bleeding after vaginal sex, bleeding after menopause, bleeding and spotting between periods, or having periods that are longer or heavier than usual. Bleeding after douching may also occur.
- An unusual discharge from the vagina – the discharge may contain some blood and may occur between your periods or after menopause.
- Pain during sex
- Pain in the pelvic region

Signs and symptoms seen with more advanced disease can include:

- Swelling of the legs
- Problems urinating or having a bowel movement
- Blood in the urine

People who have had a total hysterectomy (removal of the uterus and cervix) should stop screenings (such as Pap tests and HPV tests), unless the hysterectomy was done as a treatment for cervical cancer or serious pre-cancer. People who have had a hysterectomy without removal of the cervix (called a supra-cervical hysterectomy) should continue cervical cancer screening.

Cervical cancer guidelines for ages 30–65 years:

- Primary HPV testing every 5 years -or-
- Pap smear alone every 3 years -or-
- Co-testing with a combination of pap smear and HPV testing every 5 years

9. Infections

Germs, or microbes, are found everywhere—in the air, soil, and water. There are also germs on your skin and in your body. Many of them are harmless, and some are helpful. But some can make you sick. Infectious diseases are diseases that are caused by germs.

There are many different ways that you can get an infectious disease:

- Through direct contact with a person who is sick. This includes kissing, touching, sneezing, coughing, and sexual contact. Pregnant mothers can also pass some germs along to their babies.
- Through indirect contact, when you touch something that has germs on it. For example, you could get germs if someone who is sick touched a door handle, and then you touch it.
- Through insect or animal bites.
- Through contaminated food, water, soil, or plants.

Bacteria

Bacteria are one-celled organisms that can be seen only with a microscope. They're so small that if you lined up a thousand of them end to end, they could fit across the end of a pencil eraser. Not all bacteria are harmful, and some bacteria that live in your body are helpful. Some infections caused by bacteria include:

- Strep throat
- Tuberculosis
- Urinary tract infections

Antibiotics only work against bacteria but not all bacterial infections need to be treated with antibiotics. Some bacterial infections, including many sinus infections and some ear infections, will resolve without antibiotics.

Viruses

Viruses are tiny capsules that contain genetic material. They invade your cells so that they can multiply. Some viruses include:

- AIDS
- Common cold
- Ebola
- Genital herpes
- Influenza (flu)
- Measles
- Chickenpox and shingles

Antibiotics do not work on viruses. Antibiotics are not effective against influenza (flu), coronaviruses, or other viruses that cause colds, bronchitis, or runny noses, even if the mucus is thick, yellow, or green.

Fungi

Fungi are primitive plant-like organisms such as mushrooms, mold, mildew, and yeasts. There are many varieties of fungi, and we eat several of them. Mushrooms are fungi, as are the molds that form the blue or green veins in some types of cheese. Some fungi include:

- Candida (thrush)
- Ringworm
- Athlete's foot

Antibiotics do not work on fungal infections.

Treating and preventing infection

Antibiotics are critical tools for treating life-threatening conditions caused by bacteria, including sepsis and certain types of pneumonia. It is critical to use antibiotics appropriately and not use them for conditions where they are not effective.

Infectious diseases can cause many different symptoms. Some are so mild that you may not even notice any symptoms, while others can be life-threatening. There are treatments for some infectious diseases, but for others, you can only treat symptoms. You can take steps to prevent many infectious diseases:

- Get vaccinated
- Wash your hands often with soap and water
- Pay attention to food safety
- Avoid contact with wild animals
- Practice safe sex
- Don't share items such as toothbrushes, combs, and straws

Some symptoms of infection:

- Difficulty breathing
- A cough lasting longer than a week
- Periods of rapid heartbeat
- A rash, especially if it's accompanied by a fever
- Swelling
- Blurred vision or other difficulty seeing
- Persistent vomiting
- An unusual or severe headache
- Have been bitten by an animal

Your doctor can perform diagnostic tests to find out if you're infected, how serious the infection is, and how best to treat it.

10. Personal Hygiene

Good personal hygiene means keeping all parts of the external body clean and healthy. It is important for maintaining both physical and mental health.

Poor personal hygiene can create an ideal environment for germs to grow, leaving your body vulnerable to infection.

Dental

Dental care involves more than just having white teeth. A good dental hygiene routine can help prevent issues such as gum disease and cavities. It can also prevent bad breath. Use an American Dental Association(ADA)-accepted fluoride toothpaste and replace your toothbrush every 3–4 months. The ADA also advises to floss daily.

Body

Several million sweat glands cover the human body. When bacteria break down sweat, the process creates a smell or body odor. Washing your body helps prevent skin irritation, and removes the bacteria that cause body odor. Washing your hair removes oil and keeps it looking clean and fresh. It is advisable to shower or bathe daily, using soap and water to rinse away dead skin cells, oil, and bacteria. People can pay special attention to areas that accumulate more sweat, such as the armpits, in between the toes, and the groin area.

Wash your hair with shampoo at least once a week, or more if necessary. Applying deodorant when fully dry can help prevent body odors.

Handwashing

Regular hand washing is one of the best ways to avoid spreading communicable diseases. Wash your hands:

- Before, during, and after preparing food
- Before eating food
- Before and after caring for anyone with vomiting or diarrhea
- Before and after treating a cut or wound
- After going to the bathroom
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching garbage or dirty surfaces or objects
- After handling pets or pet-related items, such as food

Effective hand washing:

1. Wet hands with clean, running water, then turn off the tap and apply soap.
2. Lather the hands by rubbing them together with the soap, remembering to reach the backs of the hands, between the fingers, and under the nails.
3. Scrub the hands for at least 20 seconds, which you can time by humming the "Happy Birthday" song twice.
4. Rinse hands well under clean, running water.
5. Dry hands using a clean towel or air dry.

Nails

Fingernails may hold dirt and germs, contributing to the spread of bacteria. It is easier for dirt and germs to collect under longer nails, so keeping them short can help reduce the risk of spreading infections. Using sanitized tools to trim the nails and keep them short is one of the best ways to ensure that no dirt can collect underneath them.

Scrubbing the underside of the nails with a nail brush can be part of your hand washing routine.

Foot care

Keep your feet clean and dry. As with any part of your body, healthy feet start with good hygiene. While bathing, thoroughly clean your feet with soap and water. After bathing, be sure to fully dry them, especially between each toe, as fungal organisms love moisture. Keeping your feet dry helps to lower the possibility of a fungal infection. Always wear clean and dry socks. Avoid sharing footwear, including rentals, as wearing other people's shoes can increase your odds of getting an infection.

Examine your feet regularly. Once you have dried your feet, examine your feet at least once a week. Check in between your toes and around your soles for scaling and/or peeling, which is often an indication of athlete's foot. Be sure to look for cuts, blisters, scratches, redness and swelling as catching these issues early can prevent serious complications later. Also, check for any discoloration of the toenails, which often indicates a nail fungus. Avoid putting any nail polish on an infected nail as this could make the problem worse.

Wear the proper footwear. Always wear sports-specific shoes for the sport you are participating in. Wearing improper shoes can lead to potential foot problems such as plantar fasciitis, arch spasms, heel spurs and tendinitis. When shopping for shoes, try to shop at the end of the day to compensate for foot swelling that may occur throughout the day. Wearing tight shoes can result in long-term foot problems, so ensure that you are purchasing shoes that have plenty of room for your toes and a wide heel. Never walk barefoot to protect your feet from cuts and bruises.

If you are diabetic, get regular foot checks. Diabetes can lead to circulatory problems because it can clog up the small blood vessels in your feet. The lack of blood supply can make it harder for wounds to heal. Wounds on the feet of a diabetic must be treated more aggressively than those who are not diabetic.

11. Diet

A healthy dietary pattern can benefit all individuals regardless of age, race or ethnicity, or current health status. People with healthy eating patterns live longer and are at lower risk for serious health problems such as heart disease, type 2 diabetes, and obesity. For people with chronic diseases, healthy eating can help manage these conditions and prevent complications.

A healthy diet can:

- Help you live longer
- Keeps skin, teeth, and eyes healthy
- Support muscles
- Boost immunity
- Strengthen bones
- Lower risk of heart disease, type 2 diabetes, and some cancers
- Support healthy pregnancies and breastfeeding
- Help the digestive system function
- Help achieve and maintain a healthy weight

The core elements that make up a healthy dietary pattern include:

Vegetables of all types—dark green, red and orange, beans, peas, lentils, starchy, and other vegetables. These include all fresh, frozen, canned, and dried options in cooked or raw forms, including 100% vegetable juices.

Fruits, especially whole fruit. The fruit food group includes whole fruits and 100% fruit juice. Whole fruits include fresh, canned, frozen, and dried forms.

Grains, at least half of which are whole grain. Whole grains include: barley, brown rice, buckwheat, bulgur (cracked wheat), millet, oatmeal, popcorn and whole-wheat bread, pasta or crackers.

Dairy, including fat-free or low-fat milk, yogurt, and cheese, and/or lactose-free versions and fortified soy beverages and yogurt as alternatives. Other products sold as "milks" but made from plants (e.g., almond, rice, coconut, oat, and hemp "milks") may contain calcium and be consumed as a source of calcium, but they are not included as part of the dairy group.

Protein foods, including lean meats, poultry, and eggs, seafood, beans, peas, lentils, nuts, seeds, and soy products.

Oils, including vegetable oils and oils in food, such as seafood and nuts.

Beverages and Added Sugars

Beverages that often have added sugars are regular soda (not diet/sugar-free), fruit drinks, sports drinks, energy drinks, sweetened waters, and sweetened coffee and tea beverages.

12-ounce glass	Calories	Added Sugar (grams)	Added Sugar (teaspoons)
Plain water	0	0	0
Unsweetened tea	0	0	0
Sports drinks	97	20	5
Sweetened tea	115	29	7
Regular soda	156	29	7
Lemonade	171	43	10
Fruit drinks	238	59	14

Food Safety

An important part of healthy eating is keeping food safe. Follow safe food handling practices. Four basic food safety principles work together to reduce the risk of food-borne illness—clean, separate, cook, and chill.

- Clean—wash hands and surfaces often
- Separate—separate raw meats from other foods
- Cook—cook food to safe internal temperatures
- Chill—Refrigerate foods promptly

Prescription Diets

Your physician may prescribe a certain diet for you to follow to prevent or minimize a chronic disease, or to help you lose weight. Discuss with your physician what the diet entails or ask to speak to a dietitian. The reasons your physician orders you a specialized diet may be:

- Improve your overall health
- Help you manage a healthy diet
- Save you money on health issues
- Maintain your immune system
- Delay the effects of aging
- Give you energy
- Reduce the risk of chronic disease
- Improve your mood
- Increase focus
- Lengthen your life

Reading a Nutrition Facts Label

The Nutrition Facts label on packaged foods and beverages is a tool for making informed and healthy food choices.

Nutrition Facts
Serving Size 3/4 cup

Amount Per Serving

Calories 110 Calories from Fat 15

	% Daily Value*
Total Fat 1.5g	**2%**
Saturated Fat 0g	
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 22g	**7%**
Dietary Fiber 2g	**8%**
Sugars 9g	
Protein 2g	

Vitamin A 10% Vitamin C 10%
Calcium 10% Iron 25%

*Percentage Daily Values based on 2,000 calorie diet.

12. Depression

Everyone feels sad or low sometimes, but these feelings usually pass with a little time. Depression (also called major depressive disorder or clinical depression) is different. It can cause severe symptoms that affect how you feel, think, and handle daily activities, such as sleeping, eating, or working. It is an illness that can affect anyone—regardless of age, race, income, culture, or education. Research suggests that genetic, biological, environmental, and psychological factors play a role in depression.

Two common forms of depression are:

- Major depression, which includes symptoms of depression most of the time for at least 2 weeks that typically interfere with your ability to work, sleep, and eat.
- Persistent depressive disorder (dysthymia) often includes less severe symptoms of depression that last much longer, typically for at least 2 years.

Common symptoms of depression include:

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

To be diagnosed with depression, an individual must have five depression symptoms every day, nearly all day, for at least 2 weeks. One of the symptoms must be a depressed mood or a loss of interest or pleasure in almost all activities

If you think you may have depression, talk to your Nascentia Health nurse, your primary care doctor, or a mental health professional.

A treatment plan should be based on a person's individual needs and medical situation under a doctor's care. It may take some trial and error to find the treatment that works best for you, so keep talking with your doctor when you feel a treatment is not working.

Antidepressants are medications commonly used to treat depression. They take time to work—usually 4 to 8 weeks—and symptoms such as problems with sleep, appetite, or concentration often improve before mood lifts. It is important to give medication a chance before deciding whether or not it works.

Once you begin treatment, you should gradually start to feel better. Go easy on yourself during this time. Try to do things you used to enjoy. Even if you don't feel like doing them, they can improve your mood. Other things that may help:

- Try to get some physical activity. Just 30 minutes a day of walking can boost mood.
- Try to maintain a regular bedtime and wake-up time.
- Eat regular, healthy meals.
- Do what you can as much as you can. Decide what must get done and what can wait.
- Try to connect with other people and talk with people you trust about how you are feeling.
- Postpone important life decisions until you feel better.
- Avoid using alcohol, nicotine, or drugs, including medications not prescribed for you.

Tips to remember:

1. Engage in physical activity for 15 minutes twice a day to increase your serotonin levels.
2. Notify your health care professional so they can help you seek counseling if your condition worsens.
3. Do things that distract or refocus you from depression such as hobbies and socialization.

Alcohol

What counts as ONE DRINK?

- One 12-ounce can of beer
- One 5-ounce glass of wine
- One shot of hard liquor (1.5 ounces)

Tips for cutting down on alcohol use:

- Measure and Count. Measure drinks per standard drink size and count how much you drink on your phone, a card in your wallet, or calendar.
- Set Goals. Decide how many days a week you want to drink, and how many drinks to have on those days.
- Pace and Space. Pace yourself. Sip slowly. Have no more than one drink per hour. Alternate between alcoholic and non-alcoholic drinks like water, soda, or juice.
- Include Food. Don't drink on an empty stomach.
- Avoid "Triggers." What triggers you to drink? Avoid people, places, and activities that trigger the urge to drink.
- Plan to Handle Urges. When an urge hits: remind yourself reasons for changing, talk it through with someone, do a healthy, distracting activity, or "urge surf" and accept the feeling and ride it out, knowing it will pass.
- Know your "no." Have a polite, convincing "no" ready for times when you don't want a drink.

Harmful alcohol use is when you have negative effects from drinking such as accidents, not being able to stop drinking, or not doing what you normally do (work, school, family) because of drinking.

Opioid and Heroin Substance Abuse

- Opioids come in different forms but have similar effects and can harm you.
- At high doses or when combined with other medications or alcohol, opioids can cause you to stop breathing.
- Opioids are prescribed for pain. Examples are hydrocodone, oxycodone, and fentanyl. Some prescription cough syrups also contain opioids.
- Heroin is an illegal opioid made from the opium poppy plant. Heroin is a white or brown powder or a black/dark brown sticky substance.
- Opioids are swallowed, injected, smoked, or snorted

Tips for Quitting Opiods

- Don't stop taking your opioid medication suddenly. Lowering your dose too quickly can be dangerous.

- Be aware that withdrawal can occur. Doctors and addiction treatment programs can help with withdrawal.
- Know your options:
  - Treatment—can include medications, counseling, or a combination. Medications can be provided by a treatment center (residential or outpatient) or provider office.
  - Medications—include methadone, buprenorphine (Suboxone), and maltrexone. They help manage cravings and withdrawal symptoms, and are used for long-term recovery.
  - Counseling—options include cognitive behavioral therapy and motivational interviewing.

Methamphetamine

- Methamphetamine ("meth") is a powerful stimulant that speeds up the brain and body.
- It is made from poisonous ingredients (battery acid, fertilizer, drain cleaner, lantern fuel, anti-freeze).
- It is usually a white, bitter-tasting powder or a pill. One form of the drug, called crystal meth, looks like glass fragments or shiny, bluish-white rocks.
- It is swallowed, injected, smoked, or snorted.
- The euphoric (joyful) feeling from methamphetamine fades quickly, so people often take repeated doses in a "binge and crash" pattern.

Tips for Quitting Methamphetamine

- Get other supportive people involved in your decision to quit.
- Think about how quitting will impact your life.
- Know your options:
  - Treatment—effective treatment can be provided by a treatment center (residential or outpatient).
  - Medications—research is underway but there are currently no approved medications to treat methamphetamine addition.
- Counseling—the most effective treatments are behavioral therapies such as
  - Cognitive behavioral therapy, which helps patients recognize, avoid, and cope with the situations in which they are most likely to use drugs.
  - Motivational incentives, which use vouchers or small cash rewards to encourage patients to remain drug-free.

Prescription Stimulants

- Prescription stimulants include medications such as methylphenidate (Ritalin and Concerta) and amphetamines (Dexedrine and Adderall).
- Prescription stimulants can increase alertness, attention, energy, blood pressure, heart rate, and breathing rate.
- When taken as prescribed by a doctor, prescription stimulants can safely and effectively treat disorders such as attention deficit/hyperactivity disorder (ADHD) and narcolepsy (a sleep related condition).
- Prescription stimulants are normally taken in pill form, but they can also be snorted, smoked, or injected by people who misuse them.

Tips for Quitting Stimulants

- Questions to think about:
  - Am I using the medicine the way the doctor prescribed?
  - Am I running out of pills before it can be refilled?
  - Am I sharing pills with anyone?
  - Am I only taking my own medications?
- Know your options:
  - Treatment—can be inpatient or outpatient, with outpatient being more common. Treatment is based on therapies proven effective for treating cocaine or methamphetamine addiction.
  - Behavioral therapy—teaches patients to recognize risky situations, avoid use, and cope more effectively with problems.
  - Contingency management—allows patients to earn rewards that promote healthy living if patients attend treatment and stay off prescription stimulants.
  - Social support—letting friends or family know you are working toward quitting will help your recovery process. Recovery support groups can also be effective when combined with behavioral therapy.

Prescription Depressants (Benzodiazepines & Sleep Medications)

Prescription depressants (also called sedatives or tranquilizers) are medications that slow down the activity of the brain. They include:

- Benzodiazepines such as diazepam (Valium), alprazolam (Xanax), and clonazepam (Klonopin).
- Sleep medications such as zolpidem (Ambien), eszopiclone (Lunesta), and Sonata (zaleplon).
- Barbiturates such as phenobarbital (Luminal), pentobarbital (Nembutal), and mephobarbital (Mebaral).

- When taken as prescribed by a doctor (usually in pill or capsule form), they can help treat conditions such as sleep, anxiety, and seizure disorders. However, when misused, they can have severe negative health consequences.
- Prescription depressants misuse means taking someone else's medication or taking more (or more often) than prescribed.

Tips for Quitting Depressants

- People who have been using prescription depressants for as little as 3–4 weeks can have withdrawal symptoms if they stop suddenly
- Lowering your dose too quickly can be dangerous
- Get help from a medical professional to lower your dose (called tapering) safely.
- Know your options:
  - Treatment—should include medical help to decrease and stop using the medication, and substance abuse counseling. Treatment can be residential or outpatient.
  - Counseling—one effective form of counseling is cognitive behavioral therapy. This type of therapy focuses on helping to change thinking, expectations, and behaviors and increasing skills for coping with life stress.
  - Peer support groups and recovery supports— are important to help people stay in recovery.

Using Exercise to Benefit your Mind and Body

When you're recovering from alcohol and substance use disorder, exercise is beneficial for both your body and mind. Physical and mental health are more connected than we realize and exercising gives us the valuable opportunity to improve both at the same time. Regular exercise can lead to an increase of days without drug or alcohol use.

Physical Activity

Physical activity can help you maintain a healthy weight and strengthen your bones and muscles. Exercise is particularly helpful because weight struggles are commonly connected with substance use recovery.

Mental Health Benefits

In addition to physical health perks, regular exercise offers many psychological benefits. When you engage in physical activity, your body releases chemicals called endorphins. These endorphins interact with your brain's receptors to decrease your perception of pain, much like morphine does.

Exercise Curbs Cravings

Working out moves blood through the heart quicker, and regular exercise can increase the amount of oxygen and nutrients flowing to your body's muscles. This increase in nourishment causes the body to grow stronger and have a greater capacity to release energy throughout the day. These higher energy levels then make daily tasks easier and often boost the ability to resist the urge to use drugs.

Exercise Gives Structure and Routine

Many people find they have a lot of free time on their hands once they begin the recovery process because they are no longer spending their time thinking about, acquiring, or using a substance. Exercise is a great outlet for this extra time and can take up several hours of the week. It is generally good to keep yourself busy during addiction recovery, especially in the beginning phases. Following a regular exercise routine takes away the need to make split decisions about what to do with spare time throughout the day, which is often when poor choices are made.

Exercise Relieves Stress

Reducing stress is essential for anyone recovering from substance use disorder because withdrawing from drugs or alcohol can heighten stress. Exercise directly affects the part of the brain that controls stress and anxiety. Both low-intensity and high-intensity forms of exercise are shown to reduce stress, help individuals become more aware of their mental state, and grant mental relief.

Exercise Boosts Your Mood

Exercise naturally triggers dopamine, a happiness hormone, which is why that post-workout euphoric feeling is often described as "runner's high." Instead of relying on a harmful substance, exercise is a great way to get a rush of happiness and energize your outlook on life. People also tend to feel better about themselves after handling stress well, as opposed to turning back to bad habits.

Exercise Improves Your Self-Image

Exercise can help reinforce positive body-image and raise self-esteem. In general, taking good care of your body boosts self-confidence and makes you feel better about yourself.

Exercise With Others Develops Healthy Relationships

Meeting new friends in the beginning stages of recovery can be a challenge but participating in a group class or recreational sports league can introduce you to other people with common interests.

Exercise Helps You Sleep

Sleep is an important component of recovery because, without the proper amount of rest, we're unable to function at our highest level or make the best choices for ourselves. Fatigue is often a result of poor sleep quality, and it can lead to relapse. Regular exercise can help you overcome sleeplessness by stimulating the recuperative processes that rebuild strength and restore health during sleep.

When you're recovering from alcohol use disorder, exercise is beneficial for both your body and mind. Physical and mental health are more connected than we realize and exercising gives us the valuable opportunity to improve both at the same time.

Word Search

W	L	M	Q	B	B	P	A	I	N	G	U	R	D	H	I	V	N
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WHEN TO CALL

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