

Windermere Lakes



NEWSLETTER

January 2014

Volume 8, Issue 1

A FOCUS ON RESOLUTIONS

RESOLVE TO BE A BETTER YOU

By: *Concentra Urgent Care*

The New Year is a great time to make healthy lifestyle changes. According to the US Department of Health and Human Services, the most common resolutions focus on losing weight, getting fit, quitting smoking, and reducing stress. These are important themes that can reduce your risk of disease. Here are ways you can achieve your goals this year.

LOSING WEIGHT

A weight loss of five to seven percent of your body weight can improve your health and quality of life. It can also help prevent weight-related health problems, like diabetes.

Changing your eating habits and increasing your physical activity are keys to successful weight loss and help to maintain optimal weight for the rest of your life. Create a plan for healthy eating and increased physical activity, while taking in fewer calories than you use. Your healthy eating plan should include:

- Taking into account foods you like and dislike
- A focus on fresh fruits, vegetables, and whole grains
- Consuming fat-free or low-fat dairy products such as yogurt, cheese, and milk
- Protein sources such as lean meats, poultry, fish, beans, eggs, and nuts
- Avoiding saturated and trans fats such as animal fat, butter, and hydrogenated oils
- Staying away from foods high in sodium and added sugars

GETTING FIT

Regular physical activity for at least 30 minutes each day, or broken up into several shorter periods of 20, 15, or 10 minutes, can help you lose weight, keep it off, and stay fit. It can also improve your energy and mood and lower your risk for heart disease, diabetes, and some cancers. Try some of these physical activities:

- Walking (15-minute miles or 4 miles per hour)
- Biking
- Tennis
- Aerobic exercise classes (step aerobics, kickboxing, dancing)
- Yard work or house cleaning (gardening, raking, mopping, vacuuming)

Taking the first step can be the hardest part. Start slowly, at a level that is comfortable for you and add activity as you go along. Sometimes, it helps to have a friend or activity buddy when you start out. It is recommended that adults get at least two and a half hours of moderate physical activity each week. Strengthening activities, such as pushups, sit-ups, or lifting weights, at least two days per week are also encouraged.



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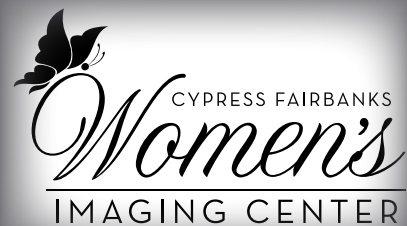
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THYROID CONDITIONS ON THE RISE IN THE U.S.

Take this True/False Quiz to Learn More About the Thyroid

JANUARY IS THYROID AWARENESS MONTH

Tired? Sluggish? Unexplained weight gain or weight loss? It could be your children wearing you out, or the natural effects of aging--or it could be a treatable condition caused by the thyroid.

Approximately 27 million Americans suffer from thyroid diseases, and the vast majority of them are women.

"We're diagnosing more thyroid disease now than 20 years ago," says Dr. Tira Chaicha-Brom, an endocrinologist with Texas Diabetes and Endocrinology.

The thyroid is a small, butterfly-shaped gland at the base of the neck that regulates metabolism. When it's not working properly, the symptoms often mimic other conditions, and thyroid problems can go untreated.

Take this True/False quiz now to find out how much you know about the thyroid.

1. *The symptoms of the two main types of thyroid disease are the same. T/F?*

FALSE: The two major types of thyroid disease are an overactive thyroid, called hyperthyroidism, and underactive thyroid, called hypothyroidism.

"If you have an overactive thyroid, you have an increased metabolism," explains Dr. Chaicha-Brom. "You may have heart palpitations, excessive sweating, diarrhea, anxiety, insomnia, and even unexplained weight loss."

The other type of thyroid disease – an underactive thyroid or hypothyroid – causes symptoms including fatigue, dry skin, unexplained weight gain, constipation, and increased sensitivity to cold.

2. *Medication is the main treatment for thyroid disease. T/F?*

TRUE: The main treatment for hypothyroidism is thyroid medication. Levothyroxine, the medication used for hypothyroidism, is the third most commonly prescribed medication in the US. Hyperthyroidism can be treated with medication, surgery, or radioactive iodine.

3. *Thyroid cancer is on the rise in the United States. T/F?*

TRUE: Not only is thyroid disease being diagnosed more often, thyroid cancer is on the rise. The American Cancer Society estimates that 60,000 new thyroid cancer cases will be diagnosed in 2013.

The chance of being diagnosed with thyroid cancer is now more than twice what it was in 1990. Some of this is due to increased detection with thyroid ultrasound, which can detect small cancerous thyroid nodules that might not have been found before.

4. *Thyroid surgery is always necessary for thyroid nodules or lumps. T/F?*

FALSE: Thyroid nodules, (thyroid lumps or growths), are common and are often benign or non-cancerous and may not require removal. But nodules should be checked since thyroid nodules can sometimes be cancerous.

"Up to 40 percent of the population will have thyroid nodules at some time, and most are non-cancerous," says Dr. Chaicha-Brom. "The size of the nodule, how it looks on ultrasound, and the patient's risk factors for thyroid cancer all determine how physicians treat the nodule."

HOW DID YOU SCORE?

Don't worry if you didn't know all the answers. Not that many people understand this unusual gland. But it's important to talk to your physician about any troubling symptoms. Not only do patients feel better after treatment, they also can prevent long-term damage to their bodies due to untreated thyroid disease. Obesity, eye problems, heart disease, high/elevated cholesterol levels, and an enlarged and painful thyroid called a goiter may occur without treatment.

Texas Diabetes and Endocrinology helps people with a variety of health problems, including diabetes, thyroid disease, high cholesterol, and osteoporosis. Texas Diabetes was founded in 2001 by Thomas Blevins, M.D., and has grown to include seven physicians and locations in Northwest Austin and Round Rock. For more information, visit texasdiabetes.com or call 512-458-8400.



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View answers online at www.peelinc.com

The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.

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Good Neighbors Can Be Great For Stress Levels

Do you live in a neighborhood where you feel safe and connected to others, or do you feel overcrowded, threatened, and otherwise unsafe in your surroundings? This, and other aspects of neighborhood life, can impact both your level of happiness and stress.

Socializing: With our busy schedules, we don't always see friends as often as we'd like. For a bit of socializing that takes only minutes out of your day, it's nice to stop and chat with people for a few minutes on your way out to your car. And the more people you have available for shared social support, the better, generally speaking.

Pooled Resources: I know people in some more-friendly neighborhoods who share dinners, minimizing the effort it takes to cook. Others trade fruit from their trees. A neighbor who borrows a few eggs may come back with a plate of cookies that the eggs helped create. Knowing your neighbors increases everyone's ability to share.

Security: Knowing the people around you can bring a sense of security. If you need something—whether it's a cup of sugar when you're baking cookies, or someone to call the police if they see someone lurking outside your home—it's nice to know you can depend on those around you and they can depend on you.

Home Pride: Knowing the people who live around you provides a strengthened sense of pride in your home and neighborhood.

Coming home just feels nicer. While you may not be able to change the neighborhood in which you live, you can change the experience you have in your own neighborhood by getting more involved with those around you and taking pride in the area in which you live. The following are some ideas and resources that can help you to feel more at home in your neighborhood:

Get Out More: If you live in a generally safe area, I highly recommend taking a morning or evening walk. It's a great stress reliever that also allows you to get to know many of your neighbors, get an understanding of who lives where, and feel more at home in your surroundings.

Smile: It's simple enough, but if you're not in the habit of smiling and giving a friendly hello to the people you encounter in your neighborhood, it's a good habit to start. While not everyone will return the friendliness immediately, it's a quick way to get to know people and build relationships, even if you've lived close for years and haven't really said much to one another.

Talk To Your Elders: The more veteran members of the neighborhood often have the inside scoop on the neighborhood. You may be surprised at how much you can learn if you stop to take the time to talk to the sweet old lady at the end of the block.



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2012	18	\$363,000	\$198,000	\$250,761	36

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