

HEALTH *Connections*

YOUR HEALTH, YOUR LIFE



DO IT FOR THEM
**Motivation to
Quit Smoking**

TASTE OR TOSS IT
BEHIND THE BEST-BY DATE

IS IT A COLD, THE FLU
OR COVID-19?

 **KENTUCKY RIVER
MEDICAL CENTER**

CHECK THAT DATE!

When is the last time you checked your household inventory?

KITCHEN

Most dates on packaging are not safety dates but recommendations to ensure peak quality or taste of the product, with the exception of infant formula. Never use expired formula and discard opened powdered formula after 30 days, if not consumed.

Canned food is safe for two to five years after the best-by date — although high-acid foods like tomatoes are best used within 18 months. How long fresh produce will last depends on the type. The USDA app FoodKeeper can provide guidance for specific items.

Open foods that have expired often show visible signs of deterioration, such as mold, but what about that can of beans with a “Best By” date from six months ago or longer?

If the can isn’t bulging or otherwise suspect, you should be fine. According to the United States Department of Agriculture (USDA), you can eat many packaged foods beyond their best-by dates. In general, if a food item smells, looks or feels off, then it is likely time to throw it away.



MEDICINE CABINET

Multiple studies have shown most drugs maintain their potency for years, if not decades, after the original expiration date. (Reporting from ProPublica in 2017 found that even the FDA does it!)

However, the FDA does not recommend anyone take over-the-counter and prescribed drugs past their expiration dates. For example, taking expired antibiotics may lead to antibiotic resistance or other complications.

Still, even though drugs might not go bad a year later doesn’t mean that you should keep unused prescriptions around, especially if they are controlled substances like opioids. The FDA recommends tossing any drugs you aren’t using. In order to do so safely, many police stations, health departments and hospitals have easy ways for you to drop off old medicine.



VANITY DRAWERS

Whether you buy designer lipstick or drugstore mascara, all makeup deteriorates at similar rates. As with food, expiration dates are rules of thumb and not actual safety guidelines.

However, the Food and Drug Administration and cosmetic trade groups all agree that eye products should be replaced more frequently than any other kind of makeup — every three to six months. If you have any kind of eye infection, that warrants prompt disposal.

Also, if you dip your finger into a product to apply it, you should replace it more frequently, because even a clean fingertip will add microorganisms to the makeup that could turn into bacteria or fungi.



Don’t just renew your expired prescriptions out of habit. Review your medications during your annual checkup. Need a provider? We’re accepting new patients and offer telehealth and some next-day appointments. Visit KRProviders.com for details.

Eat HEALTHY for Your Heart

Whether you're worried about your heart health or want to make sure you won't have to be, every day is a good day to start eating a heart-smart diet.

Healthy eating and regular exercise are habits people at any age can adopt to prevent cardiovascular disease, according to the American Heart Association (AHA). That's not to say you can't ever have the occasional fried chicken sandwich, but you have to balance out your unhealthy splurges. Here's what the AHA recommends.

- **Don't eat more calories than you need.** Depending on your size, activity level and whether you're trying to lose weight, your daily caloric intake might need to be higher or lower than the average 2,000 calorie basis for nutrition facts labels. Determine how many calories you should be eating and then stay within that limit most days.
- **Do eat whole foods.** Your diet should revolve around fruits and vegetables, lean protein like fish, whole grains, low-fat dairy, nuts, and legumes. Limit intake of fats and oils to heart-healthy options, such as olive oil or avocados.
- **Skip foods high in salt and added sugars.** To curtail high blood pressure, try to limit sodium to less than 2,300mg per day, although 1,500mg per day does a better job. Added sugars, including high-fructose corn syrup, should be limited to 100 calories or six teaspoons for women and 150 calories or nine teaspoons of for men per day.
- **Limit alcohol use.** Although there have been varying studies to determine whether a daily glass of wine is good for your heart, the verdict is still out. The AHA recommends sticking to no more than one drink a day, whether it's wine or beer or whiskey, for a woman and two for a man.

CHOLESTEROL: THE GOOD, THE BAD AND TRIGLYCERIDES

Your body needs cholesterol to function. But if there's too much cholesterol, your arteries can become clogged. Still, not all cholesterol is the same. Here's what you should know.

High-density lipoprotein (HDL) is often referred to as "good" cholesterol because it carries excess cholesterol to your liver to be removed. Men should have more than 40 mg/dL in their blood, and women should have more than 50 mg/dL.


Low-density lipoprotein (LDL) is often called "bad" cholesterol. People should have less than 100 mg/dL.

Very-low-density lipoprotein (VLDL) carries triglycerides to tissues in your body. Triglycerides are fats found in oils and butter, and having a high level of them increases the risk of heart disease. A healthy VLDL level is under 30 mg/dL, and a healthy level of triglycerides is under 150 mg/dL.



Want to learn more about your heart health? Visit KentuckyRiverAnytime.com to schedule an appointment with a provider today.

Some providers linked at KentuckyRiverAnytime.com are members of the medical staff at Kentucky River Medical Center.



The benefits of quitting smoking apply to more than just you — your family members, friends and even pets can reap the rewards, too.

QUIT

For the Greater Good

Whether you smoke, vape, dip or chew — whether you've been doing it for 12 months or 12 years — you already know smoking or using other tobacco products is bad for your health. The warnings are printed on every package you buy.

That's why the huge increases in youth e-cigarette usage is so alarming. Over 5 million youth, grades 6 through 12, reported regularly vaping, and 1 million reported doing it daily, according to a survey by the Food and Drug Administration (FDA) and the Centers for Disease Control and Prevention (CDC).

Unfortunately for many people, knowing that tobacco is bad for them isn't a good enough reason to quit. Nicotine is a highly addictive drug, but its misuse won't land users in jail. This means it might be hard for users to hit "rock bottom" before they get sick.

Yet, if you keep using tobacco or vaping nicotine, it is extremely likely that you will get sick. And if you smoke indoors, anyone who lives with you might get sick too, including your kids and pets. You should also know:

- Smoking is still the top cause of preventable death and disease in the United States, according to the CDC.
- Over 480,000 people die from smoking-related causes every year.
- Smoking doesn't just cause lung cancer. The CDC finds it can also cause cancer of the bladder, cervix, colon, esophagus, kidney, mouth, liver, pancreas and stomach.
- Smoking can also cause or contribute to diabetes, emphysema, heart disease, osteoporosis, rheumatoid arthritis and stroke.
- Tobacco use can make it harder to get pregnant. It can also make it more likely for

a baby to have certain birth defects or to die from Sudden Infant Death Syndrome.

- Men who smoke are more likely to have erectile dysfunction.
- According to the CDC, 2.5 million nonsmokers have died from exposure to secondhand smoke since 1964.
- In small children, secondhand smoke is often a contributing factor to ear infections and asthma.
- Secondhand smoke can cause nose or lung cancer in your pets.

READY TO QUIT YET?

Even if you are trying to quit — and/or have tried time and time again to quit — habits are hard to break, especially when they are wrapped up with an addictive substance like nicotine. That's why finding the support you need to quit once and for all is important.



RESOURCES TO QUIT SMOKING

- The American Lung Association's Freedom From Smoking program has been around for decades and helped over 1 million people quit tobacco use. Classes and support groups are available online and across the country, along with a telephone hotline.
- The National Cancer Institute has two free smartphone apps, QuitGuide and quitSTART, that can help you assess your tobacco use habits and provide needed distractions to counter cravings.
- There are numerous other apps, some free and some paid, that can help you track how much or how little you are smoking, if you aren't quitting cold turkey. Some apps even tally up the amount of money you're saving with every tobacco product you don't use.
- Your state health department has trained counselors available. Call 1-800-QUIT-NOW.

HELP FOR TOBACCO CESSATION

If quitting cold turkey has not worked for you, limiting your tobacco use with nicotine gum or patches to help you taper off may help. A physician can also prescribe a nicotine nasal spray, an inhaler or other medication. However, it is important to discuss possible side effects of any medications.

The FDA does not recommend using e-cigarettes as a way to taper tobacco use. Vaping can actually increase your nicotine intake, which can, in turn, strengthen your addiction.

Support groups or therapy, whether online or in person, can often provide the needed encouragement to overcome the frustration of quitting.

If none of these methods have helped you, the good news is that there are almost as many different methods and motivations to quit nicotine for good as there are brands

of cigarettes. Some other things you can try include:

- **Exercise.** If you're a heavy smoker, it might not be easy to start, but doing something physical, even simply taking a walk, is a great way to keep your mind off your cravings. Plus, the more your cardiovascular health improves, the less you are going to want to make it worse again.
- **Identify your triggers and avoid or replace them.** If you always smoke while drinking, cut back on alcohol until you quit. If you always take a cigarette break in the middle of the afternoon, find something else to do during that time, like having coffee or a healthy snack. Basically, create new habits to replace the old one.
- **Take it easy on yourself.** If you slip up and smoke again, it's OK. Don't beat yourself up, and don't tell yourself that you've failed. You

haven't failed. Tomorrow is a new day where you can start again, cigarette or vape-free.

- **Treat yourself.** With all the money you'd save by not smoking, reward yourself with something like a book or a dinner out when you hit sobriety milestones.

It takes time to get used to your new life, but eventually you can get there. Quit now, and your body will thank you later.



Low-dose CTs are available at Kentucky River Medical Center. Speak with your provider about your concern for your lung cancer risk. Visit KentuckyRiverMC.com or call (606) 666-6413 to make your appointment.

Band Together for Strong Hips

Using a resistance band can help you increase your strength and build lean muscle.



If you've had hip replacement surgery, always check with your physician before doing any type of hip exercises.

Don't let hip pain limit your life. Exercises to strengthen the hip flexor muscles — the group of muscles at the top of the thighs that help with lower body movement — are key to increasing flexibility, improving range of motion and maintaining mobility. Release hip flexor muscle tension by doing several repetitions of these gentle stretches throughout the day.

EXERCISE 1:

Begin by sitting in a chair with your legs to the front. Place the resistance band around both legs, just above the knees. While keeping your feet flat on the floor, slowly spread your knees apart and then bring them slowly back together.

EXERCISE 2:

Stand behind a chair with your left hand resting lightly on the top for balance. Place the resistance band around both legs, just above the knees. Keep your hand on the chair and your left foot flat on the floor. Straighten your right leg and extend it behind you until it's off the floor. Hold the pose for five seconds, and then repeat on the right side.

EXERCISE 3:

Place the resistance band around both legs, just above the knees. Stand with your feet hip-width apart, and then slide your right leg to the side until you feel resistance in the band. Shift your weight to your right leg, then slide your left leg over until your feet are hip-width apart again. Repeat the exercise on the left side.



Surgery isn't the only solution for hip pain. Exercise, injections, medications and physical therapy are some other options that may help. Speak with your physician to be referred to our physical therapist, Mark Castle, MPT, WCC. Call (606) 666-6484 or visit KentuckyRiverMC.com/therapy to find out more about physical therapy services available.

ANOTHER OPTION FOR HIP REPLACEMENT

According to the American Association of Hip and Knee Surgeons, the most common approach for hip replacement surgery is the posterior approach — where the hip joint is accessed from the back of the hip. The anterior approach, which uses an incision at the front of the hip, is gaining popularity as an alternative.

Research published in *The Journal of Arthroplasty* reports that 90 days after surgery, patients who had anterior hip replacement reported less pain and lower rates of narcotic use, as well as improved hip function. There were no significant differences reported in complication rates.

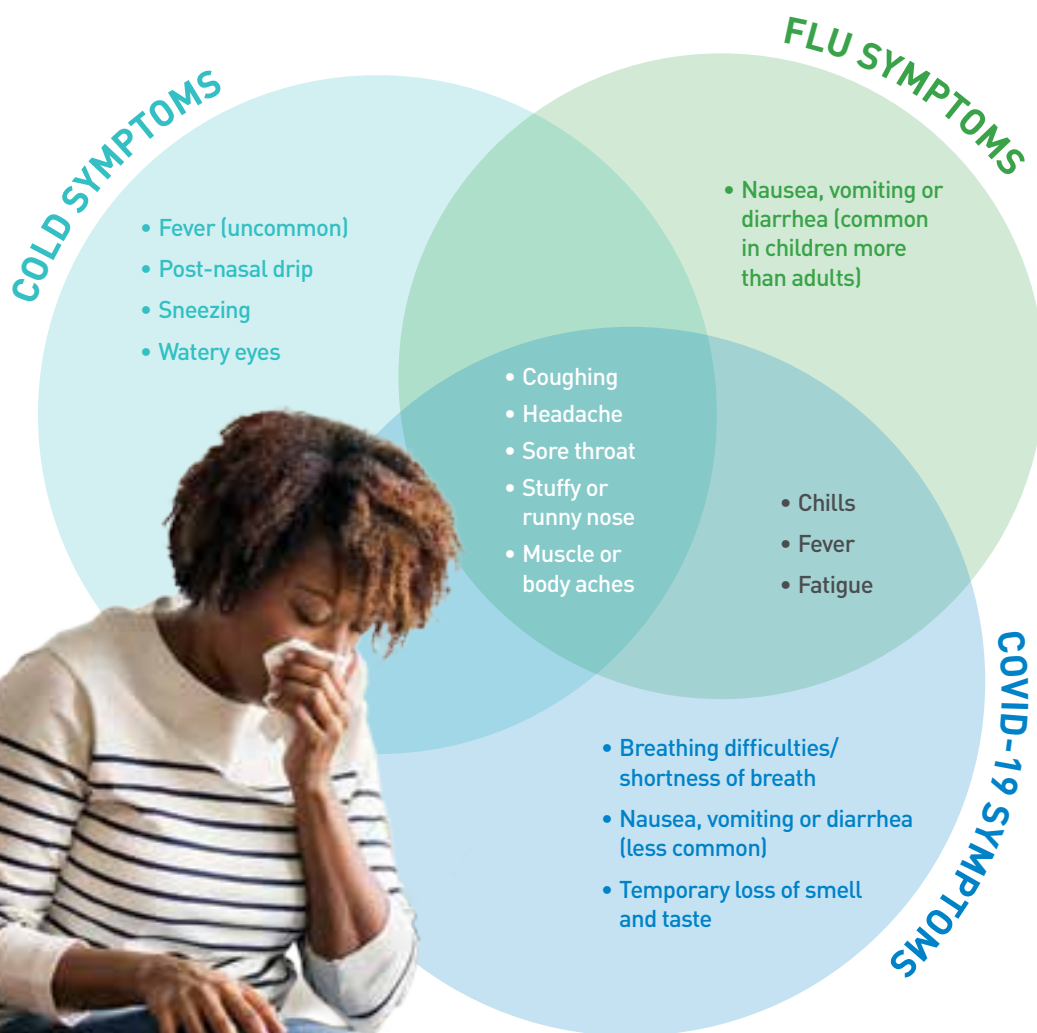
The approach your surgeon chooses will depend on various factors, including his or her experience and your anatomy. Together, discuss your personal risks and benefits for each approach and then decide which is your best option.



COLD vs. FLU vs. COVID-19

Staying home when you are sick is more important than ever. Recognize cold, flu and COVID-19 symptoms so you can take the appropriate action.

COLD VS. FLU VS. COVID-19 SYMPTOMS*



HOW MANY DAYS AFTER EXPOSURE DO SYMPTOMS START?

S	M	T	W	T	F	S

Cold: 2–3 days

Flu: 1–4 days

COVID-19: 2–14 days

WHEN AM I CONTAGIOUS?

COLD:

From 1–7 days after symptoms

FLU:

From 1 day before to 7 days after symptoms; most contagious 3–4 days after

COVID-19:

From three days before, to two weeks after symptoms; **most contagious 48 hours before symptoms, according to emerging research**



Having any of the symptoms mentioned? In need of a provider? Find a provider at KentuckyRiverAnytime.com.

Some providers linked at KentuckyRiverAnytime.com are members of the medical staff at Kentucky River Medical Center.

HOW CAN I PREVENT GETTING OR SPREADING UPPER RESPIRATORY INFECTIONS?

- Avoid close contact with others, keeping at least six feet away from people.
- Cover coughs or sneezes with a tissue or your arm, dispose of tissues and wash hands immediately after blowing your nose, coughing or sneezing.
- Frequently disinfect surfaces, such as tables, doorknobs or your phone.
- Keep away from others who are sick.
- Stay home if you are sick or have been in contact with someone who is sick.
- Try to not touch your face, mouth, nose and eyes with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds.
- Wear a cloth face covering over your nose and mouth in public.

Fact:

Staying isolated from other people when you have an upper respiratory infection is essential to prevent spreading the disease.

WANT TO READ MORE?

Visit KentuckyRiverMC.com/signup to receive other health and wellness articles and register for our eNewsletter.

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al Call (606) 666-6000 or (TTY: (800) 774-4344).
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This publication in no way seeks to serve as a substitute for professional medical care. Consult your doctor before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.

The Doctor

Will See You Now

For in-person appointments, we have adopted additional precautions to help keep you safe during your visit. If it's time for annual care or you have a new health concern, don't put it off.



Don't forget to schedule your annual checkup. Call today or visit KentuckyRiverAnytime.com and schedule your appointment.

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