hometown health

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THE NOT-SO-SWEET TRUTH ABOUT EXTRA SUGAR
After surviving a heart attack while waterskiing, ‘Miracle Man’ Brian Kanable looks forward to getting back on the water.

Brian Kanable was out behind a boat on the Black River. It’s where he spent three mornings a week, waterskiing with friends before work.

But this morning, something was different. “Brian doesn’t look right,” one of his friends said, just before Kanable collapsed. The boat raced back to where he was floating face down in the water. Kanable’s friends pulled him onboard, called 911 and headed for a nearby marina.

When they arrived, first responders were waiting. Paramedics determined that Kanable, whose skin had started to turn blue, was having a heart attack.

“The paramedics cut the life vest off me and started CPR,” Kanable says. “They pumped me full of medication, shocked me four times and worked on me for 25 minutes.”

Kanable was taken to Mayo Clinic Health System in La Crosse, where Charles Cagin, D.O., a cardiologist, inserted five stents — small mesh tubes — to open blocked arteries leading to his heart.

Kanable, who spent 16 days in a medically induced coma to allow his body to heal, doesn’t remember any of it. His wife Julie, however, remembers it all. The days of continuous renal replacement therapy, a temporary form of kidney dialysis. The body so filled with fluid that Kanable looked, he was told, “like the Stay Puft Marshmallow Man from Ghostbusters.” The five additional stents that had to be placed in Kanable’s arteries. The news that her husband, just 53 years old, might not survive.

“They call the kind of heart attack I had a widow maker,” Kanable says. “Most people don’t survive it.”

Kanable would prove the exception, earning him the nickname Miracle Man.

Survival was the first hurdle Kanable faced. Recovery was the second. He’s had months of occupational, cognitive and cardiac rehab to help him return to the life he knew before his heart attack.

Kanable hopes his hard work will get him back behind a boat this summer. Exercise physiologist Heidi Grafft has tailored a routine to help him get there.

“Waterskiing uses unique muscles, so Heidi put together a workout to get me good to go for skiing,” Kanable says. “She’s thinking outside the box.”

A month after nearly losing his life, Kanable walked out of the hospital. He’s deeply grateful to the staff who helped him do it.

“Everyone at the hospital, from the doctors to the people sweeping the floors, cares about you,” Kanable says. “They don’t act like what they’re doing is just a job. You feel like you’re part of a family.”

Kanable says his experience has been a valuable reminder of how short life can be.

“We’re only on this planet for a little while,” Kanable says. “I don’t want to take things for granted. I want to do things to help make life better for the people around me.”

And that’s a lesson we can all take to heart.
Supplements – What you need to know


Herbal supplements such as echinacea may sound like healthy — and natural — choices for treating colds and addressing a host of other health concerns. But that’s not necessarily true. In some cases, herbal supplements can even be dangerous.

Adam Skemp, D.O., an Internal Medicine physician at Mayo Clinic Health System in La Crosse, shares what you need to know before you buy.

Loosely regulated
Herbal supplements are considered dietary supplements by the FDA. That means they’re regulated differently than items sold as prescription or over-the-counter drugs. And those regulations aren’t as strict for supplements as they are for medications.

“Companies can sell dietary supplements without doing any safety testing and before seeking FDA approval,” says Dr. Skemp. FDA oversight comes in after the supplement is on the market. “The FDA monitors the manufacturing process and responds to safety issues that come up.”

Truth in advertising?
Companies that make herbal supplements are allowed to make claims about their products’ effectiveness as long as they have evidence to support the claims. However, companies do not need to submit this evidence to the FDA. That should make you think twice about what’s on the packaging, says Dr. Skemp.

“If it sounds too good to be true, it probably is,” he says. Instead of trusting a product’s advertising, Dr. Skemp recommends doing your own research. The Office of Dietary Supplements (ods.od.nih.gov) is one place to go for unbiased information. Your provider is another good resource.

Find out what’s inside
Companies must include a complete list of ingredients on their supplement labels. Since the FDA does not test supplements, it’s up to companies themselves to report what’s in the pills they produce.

Research has found that this honor system is not so honorable. For example, a 2015 study by the New York State Attorney General’s Office found that 4 out of 5 products tested did not include the herbs listed on their labels, and many were full of fillers such as powdered rice. The study also found some pills included ingredients not listed on their labels, including some that could be dangerous to people with allergies.

When to avoid supplements
Certain people should avoid supplements altogether.

“When some supplements can cause serious side effects if mixed with a prescription or over-the-counter medication,” Dr. Skemp says. That includes aspirin, blood thinners and blood pressure medications. “Talk to your provider if you take medication and are thinking of adding a supplement.”

Women who are pregnant or breast-feeding should also check with their providers before taking supplements.

To learn about supplements that are under regulatory review or have been reported to cause adverse effects, visit mayoclinichealthsystem.org/supplements.
Make a super bowl (of chili) for your football party

Football's championship game is about more than what's happening on the field. There are the commercials, the half-time show and the food. Score major points by bringing this hearty, healthy chili to your football party.

Ingredients

- 2 cups chopped zucchini
- 1 teaspoon olive oil
- 1 cup chopped onion
- 2 cups chopped celery
- 1 cup chopped bell peppers
- 2 teaspoons chopped fresh garlic
- 1 pound chopped cooked turkey
- 1 ½ tablespoons chili powder
- 1 teaspoon cumin seed
- 2 cups diced canned tomatoes, no-salt-added variety
- 4 cups canned kidney beans, rinsed and drained
- 2 cups low-sodium vegetable broth
- 1 teaspoon brown sugar

Directions

Preheat the oven to 475 F. Spray a glass baking dish with cooking spray. Arrange the zucchini in a single layer in the baking dish. Roast for 8 to 10 minutes.

Meanwhile, add the oil and chopped onions to a Dutch oven or soup pot. Sauté over low heat until the onions are browned. Add celery and peppers and continue to sauté. Add garlic, turkey, chili powder and cumin seed. Cover and simmer for 5 minutes.

Stir in the rest of the ingredients. Cover and simmer for 15 minutes.

Recipe credit: Mayoclinic.org

Screen time and body weight – is there a connection?

Kids spend an average of seven hours per day in front of a screen. Learn about research into the connection between TV watching and obesity among children and get tips on limiting screen time and increasing activity.

Too embarrassed to ask: I just had a baby – what's wrong with my moods?

Having a baby is one of the most joyful, exciting and tumultuous times in a woman's life. Her body, mind, emotions and hormones are on the roller coaster ride. Learn about "baby blues" and how it differs from the longer-lasting and more serious postpartum depression.

Yuck, I have the flu – now what?

Influenza, also known as the flu, is not fun. Learn ways that you can manage your symptoms and ensure it doesn't spread to others around you.

How you can enjoy the empty nest

Sending children off to college or into the real world is usually a proud time for parents. But, there also can be sadness, especially when it's the last child to leave home. It's common for parents to find letting go to be a painful experience so gather some advice to ease this transition.
Taking care of yourself

How can I prevent and treat dry skin in the winter?

Dry skin is a tell-tale sign of winter in the Midwest. Dry air and cold temperatures can cause skin to feel tight and itchy, and even to crack.

But there are things you can do to protect your skin when the temperatures drop. Covering up to protect your skin is one of the most effective. Wear gloves, a hat and scarf when you go outside. You should cover up inside, too, when you’re washing dishes, scrubbing floors or using household cleaners. Wear rubber gloves to keep your hands protected.

Ironically, baths and showers can also contribute to dry skin. In the winter, keep them short (no more than 10 minutes) and lukewarm.

Another way to protect your skin when you’re inside is by running a humidifier, which can add moisture to the air in your house. There are whole-house units that connect to your furnace, or smaller, free-standing units you can move from room to room.

If you do develop dry skin, moisturizing can help. Aim to moisturize several times a day. It’s especially important to do right after bathing, when your skin is still damp. Just pat yourself dry and then apply lotion. If your skin is especially dry you may want to use baby oil instead of lotion after your bath or shower. And if your skin has cracked, consider using an even stronger product. Ointments that contain petroleum jelly can help soften and heal split skin. If you don’t like the greasy feel, consider applying this type of moisturizer right before bed.

What ingredients should I look for in the OTC moisturizers I buy?

Picking the right over the counter (OTC) moisturizer can be bewildering. Most stores have nearly a full aisle devoted to all types of lotions. It can be hard to know which to buy.

To make the choice easier, start by identifying your skin type. Normal skin is defined by what it’s not — neither dry nor oily. If this sounds like you, use a water-based moisturizer.

If your skin is oily, you’re probably prone to acne. And even though it may feel like your skin is hydrated, you still need to use a moisturizer. The key is to choose a light product and avoid heavy creams, which can irritate oily skin. Instead, look for water-based products with noncomedogenic on the label, which means the product won’t clog pores. This is most important for lotions used on the face.

If your skin is sensitive, you’ll want to avoid products with acids or potential allergens, including fragrances and dyes.

Even within those categories, everyone’s skin is different so you may need to try a few different options before you find the one that’s right for you. Try a range of brands, and don’t be fooled by high prices. A bigger price tag doesn’t necessarily mean a better product.

Whatever product you choose, remember to use it everyday — especially in the winter months — to keep your skin looking and feeling its best all year long.
Water is your body’s principal chemical component and nearly all of the major systems depend on it. Your body depends on water to survive. Here are a few important functions of water in your body.

- **Regulates body temperature**
- **Moistens tissues** such as those in the mouth, eyes and nose
- **Helps dissolve minerals and other nutrients** to make them accessible to the body
- **Lubricates joints**
- **Carries nutrients and oxygen to cells**
- **Protects body organs and tissues**
- **Lessens the burden on the kidneys and liver** by flushing out waste products
- **Water makes up about 60% of your body weight**
- **Carries nutrients and oxygen to cells**
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**Daily intake**

- **MEN**
  - About 15.5 cups of fluids
- **WOMEN**
  - About 11.5 cups of fluids

About 80% of daily fluid intake usually comes from drinks; about 20% usually comes from food.

**Every day you lose water** through your breath, perspiration, urine and bowel movements. For your body to function properly, you must replenish its water supply with beverages and foods that contain water.

**Water makes up about 60% of your body weight**

Upping your water intake may seem easy. Yet many of us aren’t coming close to getting enough water — 2.7 liters per day for women, and 3.7 liters for men.

**Tips for increasing your water game.**

- **Flavor it:** Add fruit to your water. Lemons, limes and oranges are tried and true. Cucumber, watermelon, strawberries and herbs are also delicious options.
- **Tie it into a routine:** Drink a glass of water every time you brush your teeth, eat a meal or use the bathroom.
- **Eat it:** Many fruits and vegetables have a high water content, including melon, cucumbers, lettuce and celery.
- **Track it:** Invest in a high-tech bottle that connects to your smartphone and records how much you drink. Or track your intake in your calendar.
- **Challenge a friend:** Kick off a healthy competition with a friend (or your kids) to see who can meet their guzzling goal most often.

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For more water tips, visit mayoclinichealthsystem.org/54321

“We’re busy, and it can be hard to remember to drink up,” says Liana Reiland, a Family Medicine nurse practitioner at Mayo Clinic Health System in Mondovi.
“Over 70 percent of adults in the United States are overweight or obese,” Guggenbuehl says. “Diet plays a huge role in that.”

“Consuming too much added sugar is a problem for many reasons, beginning with the number of extra calories it adds to your diet,” Guggenbuehl says. “Eating foods with added sugar also fills you up so you have less room for nutritious food. And too much sugar increases your risk for a host of problems, including tooth decay, high triglycerides and diabetes.”

The American Heart Association suggests most women consume no more than 100 calories a day from added sugars, and men consume no more than 150 calories a day of added sugars. That translates to about six teaspoons for women and nine teaspoons for men. When you consider that a 12-ounce can of soda has around 10 teaspoons of sugar, it’s easy to see how many Americans consume far more than what’s recommended.

Guggenbuehl offers tips for cutting back on added sugar in your diet.

Read labels. “Knowledge can be a powerful tool when you’re trying to change your habits,” Guggenbuehl says. “Simply becoming aware of how much sugar is in the foods you eat can help you make healthier choices.”

Choose the right topping: Top cereal and oatmeal with fruit instead of sugar. “Cinnamon and nuts can also add flavor to oatmeal,” Guggenbuehl says.

Rethink your drink. Drink low-calorie or sugar-free drinks instead of soda or juice. Water is an even better choice.

Cut back on processed foods. Most have added sugar. Instead, choose fruits, vegetables and other whole foods.

Flavor swap: Ketchup, barbecue sauce and honey mustard are all high in added sugar. Instead, choose condiments like fresh salsa or regular mustard.

Re-do dessert: Layer fruit and plain yogurt for a healthy sundae. Or, make soft-serve “ice cream” by processing frozen banana slices in your food processor.

“It can be hard to cut back on sugar, but it’s worth it,” Guggenbuehl says. “There are few changes you can make that have such a big impact on your health.”

That sounds like sweet advice.
Cold weather exercises to try

Midwesterners know how to make the most of winter. We skate, ski, sled and snowshoe our way through the coldest months of the year. But if those standard “S” sports are starting to feel a little stale, there are plenty of other options.

**Broomball**: It’s like hockey, but without skates. Or a puck. And instead of a stick, players use “brooms” (actually a special stick with a molded end shaped like broom). But the team makeup is the same — three forwards, two defensive players and a goalie. And like hockey, it’s an intense cardio workout.

**Curling**: There’s more to curling than meets the eye. The sweeping motion required to steer the “rock” — the 40-pound stone players slide across the ice — can raise your heart rate. “And you have to squat low on the ice to throw the rock, which requires balance,” Dr. Payne says.

**Fat biking**: Biking is not just for summer anymore. Fat biking — which involves wide tires with low air pressure — is a great way to hit the trails in the winter. “It’s low-impact, but requires quite a bit of balance and challenges your core,” Dr. Payne says.

**Skijoring**: What do you get when you combine cross country skiing and dog sledding? Skijoring. Harness up your pooch and hit the trails for a workout that benefits you both. Look for skijoring club information online to get started.

**The Big Blue Dragon Boat Festival**
The Dragon returns to La Crosse! Teams engage in colorful and spirited competition while fostering enthusiastic support for breast cancer patients, survivors and caregivers. Join the fun by forming a youth or adult team, volunteering or cheering on your favorite paddlers. The event supports patient programs and services at the Center for Breast Care in La Crosse

**Friday, July 20 and Saturday July 21**
Copeland Park, Lacrosse

More information at mayoclinichealthsystem.org/bigbluedragon

**Meals in Minutes**
Watch Heather Van Horn, executive chef at Mayo Clinic Health System, on WKBT News 8 This Morning

**Second Tuesday of each month at 6:45 a.m.**

**Child & Babysitting Safety Classes**
Learn the skills and confidence to safely stay home alone and be a great babysitter. For kids 10 to 14 years old.

**Saturdays, Feb. 10, March 10 or April 21**
700 West Ave. S, La Crosse
Call 715-392-4172 to register.

**Linked to the Land Monthly Hiking Series**
More information at mississippivalleyconservancy.org

**Successful Aging Series**
**Fourth Monday of each month at 2:30 p.m.**
700 West Ave. S, La Crosse
Call 715-392-4172 to register.

**Celebrate Her Heart Health**
**Friday, Feb. 23**
Watch for details on Facebook

**Washburn Garden Expo**
**Saturday, March 3**
washburnneighborhood.wordpress.com

**Earth Fair**
**Sunday, April 29**
earthfairlacrosse.com

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For more exercise tips, visit mayoclinichealthsystem.org/exercise.