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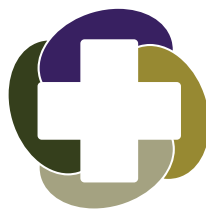
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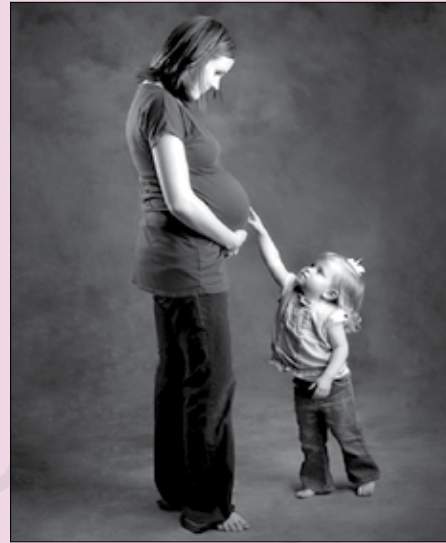


Did you know?

If you have psoriasis, an autoimmune skin condition marked by red, flaky patches on the body, you also could be at risk for a certain type of arthritis. Psoriatic arthritis, which causes stiffness, swelling and pain in and around the joints, affects up to 30 percent of people with psoriasis, says the National Psoriasis Foundation. While psoriatic arthritis can develop at any time, it is most common in people between the ages of 30 and 50. This type of arthritis can develop slowly or come on quickly and be severe. Just like psoriasis itself, psoriatic arthritis tends to go through periods of flare-up and remission. Typically, the skin condition precedes the joint disease in 85 percent of patients. Keep in mind that a severe case of psoriasis will not necessarily translate into a severe case of arthritis. Psoriatic arthritis may be treated like other forms of arthritis. Doctors may prescribe anti-inflammatory drugs, antirheumatic drugs, exercise, and complementary therapies. Those who have psoriasis and have begun to experience joint pain and stiffness should talk to a doctor about potential therapies.



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New “Club Ortho” at Madison Memorial

Douglas McBride, Marketing and Public Relations

Seeing an increasing need of total hip and knee replacements, Madison Memorial has implemented a comprehensive “pre-habilitation” program to assist patients in this process. The program is called “Club Ortho” and its purpose is to help restore optimal comfort, independence and health for patients.

What does this new program mean for you and those that you love? It means that the very best orthopedic care is available to you, without having to travel far from home. It means that if you are suffering from muscle or joint pain, the orthopedic surgeons together with Madison Memorial Hospital will strive, not only to give you the relief you deserve, but also get you transitioned from the hospital

and back to your life — as soon as possible.

The Club Ortho program is designed to help ensure a quicker recovery. At Madison Memorial they believe the patient plays an invaluable role in ensuring a successful recovery. They want the patient to start with as much information as possible about the orthopedic surgery.

Their goal is to involve the patient in every step and detail of treatment — from education before surgery to managing healing after surgery. The information presented as part of the Club Ortho program is designed to provide patients with information and answer questions about:

- What you need to do to prepare for surgery
- What you should expect after surgery

• How to care for your new joint

Your orthopedic surgeon will refer you to the “Club Ortho” class, although the education classes are available to the community as well. “Club Ortho” classes are free to attend and offered each Monday at 2 p.m. in the meeting room at Madison Memorial Hospital. No appointment is needed. The course is taught by registered nurses that have received specialized “Club Ortho” training. The class facilitator will answer your questions.

Pre-habilitation education will be received at the class. Participants also will take a tour of the facility and have an opportunity to stop by Madison’s therapy department to receive instruction on pre-operative exercises to promote

a faster recovery.

To enhance a successful outcome, patients are encouraged to choose a family member, significant other or friend to be their “Coach.” This person will be an added support toward a successful recovery. These individuals will partner with the healthcare team and all work together to support the patient through the journey. The coach will attend the “Club Ortho” class with his or her loved one and learn how to assist toward an optimal recovery.

“We want our patients to have success every step of the way and are committed to making sure they have the best possible experience with us at Madison Memorial Hospital,” said Misty Gordon, RN, BSN Case Management.



Healthy kids are happy kids

Heather Randall • heather@uvsj.com



Childhood obesity is an epidemic both across the country and in Idaho.

Fremont County Physician's Assistant Jenny Willmore recommends parents get children started on a diverse, healthy diet early, so they can develop good habits they will take into adulthood.

Willmore attributes both poor diet and lack of activity as prominent reasons why she sees so many young children and adults who are overweight.

Staying active every day is also very important to a child's overall health. With hectic schedules, it can be difficult to prioritize exercise and healthy meals.

"Get kids involved with their meals by having them go the store with parents to help pick out produce and protein to prepare for dinner," Willmore said.

She said some parents say their kids don't want to eat vegetables. One way to avoid that is to introduce vegetables and other healthy components to the child's diet early, so they will continue to naturally eat their vegetables.

Cutting out or limiting items like soda and excessive amounts of junk food can be an easy way

to see a difference in both a child's health and their parents.

"I don't think there should be soda machines in schools," Willmore said.

Cutting out or limiting items like soda and excessive amounts of junk food can be an easy way to see a difference in both a child's health and their parents.

A 12 ounce can of Coke has 140 calories and 39 grams of sugar.

The website, sweetsurprise.com, recommends the "A,B,Cs" of a balanced diet, which stands for "awareness" "balance" and "control."

Being aware of what you are eating in terms of its nutritional value, roughly how many calories are in each serving, and the percentage of fats and carbohydrates in each item being consumed.

Willmore said parents should be reading the labels of everything they buy.

"If there are more than three ingredients, the product is likely processed, and it is better to avoid it, or at least reduce the amount you eat in one

sitting," she said.

B stands for balance. Daily food selections should include whole grains, fruits and vegetables, dairy products (unless you or your child is lactose intolerant) and protein, said Willmore.

C stands for control. Parents should curb the amount of unhealthy snacking their kids do between meals. Junk food and soda should not replace healthy, balanced meals.

In addition to a healthy diet, getting exercise every day is also an important component to a child's health.

One method to help manage portions is to look at a typical dinner plate and draw a line down the center. Then, draw a line half way through one of the sides, either up or down.

The one half of the plate that is still available should be all fresh vegetables such as carrots, broccoli, celery, peppers, lettuce and spinach. The other two smaller spaces should be carbohydrates, such as whole grains, corn, rice, potatoes and fruits. Healthy proteins include, fish, chicken, beef, pork and nuts. Willmore said beans fall between the carbohydrate and proteins.

Active children who eat healthy diets, including breakfast every morning, are also more likely to be more alert, motivated and successful overall.

Healthy kids are happy kids (continued from page 6)

Kidshealth.org notes that most children are predisposed toward being active, and keeping them that way is important.

“As they get older, it can be a challenge for kids to get enough daily activity. Reasons include increasing demands of school, a feeling among some

type 2 diabetes, better sleep patterns and a more positive outlook on life.

With the advent of technology, it can be difficult

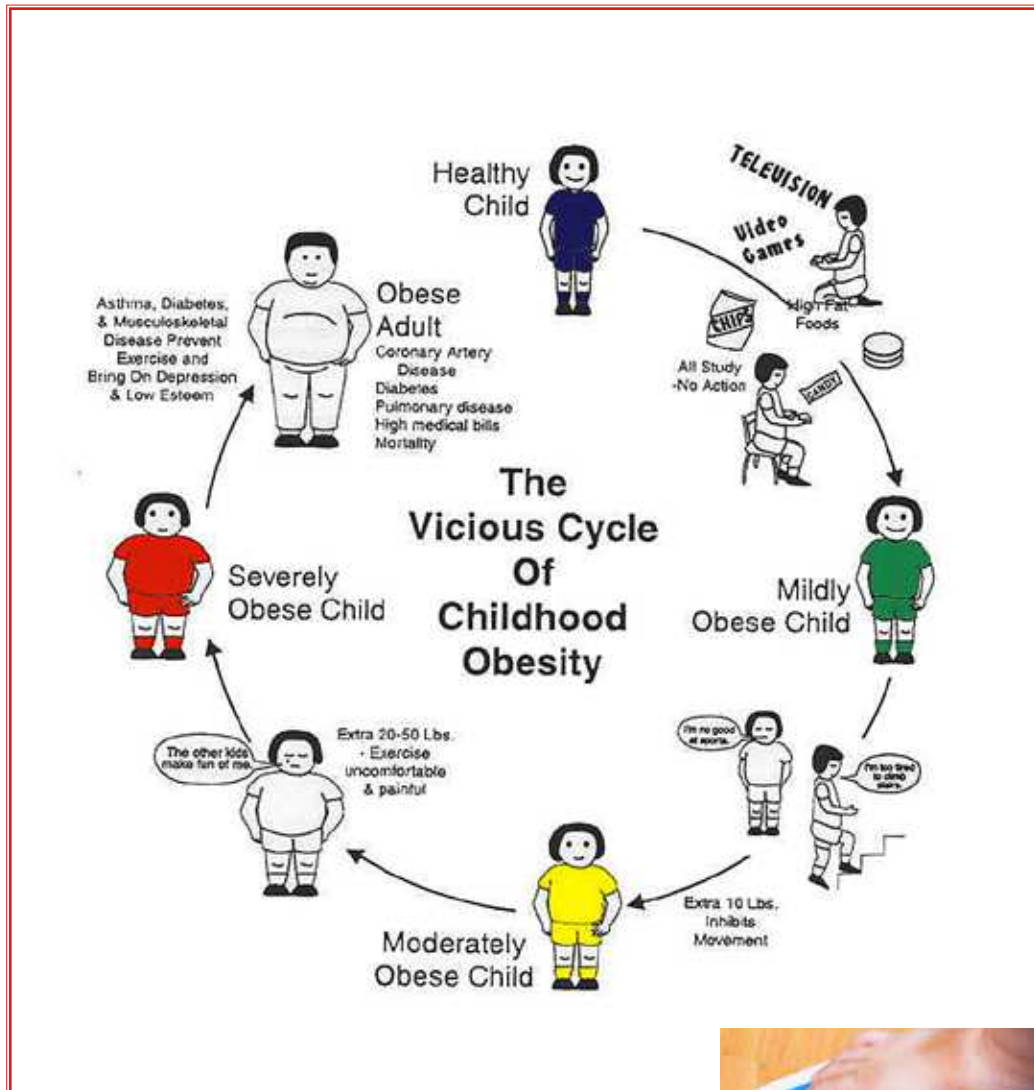
for parents to get their kids off the couch and outside to play. The National Wildlife Federation (NWF) recommends for kids who are not naturally prone to the outdoors, to have an hour of unstructured playtime outdoors called a “green hour.”

This hour may include time in the backyard to look at birds, under rocks, at the sky or in the grass at all of the different organisms and plants in one’s backyard.

Taking a walk around the block and noticing all of the different types of flowers and trees can be a fun activity as well.

This is also a great opportunity for parents to spend time with their children. Springtime is a great opportunity to plant a garden, and teach children about vegetables and fruits.

For more information about how to keep your kids active and healthy, talk to your local pediatric physician, a school nurse or physical education coach. Jenny Willmore can be reached at St. Anthony Medical Center at (208) 624-4402.



Children should be getting a minimum of 30 minutes of activity per day, health experts say. Kidshealth.org also warns parents that it’s important to keep children active throughout the year, not just when they’re playing sports or have special events going on.

kids that they aren’t good at sports, a lack of active role models and busy working families,” wrote an expert of kidshealth.org.

Exercise promotes strong muscles and bones, weight control, decreased risk of





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How to help kids adapt to eyeglasses



Children's vision problems often become apparent when youngsters first enter school. Poor performance in the classroom may have little to do with a learning disability or a stubborn student, and a lot to do with poor vision.

Vision problems can often be traced to genetics. A family history of various vision troubles increase the likelihood that a child will one day require corrective glasses. In addition, a growing reliance on digital devices may increase a child's risk of computer eye strain, which may compound already present vision deficits.

Understanding that he or she needs to wear glasses does not always translate into a child's willingness to actually wear those glasses, as peer pressure remains an obstacle when encouraging kids to embrace their eyeglasses. Younger children may find it difficult to understand why they need glasses or they may forget to put them on or how to care for them properly. Parents may find it challenging to acclimate a child to eyeglasses, but there are a few strategies to help make that transition go more smoothly.

Shop together

Children may be more receptive to eyeglasses if they get to choose those glasses. Glasses are personal and should be sized according to the wearer's face. Kids should select various pairs of glasses they like and try them on. Narrow down the pairs based on comfort, look and price. If your child likes a particular pair of glasses, it may be worth spending a few extra dollars for those frames, as kids are more likely to wear glasses they like.

Move over "Coke bottle lenses"

The eyeglasses of the past are much different from the eyeglasses of the present. Lens and frame technology has transformed the look and feel of eyeglasses. Lenses may be thinner and less apparent than ever before. Eyeglass manufacturers have developed frames that are bendable or almost entirely invisible thanks to frameless lenses. Some lenses reduce glare, and others tint when touched by sunlight. So it's unlikely your son or daughter will end up looking like Mr. Magoo.

Present positive images of role models

Kids may be quicker to warm to eyeglasses if parents showcase a few of the many worthy role models who wear glasses, and do so with style. In addition to many celebrities, such as Tina Fey, Elle Fanning, Justin Timberlake, Joe Jonas, and Anne Hathaway, who frequently don eyeglasses, there are likely many people in your family or group of friends who wear glasses, and kids often want to emulate their elders.

Choose the right time

Make sure a child is well rested and happy before he or she dons eyeglasses for the first time. Start with a few minutes per day and build up to wearing the glasses for the prescribed duration. Use positive reinforcement and rewards for wearing and taking good care of the glasses.


Point out the benefits

Highlight activities that will be improved by better vision as they relate to your kids' interests. Perhaps glasses will make gaming easier. Point out to kids who love to read how much more comfortable they are now that they can see the words on the page more easily. When it comes to the family athlete, discuss how much

easier it is to see the ball now that your budding athlete is wearing eyeglasses.


Modify daily routines


You will have to work with your children to make some changes to facilitate wearing eyeglasses. Store the glasses in the same place each night before bed so that kids can find them in the morning. Emphasize wearing eyeglasses as much as you emphasize everyday activities like brushing teeth or making the bed. Explain to teachers the prescribed wearing schedule so that they are aware of when your son or daughter needs to wear his or her eyeglasses.


The transition to wearing eyeglasses is not always easy for kids, but many adjust rather quickly. MCS 

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Skin care tips when in cancer treatment

The effects that cancer treatment can have on a person's skin have long been overlooked. But patients who have suffered through skin rashes and burns will be glad to know that a growing trend in treating cancer focuses on curing both the disease and helping patients maintain their self-esteem and quality of life. A new movement combining oncology and dermatology aims to address both the disease and the potentially negative consequences that rashes, burns and blemishes can produce.

"For obvious reasons, the skin, hair, and nails have not been the topmost concerns in oncology -- the most important goal is to treat and cure the cancer," says Mario Lacouture, M.D., who specializes in dermatologic conditions that result from cancer treatments. "But skin side effects can affect patients' sense of self and their interactions with others. These side effects can lead to costly treatments, affect overall health, and perhaps most significantly, they may require that anticancer treatments be reduced or stopped altogether."

Upon receiving a cancer diagnosis, patients concerned about the potential impact that treatment may have on their complexions should discuss their options with their physicians. After initiating such discussions, men and women being treated for cancer can take additional steps to maintain their appearance and quality of life both during and after treatment.

* Alter your skin care routine. Upon receiving a cancer diagnosis, patients must make a host of lifestyle adjustments to many things, including to their skin care routines. Intense skin rashes and burns are common side effects of chemotherapy and

radiation, and certain side effects are actually an indicator that the treatment is working. While such consequences can affect patients' self-image, these side effects are entirely manageable.

"What many patients do not realize is that most dermatologic side effects are manageable, allowing people to maintain their quality of life and continue their cancer treatments," says Lacouture.

Recognizing traditional skin care products' ineffectiveness at combating the dermatologic side effects of cancer treatment during her own battle with the disease, cancer survivor and entrepreneur Lindy Snider began working with dermatologists, oncologists, nurses, and skin care formulators to address the issue, eventually developing Lindi Skin (www.lindiskin.com), a collection of skin care products designed specifically for individuals undergoing treatment for cancer and related disorders. Combining state-of-the-art technology with innovative natural ingredients, Lindi Skin products include a host of botanical extracts boasting anti-inflammatory, analgesic, anti-bacterial, and anti-viral properties, while providing a soothing and gentle solution even for those patients with especially sensitive skin.

"Tarceva, the medication I take for lung cancer, has played havoc with my skin, which has become unbelievably dry and sensitive," says Phyllis of Coral Gables, FL. "(Lindi Skin) products are the only ones I can use on my face and body. They actually soothe, whereas all others create a burning sensation."

* Embrace antioxidants. Often touted as miracle ingredients in a host of foods, antioxidants can be found

beyond the dinner table as well. In developing Lindi Skin, Snider and her team designed an exclusive formulation of concentrated botanicals that deliver high levels of beneficial antioxidants to the skin. Known as the LSA Complex(R), this formulation includes Snider's pioneering use of astaxanthin, a powerful antioxidant that is only now beginning to receive widespread recognition for its restorative properties, a decade after Snider began using it in her skin care products. While astaxanthin can relieve the pain and inflammation in the skin that cancer patients often feel, it also can help those suffering from less severe, non-cancer related skin problems, such as sunburn, rosacea, dry skin and UV damage.

Skin damage is an often overlooked side effect of cancer

treatment. But cancer patients should know that side effects like skin rashes and burns are manageable and don't have to negatively impact self-image or quality of life. MCS



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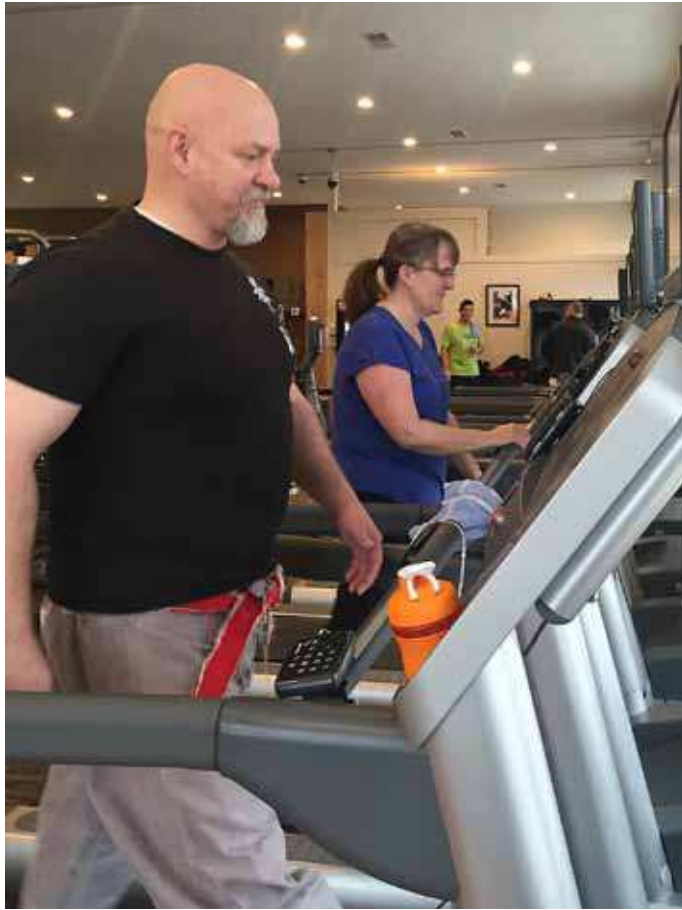
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Time Best Spent

Elise Sakievich • Reporter3@uvsj.com



Ty Cunningham walks on the treadmill, sporting the belt that marks him as a Jujutsu master.

Gym-goers declare that everyone can make time to live a healthy lifestyle. You don't have to be a ninth degree black belt to feel energized and confident.

Ty Cunningham is a 52-year-old who's been exercising since he was three. He's a ninth degree black belt in Jujutsu, a martial arts instructor, a former U.S. Marshal and a government tracker.

Cunningham said that exercise has physical, mental and emotional benefits. You don't need to be able to lift 200 pounds to feel the benefits of a healthy lifestyle (even though he can).

Their key is to develop consistency through small

steps, he said.

"It has to start somewhere. Pick a goal and then maintain it over time so your body can

Berger tells people to make sure they push themselves so their body can change, but to do so in small increments as they get into shape.

adjust. Then pick a new goal, and do that over time until your body has to adjust. That way your body changes."

Burt Hensley is 48 and goes to the gym two to three times a week in order to have

enough energy to keep up with his five-year-old and 12-year-old children.

"Getting into the habit is hard," he said. "I've been consistent for a couple years now. After the first three weeks it becomes a habit and you miss it when you don't do it."

Boyd Berry, 54, owns and manages Dairy Queen. He goes to the gym four times a week during the winter, and bikes in the summer.

"I don't push it hard, I just do enough to get a workout," he said. "There are a lot of things I can enjoy more when I'm in shape. I feel better, stronger."

Berry said everyone can find time to exercise, whether it's early in the morning or after work.

Ben Hymas, 42, owns a car dealership and a salon, so he works out in the morning before work.

After having two back surgeries, Hymas said he feels good.

"You have to find the time," he said. "You have to set it up and be consistent."

Andrew Nelson is a sophomore at Brigham Young University—Idaho and goes to the gym every day.

"I just keep it short and sweet," he said. "I don't like to spend a lot of time in the gym. This isn't all to life."

Nelson said taking small steps is important for making progress.

"That's what fitness is all about," he said. "You can't come to the gym and expect to lose 20 pounds in one week, or gain a bunch of muscle. It takes time, consistency and little things to get better every day."

Lani Hensley, 48, has been to the gym twice this year, but feels the benefits of exercising when she spends time with her



Ben Hymas does his daily weight training.

two young children.

"I know it's good for you, as much as I hate it," she said. "You just have to make the time to do it."

Each of these gym-goers attends Anytime Fitness, owned and managed by Michael Berger.

Berger has owned the gym for two years and witnessed the struggles of individuals who want to become more health-conscious.

He described some of the difficulties people face as they get started.

"Sometimes people overdo it, then they get miserably sore and don't come back for a while."

Berger tells people to make sure they push themselves so their body can change, but to do so in small increments as they get into shape.

Another problem he

mentioned is lack of knowledge. People don't know how to work out, especially on the different machines in different gyms.

"We do an orientation," he said, "and our trainers give additional help. There are also a lot of workouts you can do at home."

Berger listed some ideas for home exercises: bodyweight squats, lunges, using a stability ball, crunches, pushups and pull-ups. He emphasized the importance of stretching.

"It has to become a habit," he said. "Sometimes that stops people. Some say they're too busy—I don't think there are very many people that are too busy to do 30 minutes each day, three days a week."

According to Berger, even something small like the nervous habit of tapping your foot will burn hundreds of calories a day.

"It's amazing throughout the day how little things can make a difference," he said. "What you need to do is just set a goal to do something, and do it all the way."

Cunningham made the point, however, that there are several aspects to be aware of in order to be healthy.

"You can't just do one thing well throughout your life and discard everything else," he said. "Health has to do with mental, physical, spiritual and dietary health. If you don't pull all that together, you'll never succeed."

Berger and some gym-goers provided insights into these different aspects of health:

Diet

"Everyone can help their diet," Berger said. "You don't need to watch every little thing you put in your mouth, but make sure you're watching the approximate amount of calories you're eating per day."

Avoid sugars as much as possible, he said. It all comes

down to the question: Are you burning more calories than you're taking in?

Cunningham said adjusting to a diet is similar to adjusting to exercise.

"You can't just say you're not going to eat junk for the rest of your life. Your body will fail. So you have to decide what you're going to do over time. The longer you do it, the more your body will adjust to the new diet."

Weight Training

"It's good to try different workouts, different weight training methods," Berger said.

Not only will this prevent boredom with the same routine; weight training is important because of the health benefits.

"Bones start to weaken as people get older," Berger said. "You do some weight training, put some force against the bones and those bones will naturally strengthen themselves."

He gave the example of astronauts who return from space. Their bones are jelly because they haven't had pressure on them for so long.

"So if you load them with gravity plus weight, they're going to strengthen. It's really important."

Attitude

"You can't just think two months or three months," Cunningham said about developing healthy habits. "You have to think 'I'm going to change my life' to be different."

He said as small steps are mastered, you gain courage to keep going.

Nelson said it's easy to give up when you go to the gym and see others doing what you can't.

"It's not about them," he said. "It's about you and your personal development and

progress."

Hensley emphasized the importance of staying motivated and keeping healthy habits a priority.

"You have to visualize yourself 20 years from now," he said. "When you have to get your butt off the couch and do something, you'll need the energy."

The Benefits

Cunningham, who focuses on meditation, said we live in a physical world where everything is manifested through the body.

"Exercise allows your spirit, allows your mind to do what it needs to do," he said.

In Berger's opinion, it's worth any amount of time to live a better, healthier life. Those who attend his gym have similar opinions.

Hymas said, "It's almost like counseling. When you get done, you're good for the day."

Nelson said exercise "carries over into all aspects of your life." He concluded, "I enjoy it, and I love how I feel throughout the day. I feel confident."

Berger's statement sums up what these gym-goers exemplify.

"No matter what kind of workout or training you're doing, the time you put in is some of the best time you can spend." 🧘



Michael Berger, owner and manager of Anytime Fitness



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How to ease your dental anxiety



Few people relish the idea of going to the dentist. Dentists prod and poke sensitive areas of the mouth, but their efforts are for the benefit of their patients.

Fear of the dentist's chair is not uncommon, and that anxiety prevents millions of people from seeking proper preventative dental care. The consequences of succumbing to those fears extend beyond pain or lost teeth. Diseases of the mouth have been linked to other ailments, including diabetes, stroke and heart disease.

A fear of the dentist may stem from past unpleasant experiences, such as a dentist with a poor chair-side manner, while others may fear the lack of control they experience while in a dentist's chair. According to Ellen Rodino, PhD, who has studied dental fear, lying down with a dentist hovering above

you can be off-putting. Couple that with the discomfort many people have when instruments that interfere with their ability to communicate are placed in their mouths, and fear of the dental chair does not seem so unreasonable.

Easing fears at the dental office involves communication with the dentist and his or her staff, as well as finding a dentist with whom you feel comfortable. Working through your fears of the dentist is an important step toward getting the oral health care you need.

Gagging

According to the American Dental Association, authors of the study, "Gagging and Its Associations With Dental Care-Related Fear, Fear of Pain and Beliefs About Treatment" found patients who have a higher frequency of gagging problems

during a dental visit are more likely to experience higher levels of dental care-related fear and fear of pain. They also may have more negative beliefs about dental professionals and dental treatment.

Patients should discuss their propensity for gagging with the dentist or hygienist in advance. Some dentists can recommend nose breathing and other relaxation techniques. Distractions, such as televisions in the examination room, also can help to relieve anxiety and the likelihood that you may gag while in the dentist's chair.

Dentist also may opt for smaller cleaning instruments or take other measures to reduce the likelihood of stimulating a gagging reflex.

Sounds

The sounds of cleaning tools and drills elicit fear in many

people. But ignoring or avoiding such sounds can help men and women conquer their fears of the dentist's chair. On your next dental visit, bring a pair of headphones and some favorite music to listen to while you're in the chair.

Pain

Some dentists cause unnecessary fear in patients because they assume every person in the chair has the same pain threshold. One person may be able to tolerate a tooth extraction without numbing, while another may need pain relief for a routine cleaning.

Fearful patients should make their needs and fears known. Speak to your dentist about what can be done to deal with the pain. Discuss the procedure and find out if novocaine or another pain reliever can be used. Although use of nitrous oxide,

commonly known as laughing gas, has diminished in dental practices, a dentist may offer medication to relieve anxiety or even sedate patients who are especially nervous.

Pain may be more tolerable if you ask the dentist to take frequent breaks or use a numbing agent on your gums. Dentists may prescribe a sensitivity-relieving toothpaste prior to certain dental procedures if your teeth are sensitive to hot and cold.

Rushing

Patients can help themselves relieve anxiety by choosing appointment times that are convenient and at times when they're less likely to be rushed. An early-morning appointment or a weekend appointment may have patients in and out faster, which cuts down on anxiety-

inducing wait time.

Choice of Provider

Your choice of dentist may come down to who is in your health insurance network. Those with more flexible insurance plans may have more freedom when choosing a dentist. In either case, people should interview dentists and get recommendations from others to find a provider that will keep comfort and care in mind. Especially fearful individuals may need to use a dentist who specializes in sedation dentistry to make their visits more tolerable.

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The Great Vax Debate

Amanda Hill • amanda@uvsj.com

With the recent measles outbreak and measles cases spiking in various states, Idahoans are wondering, “Are we next?”

The recent outbreak, which hit 14 states, has also brought the controversial topic of vaccinations to the forefront of the public mind.

Local pediatrician Dr. Douglas Cottrell, DO, local father Michael La Course and Eastern Idaho Public Health epidemiologist Ken Anderson all said it is possible for a measles outbreak to hit our state.

One hundred two cases have cropped up in 14 states in January: Arizona, California, Colorado, Illinois, Minnesota, Michigan, Nebraska, New York, Oregon, Pennsylvania, South Dakota, Texas, Utah and Washington.

According to the Centers for Disease Control and Prevention (CDC) website, most of those

cases were in people who had not been vaccinated, the majority being products of an outbreak that started spreading at Disneyland or Disney California Adventure.

“Measles has been eliminated in the United States since 2000,” The California Department of Public Health (CDPH) said. “However, large measles outbreaks have occurred in many countries, particularly in Western Europe, Pakistan, Vietnam and the Philippines in recent years.”

CDPH continued, saying that travelers to areas where measles circulates can bring measles back to the U.S., resulting in limited domestic transmission of measles, and visitors from other countries can start disease spread in the States.

Anderson recalled an outbreak reportedly caused by Amish missionaries who traveled to the Philippines and back.

According to Anderson, almost

all outbreaks since 2000 started because of imported cases.

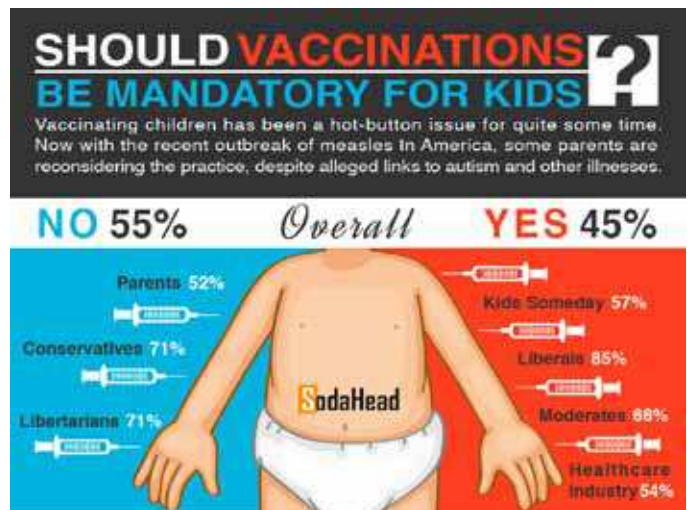
“That’s how it gets hold in our country,” he said.

He said vaccinations are the best protection, and Cottrell said the main reason for the recent outbreaks is that parents are not getting their children immunized in a proper fashion in a proper time frame.

“The unfortunate thing

is, not getting those vaccines puts children at risk who can’t get vaccines because of vaccine allergies or immunocompromised,” Cottrell said. “The main reason we don’t have these outbreaks is because most of us do the right thing in getting our infant and childhood immunizations.”

Tammy Sorensen of the Madison School District



said when students enroll for Kindergarten, they must show proof of immunizations. If they have not had immunizations, they must fill out a form called a waiver and that form must be on file.

Idaho schools would, Anderson told the newspaper, be required to check these student (and employee) files in the case of an Idaho outbreak.

Anderson said unvaccinated children would have to be taken out of school for 21 days. That 21 days could start again if a second case came up, and so on for further cases.

“It could really impact the family,” Anderson said.

If the virus infects a person, he or she is encouraged to remain isolated and monitor the body for signs of fever.

Rashes appear in three to four days, and patients are advised to contact a health care provider at the first signs of illness.

Anderson said although the recent outbreaks have caused waves of worry, measles is still a rarely-seen disease.

“We don’t see a lot of it anymore,” he said. “A lot of doctors’ offices have not seen a measles case. It’s probably our older population that knows what it was like.”

He said we take for granted how good we have it compared to the older generation, who witnessed, as Anderson described it, the horrible effects (deafness, pneumonia, etc.) the disease brought.

Cottrell compared not getting a vaccine to not stopping at a stoplight.

“Public health says you give up some of your personal freedom for the greater good,” he said. “I liken it to, I hope most people stop at a stoplight so that when I go through on the green light I’m safe. My time isn’t more valuable

or less valuable, so I should stop at the stoplight because it’s the right thing to do.”

He said if people are immunized, they prevent an outbreak because there’s no one to catch or spread the disease.

He cut down the fears people have associated with vaccines, saying that based on the studies there is no causal relationship between immunizations and any

most pediatricians feel that way. We think that whatever risk, if any, is well worth to help prevent the spread of this disease and many diseases to other people, because some people can’t take the vaccine, or in fact won’t take it.”

Michael La Course, father of two and Rexburg resident, represented the opposite side of the argument, saying his main

That mistrust is not lessened by the fact that The National Childhood Vaccine Injury Act of 1986 protects pharmaceutical companies from parents claiming that vaccines harmed their children.

He added that the measles vaccine is a shedding vaccine, which means it is a live virus vaccine and can spread the disease to other people for a period of time after vaccination.

This argument is echoed by an article from the Globe Newswire website.

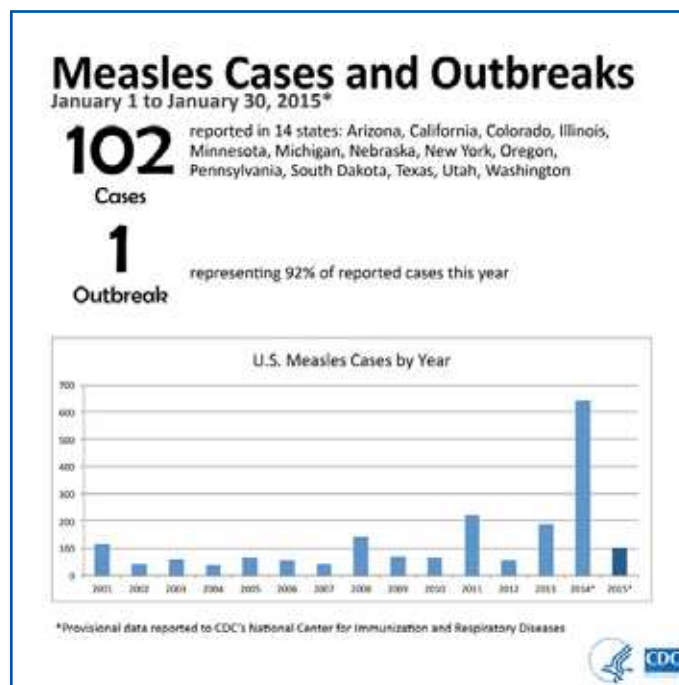
“Health officials are blaming unvaccinated children for the recent measles outbreak that started at Disneyland,” the website said. “However, with no blood tests proving the outbreak is from wild measles, the most likely source of the outbreak is a recently vaccinated individual, according to published science.”

Despite opposition from pro-vax peers, La Course feels good about his decision not to vaccinate his children.

“I see my friends who have kids who have all their vaccines, and they are on average once a month in a doctor’s office,” he said. “I think since my oldest one has been born, she has been to the doctor’s — besides check-ups — one time in two and a half years.”

His decision is based on, he said, over 1,600 hours of research on medical sites.

“When somebody comes to me and says, ‘Convince me that I shouldn’t be vaccinated,’ I tell them ‘I can tell you what I want. It’s not going to convince you. You will have to do your own research,’” La Course said. “I believe that we all want to make the best decision for our child, and the best decision is always done through your own research.”



of the fears parents have.

Mild adverse reactions like fever can be expected, Anderson said, but less than one per one million doses causes severe adverse reactions.

Cottrell also said doctors do not advocate vaccines because of the money attached to them; in fact, he said he has not made a dime on vaccinations in his 35 years of pediatrics.

The only thing doctors have to gain from vaccinations, he said, is healthier children.

“I make sure all my grandchildren get every immunization, that’s how strong I believe in it,” he said. “I think

reason for being anti-vax is that he thinks vaccines are unsafe.

He spoke of ingredients in vaccines like aluminum (a neurotoxin), thimerosal (a mercury derivative), formaldehyde and foreign DNA.

He also discussed adverse reactions such as atypical measles, chronic arthritis and anaphylaxis. He said he personally knows someone who was diagnosed with chronic arthritis after the MMR shot.

La Course distrusts much of the information that comes out on vaccines.

“It’s being misrepresented,” he said.

Keep your heart running strong into your **golden years**



Hear health should be a concern for people of all ages, but especially so for men and women over 50. That's because, according to the American Heart Association, even men and women who are free of cardiovascular disease at age 50 are at a significant lifetime risk of developing the disease.

But heart disease does not have to be an accepted byproduct of aging. For example, a 2014 study published in the AHA journal *Circulation* found that maintaining or increasing physical activity after age 65 can improve the heart's well-being

and lower risk of heart attack. In addition to increasing

Heart disease is a blanket term used to describe a host of conditions, so symptoms vary depending on each individual condition.

physical activity as they age, older men and women who understand heart disease and learn to recognize its symptoms have a greater chance of

minimizing its affects and lowering their risk of having a heart attack.

What are the symptoms of heart disease?

Heart disease is a blanket term used to describe a host of conditions, so symptoms vary depending on each individual condition. The following are some of the more widely known conditions and their symptoms:

- **Hypertension:** Also known as high blood pressure, hypertension is a largely symptomless form of heart disease. The AHA notes that

the idea that hypertension produces symptoms such as difficulty sleeping, facial flushing, nervousness, and sweating is a misconception. Symptoms typically do not alert men and women to the presence of hypertension, highlighting the emphasis men and women should place on routine visits to the doctor's office, where their blood pressure can be taken.

- **Heart attack:** The symptoms of a heart attack are different than the symptoms of heart disease that may lead to heart attack. The former can be found by visiting www.heart.org. Signs that you

Keep your heart running strong into your golden years (continued from page 18)

may be heading toward a heart attack include undue fatigue, palpitations (the sensation that your heart is skipping a beat or beating too rapidly), dyspnea (difficulty or labored breathing), chest pain or discomfort from increased activity.

- **Arrhythmia:** Arrhythmia means your heartbeat is irregular, and men and women often mistakenly believe arrhythmia only afflicts those who already have been diagnosed with heart disease or have had a heart attack. But arrhythmia can affect even those men and women who have healthy hearts and no history of cardiovascular disease. Symptoms of arrhythmia can vary greatly,

from a single premature beat to a series of premature beats that occur in rapid succession. Arrhythmia that lasts long enough to affect heart function may include symptoms such as rapid heartbeat, fatigue, dizziness, light-headedness, shortness of breath, and chest pain.

How can I protect my heart?

Heart healthy habits take some effort, but men and women can protect their hearts regardless of their ages.


- Get sufficient exercise. At least 30 minutes of exercise per day can protect against disease.
- Quit smoking. Smoking

increases your risk for a host of ailments, including heart disease. Quitting is a great way to start getting your heart and other parts of your body back on track.

- Include heart-healthy foods in your diet. A diet that is rich in fruits and vegetables and low in cholesterol, salt and saturated fat promotes heart health.

- Don't drink alcohol to excess. Like smoking, drinking alcohol to excess can lead to a host of problems, such as high blood pressure, arrhythmia and high cholesterol, each of which increases your risk of heart disease.

- Lose weight. Being overweight or obese is a major risk factor for heart disease. If you have already started to exercise daily and eat a more heart-healthy diet, then you're on your way to losing weight. Consult your physician if diet and exercise don't seem to be helping you to shed pounds.

Heart disease kills millions of people across the globe each year, many of whom are over 50. But men and women who learn about heart disease and how to reduce their risk stand a far greater chance of fighting the disease. MCS 



Prescription drug abuse on the rise



easy accessibility, prescription medications are particularly attractive. There is little stigma over having a prescription pill bottle in the medicine cabinet. Oftentimes, those eager to misuse these drugs need only scour their own homes or the cabinets of relatives to find a stash of pills at the ready. Some medications also are sold over the Internet or end up on the street from doctors or pharmacists who realize how lucrative a business selling these pills can be.

The National Institute on Drug Abuse says depressants, opioids and morphine derivatives and stimulants are the most commonly abused drugs. Potential health consequences of many of these drugs can be addiction, increased risk of respiratory distress, slowed breathing, lowered blood pressure, and death. These side effects may increase in severity when medications are taken in

Prescription medications can save lives and help people more effectively manage severe illnesses or conditions. When used correctly, medications can provide the help needed to alleviate the symptoms of certain conditions. Too often, however, medications — particularly prescription drugs — are used improperly. The results can be dangerous and addictive.

Prescription and over-the-counter drugs are safe but only when taken under the supervision of a physician or in adherence with instructions on the bottle. When prescription or OTC medications are not taken according to the instructions provided or used for longer durations than recommended, seemingly safe medications can become problematic. The National Institute on Drug Abuse says approximately 16 million Americans reported

using a prescription for nonmedical reasons in 2010. According to the National Association of Pharmacy Regulatory Authorities in Canada, they have found a higher incidence of use

and misuse, particularly of prescription medications, across the country. Estimates suggest that 13.7 percent of all Canadians will misuse pain medications.

With predictable highs and



concert with alcohol.

It's not just prescription medications that can be abused. OTC drugs, like cough syrup, asthma inhalers, antacids, and sleep aids, also can be dangerous and addictive. While the risks

The National Institute on Drug Abuse says depressants, opioids and morphine derivatives and stimulants are the most commonly abused drugs.

associated with OTC drugs pale in comparison to those associated with prescription drug abuse, OTC medications can affect the liver and kidneys when taken in excess.

To prevent medication abuse, follow these few tips.

- Do not borrow or share medications. A doctor has picked a drug dose and type for the prescribed person's specific needs. Drugs affect everyone differently, so borrowing from another person can produce adverse results.

- Do not mix drugs. Combining stimulants with cold medication, for example, can cause extremely high blood pressure or an irregular heartbeat. Medications should always be used as directed, and

a pharmacist or doctor should be consulted if you have a question about using other drugs with the one you are prescribed.

- Alcohol and drugs do not mix. Alcohol, a depressant, can exacerbate the effects of many medications. Alcohol also may compromise decision-making abilities, which could lead to overdose of certain drugs. No matter how safe a drug may seem, it's wise never to take it with alcohol.

- Drugs purchased on the street or from unreliable sources on the Internet may not have the same potency or composition as drugs sold at a legitimate pharmacy. You cannot be assured of the ingredients or how they will perform.

- Children should be warned about misusing drugs, and medications should be kept out of their reach. Drugs should not be characterized as fix-alls and never be compared to candy.

- Dispose of extra pills after you are done using a prescription. There's no need to save some for later if the condition has been effectively treated.

Prescription drugs are now being abused at a higher rate than ever before. Just because they are sold at a pharmacy does not make these medications safe to use in improper ways, and men and women should exercise caution and follow instructions when taking prescription and OTC medications. MCS



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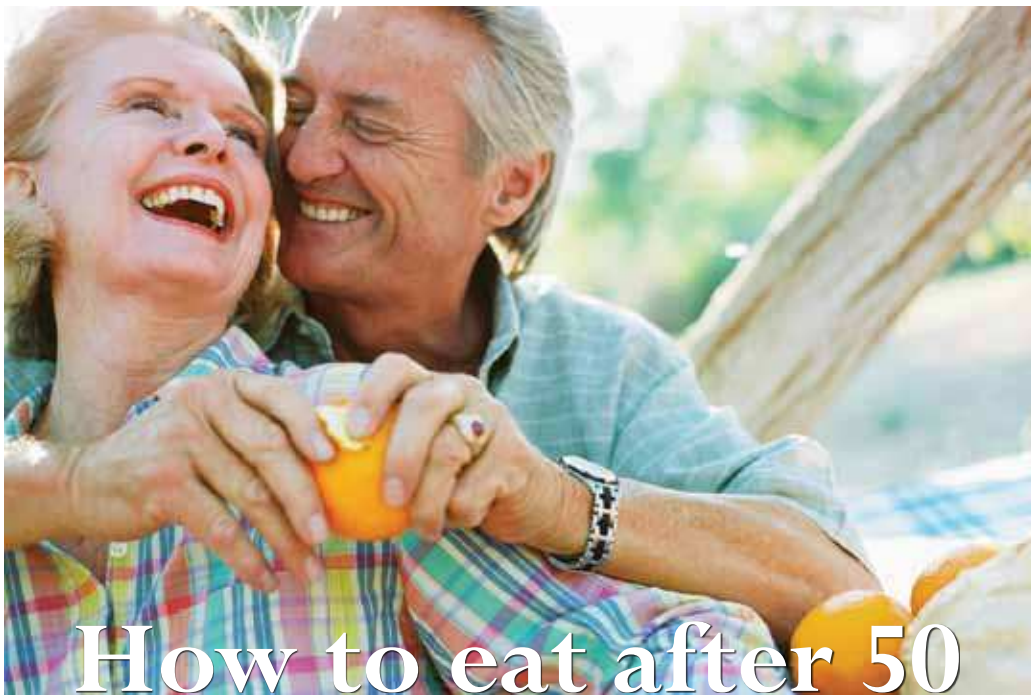
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How to eat after 50

As people age, their dietary needs begin to change. Foods that were once staples of your diet as a youth may be restricted once you hit a certain age, while other foods you may have always avoided may now be necessary to fuel and support a healthy body.

Eating healthy foods and exercising may not be enough to sustain health, as hormonal changes and other health effects as a person reaches age 50 can have a profound impact on his or her nutritional requirements. The following are a few things men and women over 50 may want to consider as they look to eat a healthy diet for years to come.

Vitamin D

Both men and women age 50 and up have a reduced ability to produce vitamin D through exposure to the sun. Extra vitamin D will be needed from foods and supplements. Everyone over the age of 50 should take a daily vitamin D supplement of 400 IU (10 µg),

according to Canada's Food Guide. Without adequate vitamin D, bone strength and health can deteriorate because vitamin D promotes calcium absorption. Vitamin D also has other roles, including helping neuromuscular and immune function and reducing inflammation.

Friendly fats

People over age 50 should increase their intake of unsaturated fats and reduce consumption of saturated fats. Nutrient-rich unsaturated fats can guard against heart conditions, protect against stroke, keep skin supple, and even help men and women maintain good neurological health. Omega-3 fatty acids can be found in nuts, olives, seeds, and fatty fishes.

Increase protein

According to Christine Gerbstadt, MD, RD, a spokesperson for the Academy of Nutrition and Dietetics, as they

age, men and women need more protein in their diets to maintain their muscle mass. The amount of protein needed at a younger age no longer may be adequate. Look for lean sources of protein from fish and poultry. Beans are also a low-fat source of protein that can help fulfill daily protein requirements.

More fiber

Eating more fiber can help with digestive and intestinal problems, such as constipation. Constipation can occur when

fiber intake is not enough, coupled with a more sedentary lifestyle. The best way to get fiber is through diet. Leave the skins on fruit and vegetables and choose whole fruits over juices. Whole-grain breads and cereals also are good sources of fiber. Dry beans and lentils can add a fiber boost. Always increase fiber slowly to determine your tolerance.

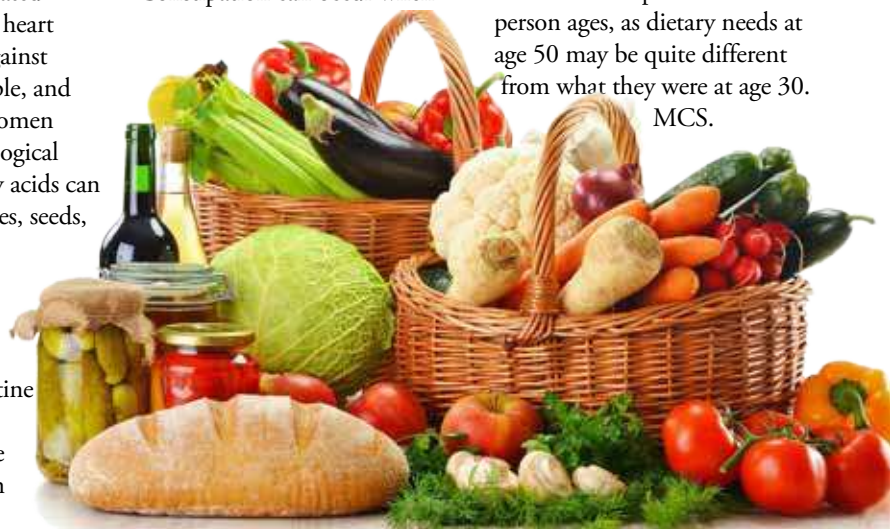
Fewer calories

The National Institute on Aging says women over the age of 50 need between 1,600 and 2,000 calories, depending on how physically active they are. Men need between 2,000 and 2,400 calories per day. With each passing year there is a decrease in the energy required to maintain body weight, so caloric intake should be adjusted accordingly.

More water

As a person ages, his or her body may not signal it is thirsty as well as it once did, so it's possible that you may not recognize when you are thirsty or dehydrated. The Mayo Clinic recommends around nine to 10 cups of beverages per day to remain hydrated.

Eating healthy and changing one's diet is important as a person ages, as dietary needs at age 50 may be quite different from what they were at age 30. MCS.



Fitness tips to avoid injury

Matt Johnson • sjsports@uvsj.com



Every athlete's biggest fear has to be something like hearing a pop and going down with an injury.

Over the last year, in particular, several notable professional athletes have gone down with serious injuries. But it's not just professional athletes. Injuries can happen to any athlete at any level.

Will Barton is manager of The Ridge Health Club and owner of his private company, Propulsion Fitness, in Rexburg. Barton started his own company in 2011. He grew up as an athlete, with a love for cross country. He now works with a variety of individuals.

He offered several tips for athletes — or even just those who may want a moderate amount of exercise — on how

to avoid injury.

1. For starters, don't just work out certain muscles for your sport. Get a well-rounded workout.

"We understand a lot more now about how the body works and we can train more specifically. That's where the issue comes in," Barton said. "People are focusing so much on training specifically for their sport and not having a round, good base about it."

The solution? A type of workout called primitive movements. This workout focuses on simple movements, such as getting down to the floor and up off the floor. It utilizes joints in their full range of motion instead of just sports-specific movements.



Will Barton is manager of The Ridge Health Club and owner of his private company, Propulsion Fitness.



“Doing body weight squats, getting down nice and low, getting past 90 degrees in your body weight squats is recommended,” Barton said. “Once you start adding weight, it’s a little more controversial, as far as how low you should go. With my clients, we always stop at 90 degrees.”

2. Nutritionally, get the vitamins and minerals you need from your vegetables.

“Our bodies are naturally wired to crave sweet things. The reason why is, you go back to the beginning of time,” Barton said. The sweet things were the fruits and veggies. But things are hyper palatable now. They’re overly sweet. So we crave Snickers bars instead of these things that are loaded with what’s going to make our bones healthy.”

3. To strengthen bone health, especially in older women, the best thing to do for bones is weight resistance.

This means doing things like squats.

“When you load the spine with weight, it triggers the body to retain more calcium to keep the bones stronger longer. That’s a real important one, even for younger guys,” Barton said.

4. The health basics for

younger and older athletes aren’t much different.

“The approach will be a little bit different but the basics will be fairly similar. Obviously, the young athlete is going to be working much more on speed and agility, where the older population is agility and moving around. It’s not as sports-specific, but rather, general health (for older athletes),” Barton said.

5. Diets are more important than powders or pills.

“Protein powders as meal replacements are convenience factors, not replacements. There are supplements that are beneficial, just to help you through a workout. A pre-workout gives you energy to push harder during your workout. But you can get all of your vitamins and minerals and the proteins through your meals,” Barton said.

6. Learn proper technique in lifting and maintain flexibility.

“As far as stretching goes, if you’re recovering from an injury or you’re trying to gain flexibility, you can do it every day of the week. If you’re just trying to maintain, you can do it two or three times a week. But the more you do it, the better and healthier your muscles are going to maintain,” Barton said.

The bottom line? Athletics and exercise provide us with the chance to better ourselves and our bodies.

“Athletes now, whether they’re young or in the 25 age group, they’re bigger, faster, stronger than ever before. We’re breaking records that people never thought would be broken,” Barton said.

We’ve come a long way with what we in society can achieve physically. Make sure you take the proper measures to ensure your best health going forward, whether you’re an athlete or just looking to get some daily exercise.

About Ridge Health Club: The Ridge Health Club has been open since 2009. Over time, it introduced more group fitness classes and added more weights. Classes are available for kids and adults. Personal training and exercise therapy are also available. The Ridge is

also fully equipped with cardio equipment, racquetball courts and tanning beds.

About Propulsion Fitness: Propulsion Fitness focuses on the exercise therapy aspect of physical training. The goal is to help clients regain flexibility, improve overall health and recover from minor injuries. They work with older individuals and also train young athletes for sports-specific goals.


“Exercise and nutrition isn’t complicated, when you weed out all the fluff from online. There are a lot of quick fixes that don’t work and you have to find your way through it,” Barton said. “That’s how we really try to help people here. Helping them get on track, whether they purchase a training program or they just want a gym membership, we work with them on their technique and their goals.”

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Rexburg College of Massage Therapy trains future massage therapist



Caleb Despain • caleb@uvsj.com

On its second year running, the Rexburg College of Massage Therapy not only gives prospective massage therapists a chance to develop their skills, it also provides the benefits of massage therapy to the community of Rexburg.

Samantha Birch, clinical director, said massage therapy has a myriad of variations and applications including numerous medical applications.

Birch said massage therapy will not help all medical conditions and that individuals should work with their physicians to make sure it will be beneficial.

Birch said there are many different massage techniques including swedish, deep tissue and pre-natal, that provide a variety of benefits.

She said it can be especially beneficial for pregnant women to undergo pre-natal massage

therapy during pregnancy.

Birch said it can also greatly benefit those who have suffered whiplash or other injuries in car accidents.

She also said message therapy can be effective for many sports related conditions or injuries as well.

She said that those with severe injuries or medical conditions should probably consult a doctor before undergoing massage therapy.

Birch said at the college, her primary responsibility is to run the clinics at the school being a licensed massage therapist.

“Legally there has to be a licensed massage therapist here on site while the students are working on people,” Birch said.

She said most of the time she’s not needed, but she is there to help with difficult problems or questions that come up every once in a while.

Birch said students also spend nearly two months in class practicing on each other before they are even allowed to work with the public.

“Our students have to have so many hours to be able to work on the public. They just work on each other in class before they work on the public. So they’re pretty well practiced by the time they’re on the floor,” Birch said.

She said they gain a lot of hands on experience and she requires students to perform 10 hours of “homework” providing massages outside of class to family, friends or those in the community.

She said she was trained at the Rexburg College of Massage Therapy and offered a job as clinical director shortly thereafter.

“I actually graduated in the very first class that this school had. So I came here and was lucky enough to stay,” Birch said.

Birch said massage provided her numerous work opportunities and allows here to have control over her schedule.

The flexibility in her schedule allows her to manage her time around her daughter.

She said in addition to being a clinical director, she works as massage therapist for private clients and in two different chiropractor offices.

Birch said

massage therapy training allows a person to find work in a wide variety of fields including medicine and sports.

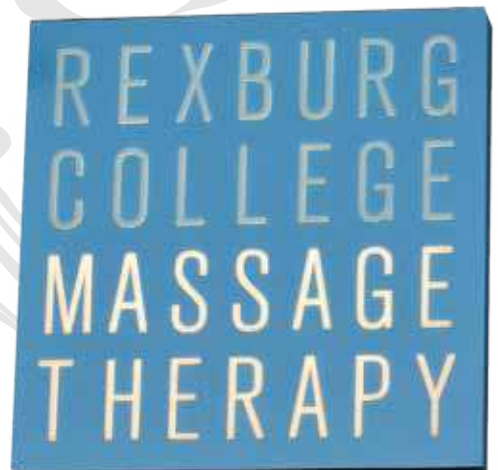
Shane Humphreys, the owner of Rexburg College of Massage Therapy, said becoming a massage therapist requires not only the proper training, but one must also pass a national exam to become a licensed massage therapist.

Humphrey said entering the college only requires at least a high school diploma or GED.

Humphreys said the college was established to allow those in the Rexburg and the immediate area access to massage therapy training instead of having to travel long distances to nearby cities or even to Utah.

He said Rexburg, being a college town, is ideal because of all the college-age individuals who could be prospective students.

He also said that in addition to providing effective training to prospective massage therapists, the college also provides a service to the community with lower prices than going



to a professional massage therapist.

Humphreys said since the college's opening, the community response has been overwhelming and that they're completely booked for the next four weeks.

Aubri Wills, a student at Rexburg College of Massage Therapy, said she's been attending the college for nearly a year and really enjoys it.

She said she started massage therapy as a way to pay for college and explore something she's always been interested in learning.

Growing up, Wills said she gave simple massages to friends and family, who encouraged her to do more with it.

"I've given massages growing up, you know — shoulders,

— feet and I've always been told, 'You're really good at it. You should do something with it'"

She said her desire to look into massage therapy also came from her and her family's love of sports.

"I always wanted to do something with sports because my family are sports fanatics. So I thought maybe if I went into massage I could get into physical therapy or something," Will said.

She said she never really had the opportunity to do anything with massage therapy until by chance a college of massage opened up in

Rexburg right after she had spent a year at college in Utah.

"I lived in Utah for about a year and when I moved back they had started this school. I was like, wow, perfect," Wills said.

Wills said she hopes massage therapy will serve as preparation for a career

working in sports as a physical therapist.

She also hopes it can be a way to pay for her to finish her schooling at Utah State University.

For more information about the college of message therapy visit <http://rexburgcmt.net/>, or call 208-419-3149



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Ashton locals are ready to make you sweat this spring



Heather Randall • heather@uvsj.com

Katherine and Billy Stronks have an “ah, ha!” moment as they review some plans for the construction of their new gym they hope to open this coming spring. Photo by Heather Randall

Physicians have long recommended aerobic activity and strength building exercises on a daily basis as playing a critical factor in maintaining overall health.

During the warmer months of the year, Southeastern Idaho has nearly endless opportunities to be active, from hiking and fishing to mountain biking and taking care of your garden, chances to be outside are plentiful.

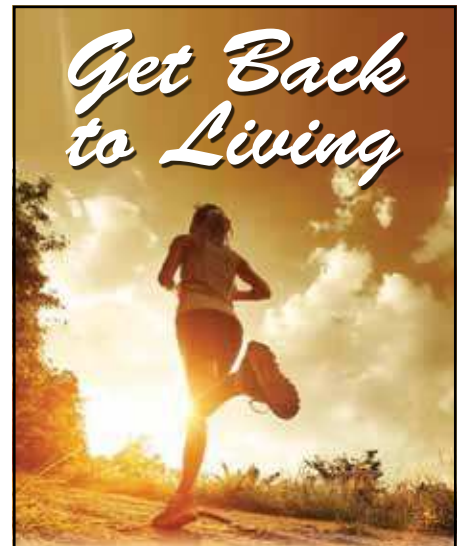
In the winter, it can be tempting to stay inside and hang out on the couch. For those who are looking for a chance to improve their physical fitness, but perhaps are a bit intimidated by some of the more aggressive outdoor activities, Billy and Katherine Stronks of Ashton are in the process of building their dream gym, which just might be the answer to what many in Fremont County have been looking for.

They currently hope to open the doors in late April or May, and offer everything from traditional cardio and weights to Zumba, Yoga, CrossFit and spinning classes as well as martial arts for children.

“We want to encourage everyone to have a healthy lifestyle regardless of their fitness level,” Katherine said. She has been active her entire life, participating in dance and gymnastics as a child, and then in high school, she was a cheerleader and was also involved in pageants.

In college, Katherine taught kickboxing and was a personal trainer. While in her 20s, Katherine suffered with an eating disorder that she has since recovered from. “I am passionate to share my knowledge of fitness with everyone because my eating disorder really impacted me and I want to try and protect others from having that type of experience if I can,” she said.

Billy has spent the last few years working for his family’s business Stronks and Sons Do It Best Homecenter, while Katherine worked odd jobs to generate income. The couple decided to make Katherine’s passion for fitness and their mutual desire to have their own business into a reality. They started looking for buildings and found their perfect location in downtown



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Billy Stronks, co-owner of Teton Fitness, spends another afternoon working on the construction of the new gym in Ashton.
Photo by Heather Randall

Ashton. The building they purchased used to be a bustling welding and fabrication shop, but with shifts in industry, the business dried up, and it sat on the market for several years before Billy and Katherine purchased it.

Katherine is a certified personal trainer and is working on getting certified in CrossFit as well.

Both Katherine and Billy are aware fitness can be intimidating and Katherine said one of the biggest things people need to do to improve their fitness level is to not allow one slip on a diet, or one missed day of training become an excuse to give up entirely.

“Physical fitness is hard. You really just have to look at it as one meal, one hour, one walk. That’s all you have to do,” she said.

Katherine said for those who are beginning a fitness plan, they should start with their breakfast. Eating a healthy breakfast is an important component to getting the day started off in the right direction. A healthy breakfast might be three egg whites, a piece of whole wheat toast and an apple.

She said it’s important to eat things you like, but to try to be aware of making healthy portions and items a part of every meal.

“Turn off the TV and go for a 30 minute walk with your kids,” she said.

Results will show up with consistency and a commitment to maintaining healthy habits. A lot of people will define their success by a number on the scale and get discouraged if they don’t see progress occur fast enough.

Katherine said no one should weigh themselves every day, and it helps to have a long term, tangible goal, such as showing up at an event wanting to feel your best, or working toward that beach getaway.

Billy said activities like training for a 5K race or being able to go outside and play with your kids without getting winded are important goals.

“For me, I want more energy,” Billy said. “I’m trying to reduce how much soda I drink and increase my activity by playing basketball a few nights a week with my friends.”

Healthy activity can be anything from some rigorous house work to playing ping pong, going on a walk or just being active in some way for at least 45 minutes per day. Any exercises such as push-ups, planks or chair dips are a great way to use your body’s resistance to build muscle mass. Resistance exercises that rely on body weight without extra equipment are great for women because you can build strength in your upper and lower body without creative bulk.

For men who are looking to build more significant muscle mass than most women, working with a higher weight and a lower number of reps will help those who wish to bulk up.

Billy and Katherine’s gym is called Teton Fitness, and is located at 82 N 7th street in Ashton. If you would like to follow their progress, or learn more about what services will be offered once they open their doors, find them on Facebook, or drop by and say hello. 🐾



Snack foods that promote better sleep

According to the National Sleep Foundation, changes in sleep patterns are a part of the aging process. Many people experience difficulty falling asleep and then staying asleep as they age, and that difficulty can make men and women over 50 feel more tired during the day.

But even though difficulty sleeping may be a part of aging, that does not mean men and women over 50 cannot take steps to improve their sleeping patterns. For example, certain snack foods may help to improve quality of sleep, especially when these foods replace less healthy snacking options. While men and women over 50 should always consult with their physicians before making any changes to their diets, the AARP notes that the following are a handful of snack foods that promote better sleep.

- **Almonds:** Magnesium is a mineral with muscle-relaxing properties, and almonds contain enough magnesium to help men and women get a better night's sleep. A small amount of almonds before bed might be enough to make falling and staying asleep easier.

- **Bananas:** Much like almonds, bananas provide a substantial amount of magnesium. Bananas also contain the amino acid tryptophan, which many people associate with Thanksgiving turkey. While tryptophan might be most often associated with the sleepiness people feel after eating a holiday meal, it also has been linked to better sleep quality, so a banana shortly before bed might be just what you need to fall and stay asleep.

- **Cheese and crackers:** One more traditional snack may just help you get a better night's sleep. Cheese and crackers contain tryptophan and carbohydrates, which can induce a better night's sleep

and help you fall asleep sooner.

- **Cherries:** Cherries contain the sleep hormone melatonin, and the AARP notes that recent studies indicated that participants who drank tart cherry juice on a daily basis fell asleep more quickly and slept longer and better than participants who did not.

- **Hummus:** The primary ingredient in hummus is chickpeas, which are loaded with tryptophan, folate and vitamin B6. Folate has proven especially beneficial to older men and women who need help regulating their sleep patterns, while vitamin B6 helps the body regulate its clock.

- **Peanut butter:** Peanut butter is another snacking item loaded with tryptophan. Spread some peanut butter on a carbohydrate, whether it's a slice of toast or some crackers, before going to bed, and you may enjoy a better, longer sleep.

- **Walnuts:** Like cherries, walnuts contain melatonin, which can contribute to a longer, more restful night's sleep. Walnuts also can help regulate stress, which is a leading cause of sleeping difficulty.

Many men and women experience difficulty sleeping as they age. But the right foods may just help combat such problems and help men and women get a more adequate night's sleep. MCS



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