

total
HEALTH For Members of
United Service
Association
For Health Care
& wellness

SPRING 2017



Matt Damon

Is Leading by Example

plus

8 Ways to Motivate
Yourself to Exercise

and

Can Being Grateful
Help You Be Heathy?



United Service Association
For Health Care



[cover story]

Matt Damon:

Is Leading
by Example

page 10



5



8



13

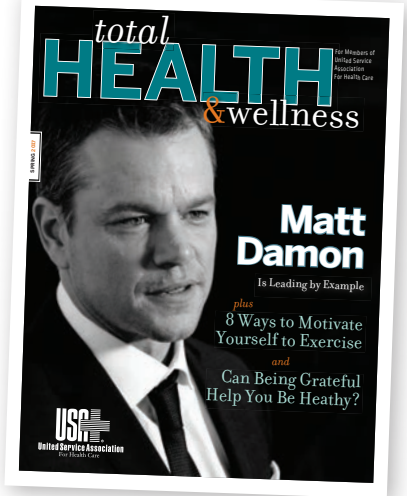


15



17

- 3 Sharing Household Chores More Fairly
- 4 4 Things That Harm Your Liver—And How to Avoid Them
- 5 Routine Maintenance for Your Mouth
- 6 Expired Medication—What to Toss, What to Keep
- 7 8 Ways to Motivate Yourself to Exercise
- 8 Color Yourself Healthy
- 13 How Can I Set Successful Weight-Loss Goals?
- 14 Can Being Grateful Help You Be Healthy?
- 15 6 Ways to Ease Worry
- 16 Type 1.5 Diabetes: The In-Between Disease
- 17 Things to Know About Pollen and Allergies
- 18 Preventing Tech Neck and Smartphone Thumb
- 20 Perfectly Normal Memory Glitches (Probably)



TOTAL HEALTH & WELLNESS

Executive Director: M. Cranon

Director of Operations: T. Barton

Director of Operations: R. Davis

Staff Support: C. Mangrum and B. Mayer

Total Health & Wellness is published by United Service Association For Health Care. This information is intended to educate the public about subjects pertinent to their health, not as a substitute for consultation with a personal physician.
© 2017 Printed in the U.S.A.

United Service Association For Health Care is an organization that provides privileges and services that promote the health and welfare of its members.

For more information, please contact:

United Service Association
For Health Care
P.O. Box 200905
Arlington, TX 76006-0095
800-USA-1187

EDITORIAL ADVISORY BOARD

David S. Alkek, M.D., Clinical Professor of Dermatology, The University of Texas Southwestern Medical Center, Dallas, TX

Joseph D. Beasley, M.D., Director, The Institute of Health Policy and Practice, Amityville, NY

Kathie Davis, Executive Director, IDEA Health & Fitness Association, San Diego, CA

Sidney Friedlaender, M.D., Clinical Professor of Medicine, University of Florida, Gainesville, FL

Charles M. Ginsburg, M.D., Professor and Chairman of Pediatrics, The University of Texas Southwestern Medical Center, Dallas, TX

Susan Johnson, Ed.D., Director, Continuing Education, The Cooper Institute, Dallas, TX

Julie Waltz Kembel, M.S.Ed., CHES, Education Director, Canyon Ranch, Tucson, AZ

Don R. Powell, Ph.D., President and CEO, American Institute for Preventive Medicine, Farmington Hills, MI

Charles F. Seifert, Pharm.D., Director of Clinical Pharmacy Services, Rapid City Regional Hospital, Rapid City, SD

Kathryn K. Waldrep, M.D., F.A.C.O.G., Medical City Dallas, Dallas, TX

Arthur H. White, M.D., Medical Director, San Francisco Spine Institute, Daly City, CA

Cover photo: Gareth Cattermole/Getty Images

SPRING 2017

Sharing Household Chores More Fairly

A lot has changed since your mother and grandmother were your age. But one thing may have stayed the same: In many couples, women still do more of the household chores.

→ **ACCORDING TO THE PEW RESEARCH CENTER**, in two-parent families in which both the mom and dad had full-time jobs, 40 percent of parents said that household chores weren't shared equally. And when that was the case, the mom ended up doing more chores in about three-fourths of families.

When Housework Becomes a Daily Battle

If you feel like you're shouldering more than your share of the load, it can take a toll on your relationship. Over time, you may start feeling unappreciated, angry, or resentful—not to mention exhausted. You and your partner may find yourselves arguing

over who shops for groceries, takes out the trash, or does the dishes.

A Peaceful Resolution to the Chore Wars

Luckily, many couples manage to hash out these issues successfully. Below are a few tips for negotiating who does what around the house:

- **Wait for the right time to bring it up.** You need to sit down with your partner to discuss divvying up the chores. Avoid the end of a long, stressful workday. Instead, pick a time when you're both rested, relaxed, and in a good mood.

- **Be an effective communicator.** Give some advance thought to what you want to say. State your case clearly and concisely. Then listen to your partner's ideas with an open mind.
- **Avoid playing the blame game.** Strive to be constructive rather than critical.
- **Be realistic and ready to compromise.** Look for solutions that you both view as fair. For example, if you both enjoy cooking but hate cleaning up afterward, you might agree to take turns doing those jobs.

Splitting up chores fairly has some benefits, too. The tasks get done, and you each feel respected. +

4 Things That Harm Your Liver—And How to Avoid Them

You've probably heard about the danger alcohol poses to your liver. But drinking doesn't stand as the only threat to the largest organ in the digestive system.

→ **YOUR LIVER PLAYS A KEY ROLE** in your metabolism and health. It converts food into energy and removes toxins from your body. Keep it healthy and working well by avoiding these liver hazards.

1 Extra Weight

Fat cells appear to release toxic proteins that harm liver tissue. Eventually, this can lead to a disease that mimics the effects of alcohol on the liver. If you're heavy, losing even a small percentage of your body weight can improve your health.

2 Medication

Each time you swallow a prescription or over-the-counter pill, your liver goes to work. Its job: to break down and process the drug. In most cases, it handles the task with no issues. But taking too-high doses or mixing medications can strain or injure the organ.

Some drugs pose a greater risk, including acetaminophen. Always follow instructions from your doctor and on drug labels. If you're taking more than one drug at once, make sure they don't have the same active ingredient.

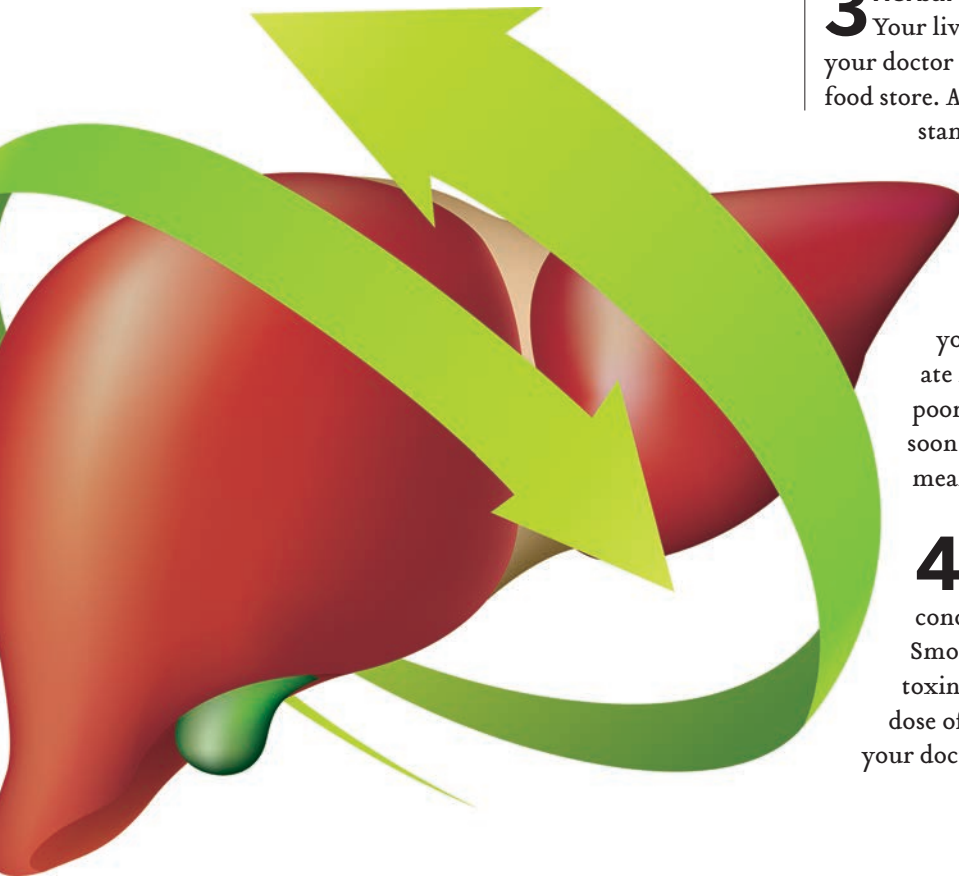
3 Herbal Supplements

Your liver plays the same role in breaking down drugs your doctor prescribes and products you pick up at the health food store. And while medications must pass strict safety standards, dietary supplements hit shelves without the same testing. Unfortunately, this means they sometimes contain ingredients that prove toxic to cells in your liver, sometimes even causing problems as serious as liver failure.

Always tell your doctor about all the medicines you take, including supplements. And seek immediate medical attention if you start to feel tired, have a poor appetite, or develop yellowish eyes or itchy skin soon after taking a supplement. These signs could mean you have liver damage.

4 Smoking

Cigarettes damage cells in the liver, worsening conditions like cirrhosis and fatty liver disease. Smoking can decrease your liver's ability to remove toxins from your body. In some cases, it changes the dose of medication you need. If you smoke, talk with your doctor about ways to quit. +



Routine Maintenance for Your Mouth

Most people wouldn't consider waiting more than a year to change the oil in their cars or get haircuts. Yet, every year 100 million Americans fail to visit the dentist.



AN UNVARNISHED FACT: FLUORIDE STRENGTHENS TEETH

Fluoride is to teeth as spinach is to Popeye. It helps block the acid that causes cavities and can even repair early forms of tooth decay. That's why fluoride is added to drinking water, toothpaste, and mouthwash.

Your child's dentist may suggest applying a fluoride varnish to your child's teeth. This is another way fluoride can strengthen your child's tooth enamel and help fight cavities.

It takes just a couple of minutes. A tiny brush is used to paint the teeth completely with a varnish that dries almost immediately and is safe for your child.

Fluoride varnish may be applied every three months as part of dental care that can help your child be cavity-free. You should also:

- See a dentist when your child's first tooth appears or no later than his or her first birthday.
- Brush teeth twice a day with a small amount of fluoride toothpaste.
- Floss when your child has two teeth that touch.
- Schedule and keep regular dental checkups.

→ **A DENTAL EXAM EVERY SIX MONTHS** is one of those routine maintenance appointments that should not be put off. And unlike changing your oil or cutting your locks, a visit to the dentist can positively impact your overall health.

Regular dental exams can:

- Find problems with teeth and gums before they cause pain or are costly to treat
- Prevent some problems from happening in the first place
- Spot warning signs of diseases or other medical conditions in the mouth that are unrelated to your teeth
- Establish a place to go if you have a dental emergency

For these reasons, it is important to see your dentist twice a year. That's true even if there are no obvious problems or you no longer have your natural teeth.

Just like daily brushing and flossing, make it a habit to schedule and keep regular appointments with your dentist. Taking action now will help you avoid major issues in the future. +

Expired Medication — What to Toss, What to Keep

You have a headache. The pain relievers in your medicine cabinet are a simple fix, right? Before you grab that dose, check whether it's expired.

→ **WHY DOES THAT EXPIRATION DATE MATTER?** Simply put: Outdated drugs might not give you 100 percent of the benefits, because they're not as potent. And that may not sound so dangerous when it comes to treating minor aches and pains with ibuprofen. But consuming expired medications that treat chronic or life-threatening illnesses such as heart conditions, seizures, or COPD can be a dangerous oversight, since they'll have lost their strength and won't work as well to keep you healthy.

Find the Date

Not sure where to look for medication expiration dates? Check the label on the bottle or look for a stamp on the bottom of the package. The expiration date can be found in either of those places. You might also see the letters "EXP" next to the date.

Safe Disposal

As for disposing of expired medications safely, follow these simple steps:

- 1. Mix** uncrushed medicines with an unpalatable substance such as dirt or coffee grounds.
- 2. Place** the mixture in a sealed container or a plastic bag.
- 3. Throw** the container into the trash.
- 4. Scratch** out any personal information on the prescription label of your empty bottle. Then throw it into the trash.

The FDA recommends that some medications be flushed down the toilet or sink because they can be especially harmful (even fatal) to a child or pet who consumes them accidentally. For an FDA-approved list of medications that should be disposed via flushing, visit www.fda.gov.

Storing Precautions

Proper storage of your medication is also key to keeping you and your family safe. Check your medication labels for specific storage instructions, as certain medications need to be kept in the refrigerator and others cannot be exposed to extreme heat. Although a bathroom cabinet is a common place for storage, it's best to store most medications in a cool, dry place such as a closet shelf of a kitchen cabinet far from the stove. +



8 Ways to Motivate Yourself to Exercise

You know that exercise is important, but there are plenty of times you may not feel up to it. Here are eight ways to stay motivated to stick with your exercise program.

- **1 Choose activities you enjoy.** If you enjoy the activity, you're more likely to stick with it.
- 2 Get others to join you.** Team up with family members, friends, or coworkers to encourage one another to exercise even on days when you don't feel like it.
- 3 Do 10 minutes at a time.** Try two or three 10- to 15-minute activities if you can't do 30 minutes of exercise at a time.
- 4 Plug it into your calendar.** Schedule exercise sessions just like you would any other event.
- 5 Focus on how you'll feel afterward.** Think about feeling better, having more energy, and how glad you'll be that you did it.
- 6 Set goals.** Have a clear goal and create a plan for achieving it. Thinking about your goal can encourage you to exercise even when the couch is calling your name.
- 7 Track your progress.** Keep track of your achievements along the way. Seeing your progress can inspire you to keep going.
- 8 Celebrate your success.** Plan a reward for achieving milestones in your fitness journey. It is best to choose nonfood-related prizes, such as a new item of clothing or a night out with friends. +

MAKE THE MOST OF YOUR GYM WORKOUT

If you're thinking about heading to the gym, keep these tips in mind to get the most out of your workout.

Using Weight Machines

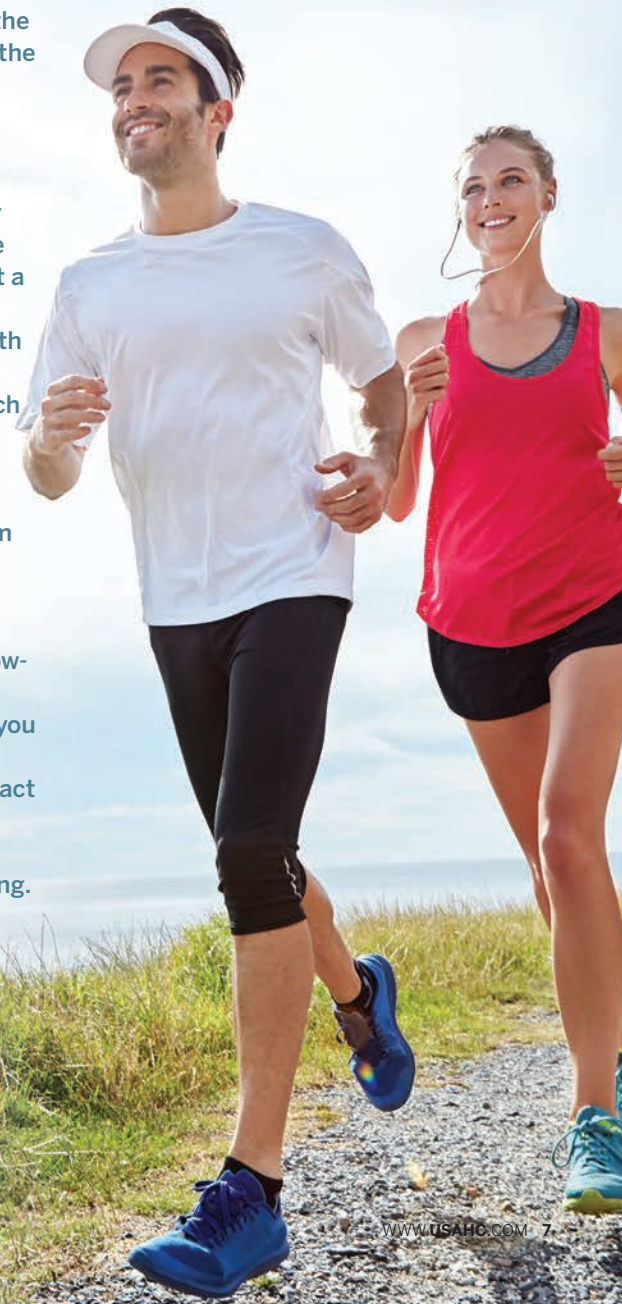
Weight machines can help increase bone and muscle strength. A trainer at the gym can show you how to use each machine correctly and suggest a starting weight for each.

Experts recommend doing strength training at least two days a week, with two days of rest in between each workout.

Adding Cardio

You can also add in some cardio. Aim to work up to at least 150 minutes of cardio each week. Here are a few options at the gym:

- **Stationary bike.** This is a good low-stress option for your joints.
- **Treadmill.** This is a great start if you haven't exercised in a while.
- **Elliptical.** This is a good, low-impact alternative to a treadmill.
- **Fitness class.** Mix things up with water aerobics, Zumba, or spinning.





Color Yourself Healthy

You can find a rainbow of colors in the produce section at your supermarket, and all that color provides big nutritional benefits.

→ **WHEN YOU SHOP, LOOK FOR THE MOST VIVIDLY COLORED FRUITS AND VEGETABLES.** Colorful plant chemicals—such as carotenoids and flavonoids—contain antioxidants that can strengthen your immune system, protect your body’s cells from disease-causing free radicals, and may prevent some types of cancer or heart disease.

Different colors mean different types of antioxidants with different benefits. Here’s a guide:

The Reds

This hue is a sign of antioxidants that may reduce your risk for cancer and protect your heart. Consider putting these in your cart:

- Cranberries
- Pomegranates
- Radishes
- Raspberries and strawberries: They contain anthocyanin, which may help improve blood vessel health.
- Red bell peppers: You can meet your total daily requirement for vitamin C with just a half-cup.
- Red grapes

- Tomatoes: Studies have shown that people who eat tomatoes are less likely to develop lung and stomach cancer.

The Oranges and Yellows

They are packed with carotenoids, such as beta-carotene and vitamin C. These nutrients promote heart health and vision and may reduce the risk for certain cancers. Shop for these bright foods:

- Acorn squash
- Butternut squash
- Carrots: Their vitamin A helps the skin block infection-causing germs.
- Corn
- Oranges, lemons, grapefruit: These citrus fruits contain hesperetin, which has anti-inflammatory effects.
- Peaches: They contain lutein, which seems to cut the risk for macular degeneration, the leading cause of blindness in older adults.
- Pumpkin
- Sweet potatoes

The Greens

Green vegetables contain a slew of antioxidants. They are also a rich source

of other health essentials, such as folate, minerals, and fiber.

Add these to your menu:

- Broccoli
- Brussels sprouts
- Collard greens
- Green bell peppers
- Kale
- Spinach
- Swiss chard

The Blues and Purples

Fruits and veggies that are blue and purple offer many of the same benefits as red items. Fill up on these deeply hued choices:

- Beets
- Blackberries
- Blueberries
- Plums
- Purple grapes and juice

4 Ways to Hide Your Veggies

Are you and your family getting enough of these beneficial foods in your diet?

Try these creative tricks to sneak leafy greens and other produce aisle purchases into meals and snacks:



Meatloaf (with Hidden Veggies)



Ingredients

1 lb. lean ground turkey	1 cup uncooked oats
1 cup grated zucchini (about one medium zucchini)	2 egg whites
½ cup grated carrots (about one medium carrot)	1½ tsp. Italian seasoning
½ cup grated yellow onion (about one medium onion)	½ tsp. garlic salt
	½ cup tomato sauce

Directions

Preheat oven to 350 degrees. In a large bowl, mix all ingredients except for tomato sauce until completely combined. Shape into a loaf and place into a 9-by-5-inch loaf pan. Spread tomato sauce evenly on top of loaf. Bake for 60 minutes. Serves eight.

Per Serving—Calories 190, Fat 6 g, Saturated fat 2 g, Cholesterol 45 mg, Sodium 189 mg, Carbohydrates 19 g, Sugar 4 g, Fiber 3 g, Protein 15 g

- **Get shredded.** Use a box grater or your food processor to shred or chop carrots, squash, or parsnips. Stir them into lasagna, mashed potatoes, rice, and other dishes while cooking. Pro tip: Orange veggies slip especially well into cheesy dishes like macaroni or baked enchiladas.
- **Try the mushroom meld.** Finely chop a package of mushrooms and

sauté them in extra-virgin olive oil. Mix them with ground chicken or turkey and make burgers, meatloaf, or meatballs.

- **Boost your burrito.** Roll up peppers, black beans, avocado, cilantro, and fresh salsa inside a whole wheat tortilla.
- **Sip 'em through a straw.** Freeze a banana and put it in the blender

with milk or yogurt. Add raw spinach, carrots, cooked sweet potatoes, or nearly any other veggie before you hit pulse or crush. The banana makes your smoothie creamy and thick—and masks the milder flavor of vegetables. ✚



Leading
by
Example

Matt Damon

W

hen it comes to the Hollywood crowd, we often scrutinize their fashion sense, follow the latest love gossip, and search celebrity vacation hot spots. But it can be difficult relating to—or sometimes respecting—even our favorite celebrities. Matt Damon breaks that mold. The actor and screenwriter, who seeks to stay out of the limelight but raises his voice on behalf of those less fortunate, holds the values we might admire in a wise family member or trusted friend. His grounded, down-to-earth approach to fame and what he chooses to do with it is inspiring. In fact, it makes us proud of him.

Damon, born in 1970 to a Boston family, was the younger of two sons. He was active in high school theater and continued his passion for acting while attending Harvard University as an English major. But the pull of Damon's creative talent overtook his college career. He skipped university classes to pursue early acting opportunities. And when he achieved widespread success with the film *Geronimo: An American Legend* in 1993, Damon quit school just shy of graduation and moved to California to pursue acting fulltime. From there, his fame soared.

Damon has starred in dozens of movies since his break into Hollywood—from *Good Will Hunting*, which he also cowrote with friend Ben Affleck and earned an Oscar for Best Original Screenplay, to *Saving Private Ryan* and the popular Bourne movie franchise, among many others.

Dedicated to Fitness

Damon stays fit with regular running, weight lifting, and boxing. But he adjusts his diet and fitness routine to fit the needs of whatever character he wants to portray. For example, for the 1996 movie *Courage Under Fire*, Damon dropped more than 40 pounds to play a Gulf War veteran. He intentionally gained 30 pounds for the 2009 film *The Informant!* And his physique drew widespread attention when he showed off chiseled abs for his role in 2013's *Elysium*. But even for celebrities, getting this defined isn't easy.

Before *Elysium*, Damon reportedly dealt with low back problems. But he sought out a trainer known to help people living with pain and injury. Together, Damon and his trainer took a well-rounded approach to fitness, focusing on mobility, flexibility, and overall strength.

For cardio, Damon focused on jogging and sprints as well as using a type of cardio machine that works the whole body by simulating the reach and pull of mountain climbing. He also incorporated plenty of resistance training using his own body weight. Exercises like squats, push-ups, sit-ups, and pull-ups were at the core of these workouts.

The results paid off. Damon's dedicated workouts earned him an enviable body. And it prepped him for many action film roles that followed. But his dedication to fitness helped him achieve a bigger goal—the ability to be a strong husband to wife Luciana Barroso and father to his four daughters.

Maintaining a Realistic Diet

Damon is just as human as anyone when it comes to eating. Although he stuck to a strict diet to prepare for his movie roles, he enjoys letting loose and enjoying life.

Damon said: "It's a lot of work [speaking of diet and fitness

“I think what’s important ... is that your decisions here on earth matter, your behavior matters, and how you treat other people matters.”

preparations for a film role] ... the only time I would ever do it is for work. I like to say yes too much. I like burgers and beer,” *E! Entertainment News* reported. “It’s been no burgers and beer for a while.”

Damon curtailed wining and dining and instead ate six healthy meals and snacks a day that primarily included lean



ONEXONE Foundation Ambassador actor Matt Damon visits a well just outside Mekele, Ethiopia. In his right hand he holds a bottle of regular water, in his left is a bottle of dirty water local children in Mekele drink everyday. (Photo by Handout/Getty Images)

protein and vegetables. He afforded himself no cheat days in his preparation. But after filming was over, he celebrated with a large pizza.

Focusing on Greater Needs

Although Damon's film work prompted him to transform his fitness and diet routine at times, it's also contributed to another important part of his life—his charitable efforts. Traveling to third-world countries for movie-making allowed him to see firsthand the desperation of people in need. And he resolved to make real change to end it.

Damon cofounded **Water.org**—a charitable group that helps communities in third-world countries construct and maintain water systems that provide clean water and sanitation.

"One child dies every 90 seconds from waterborne illnesses," Damon said to *Town & Country*. "It's completely insane.

But beyond just senseless death, this is robbing people of their humanity, of their hopes and dreams. And also of simple day-to-day things, like a kid having time to play."

The issue of clean water and sanitation also speaks loudly to Damon as a father of daughters. That's because women and girls are typically the ones left to find water, often missing school and other opportunities to help their families.

"We live in a complex and interconnected world. In order to solve some of the biggest challenges we face, such as ending extreme poverty, we know we must address and finally end the global water crisis for billions around the world," Damon said to *USA TODAY*.

His organization is helping achieve that. To date, **Water.org** has helped more than 2 million people achieve safe water or sanitation. And his help for those less fortunate doesn't end there. Among

other charitable efforts, Damon is one of the founders of Not On Our Watch, a nonprofit organization that works to provide humanitarian aid and protection to people in need. And he is an ambassador for ONEXONE, a nonprofit foundation committed to improving the lives of children in the United States, Canada, and around the world.

Clearly, Damon has used his intelligence and hard work for more than making really good movies or earning his family a paycheck. And his decision-making process is one we can certainly respect and admire.

"I think what's important ... is that your decisions here on earth matter, your behavior matters, and how you treat other people matters," Damon said to *Parade Magazine*. "It just comes down to accountability for your own behavior that's important." +



How Can I Set Successful Weight-Loss Goals?

Deciding to lose weight is one thing. But actually losing it requires a workable plan, and that starts with realistic goals.

→ **OFTEN, PEOPLE SET THEIR SIGHTS TOO HIGH.** When they fail to reach an unrealistic goal, they may feel defeated and lose their motivation.

Succeeding at achievable goals makes you more motivated to keep working. To set yourself up for success, make sure your weight-loss goal has these characteristics:

- **Specific.** Don't set a goal too broad and vague. Narrow it down to exactly what, when, and how you will do it. You may want to set both eating and exercise goals.
- **Realistic.** Choose a goal that's a little challenging, but well within your capabilities. It shouldn't seem overwhelming.
- **Trackable.** Make sure your goal can be measured. For example, this could be minutes spent walking or servings of vegetables. Then monitor your progress.
- **Evolving.** Re-evaluate frequently. If you've haven't reached your goal yet, do you need to fine-tune it? If you have, are you ready for a new goal?
- **Forgiving.** Avoid thoughts such as "I'll *always* stick to my diet" or "I'll *never* miss a workout." Take occasional lapses in stride, and get back on track as quickly as possible. +

FRUITY, FIZZY WATERS— ARE THEY HEALTHY?

Many people enjoy sweet, fizzy, fruity, and sugar-free flavored sparkling waters as healthier alternatives to sugary sodas. These trendy drinks may be lower in calories than regular colas and more flavorful than plain water, but they still have some drawbacks.

Sparkling Seltzer: Not the Same as Water

Flavored seltzers seem like water with flavoring, and some boast only a few ingredients on their labels, such as carbonated water and natural flavoring.

But this doesn't mean that flavored seltzer is the same as water. The added flavorings are often acidic, and carbonation dries out the mouth. This is important because saliva washes acids and food products off the teeth.

Drinks Can Damage Teeth

Fruity carbonated waters often include flavorings such as citric acid and phosphoric acid. These make the drinks acidic. Studies show that flavored fizzy waters are acidic enough to damage tooth enamel and contribute to cavities.

Tips to Enjoy Bubbly Beverages

Zero-calorie carbonated waters are still a better choice than sugary sodas that cause cavities. The artificial sweeteners used in diet drinks don't promote tooth decay.

If you do choose carbonated beverages, drink them along with a glass of water. This will help balance the acidity and protect your teeth.

Can **Being Grateful** Help You Be Healthy?

What in your life are you grateful for? No, really—sit back and think about this for a minute. That minute of gratitude may just end up being a boon to your health.



→ **That's because gratitude has been scientifically linked with psychological and physical well-being.** You probably have a few questions about this. Find some answers below.

Q: What counts as gratitude?

A: There are a few definitions of gratitude. One scientific definition is “the appreciation of what is valuable and meaningful to oneself ... a general state of thankfulness and/or appreciation.” You can think about gratitude in other, less science-sounding ways, too. Gratitude can be just pausing to notice and appreciate the things you may take for granted.

Q: Why is gratitude good for my health?

A: Research shows that gratitude has been associated with:

- Decreased depression
- Reduced stress

- Better sleep
- Less fatigue
- Better ability to maintain heart health

Q: How do I practice gratitude so that I can improve my health?

A: Start by taking these three steps:

- 1. Notice and appreciate good things.** Look for little details like a warm bed, and bigger positives like nature and shelter.
- 2. Take a moment to really absorb those good things.** Maybe start pausing in gratitude before each meal. Or you might say things like, “This is really great, isn't it?”
- 3. Express your gratitude.** This can be done by thanking other people, or even just by keeping a gratitude journal for yourself. +

Type 1.5 Diabetes: The In-Between Disease

You've heard of type 1 diabetes and type 2 diabetes—but *type 1.5*? On the spectrum of diabetes symptoms, this condition falls midway between type 1 and type 2, leading to its nickname.



→ **MORE FORMALLY, IT'S CALLED LATENT AUTOIMMUNE DIABETES IN ADULTS (LADA).**

Take a Little from Type 1 ...

Some doctors consider LADA a slow-developing form of type 1 diabetes. Both LADA and type 1 diabetes are autoimmune diseases. In each condition, the body's immune system attacks and destroys cells in the pancreas that make insulin.

The body needs insulin to use sugar in the blood for energy. Anyone whose body can't make enough insulin must take it in shots or from a pump. Most people with LADA eventually need to take insulin, but they may not reach that point for several months or years. In contrast, people with type 1 diabetes need insulin treatment right away.

... And a Little from Type 2

LADA is usually first diagnosed after age 30. In this sense, it's similar to type 2 diabetes, the form of the disease that most

often develops in adulthood. By comparison, type 1 diabetes usually starts in children, teens, or younger adults.

Yet LADA is a little different from typical adult diabetes. Compared with people with type 2 diabetes, those with LADA are more likely to be thin. They're also at higher risk for having other autoimmune conditions, such as thyroid disease.

Getting Help for LADA

Blood tests may help your doctor diagnose LADA. In people with autoimmune forms of diabetes, antibodies against insulin and other beta cell products are found in the blood. Testing can check the types and levels of these antibodies.

If you have LADA, your body may still be making its own insulin at first. Your doctor may recommend changes in diet and exercise and prescribe diabetes pills. As more beta cells are destroyed, however, you'll need to take insulin. From the start, it's important to work with your doctor to get the best treatment for optimal health. †

Things to Know About Pollen and Allergies

Do you track pollen counts like some people track their favorite sports team's stats? About 7 percent of adults suffer from a pollen allergy, or hay fever, and it can be a major nuisance.

→ **BUT POLLEN ISN'T ACTUALLY CAUSING YOUR SYMPTOMS.** Your sneezing, runny nose, watery eyes, and itchy throat occur when your immune system releases a chemical called histamine to fight pollen. This causes symptoms. Here are five more facts about pollen and allergies.

1 There are many different plants and trees that release pollen.

Common sources of weed allergies are ragweed, sagebrush, pigweed, lamb's quarter, and tumbleweed. Trees, including birch, cedar, and oak, also release pollen that can trigger your symptoms. However, your symptoms occur only when the type of pollen you're allergic to is in the air.

2 You should start taking your allergy medicine before symptoms strike.

Allergy medications need some time to work. Ideally, start taking your medicine a few weeks before you expect symptoms to ramp up. For example, if the weather is expected to warm up toward the end of winter, start taking your medicine before then.

3 You can take steps to reduce your allergy symptoms.

To reduce your pollen exposure try:

- Staying inside as much as possible
- Keeping your windows closed and using air conditioning with a HEPA filter
- Taking a shower and washing your hair before going to bed
- Washing your bedding in hot water once a week
- Wearing sunglasses to keep pollen out of your eyes
- Changing your clothes as soon as you come indoors after being outside

4 Your allergy symptoms are better when it's wet outside.

On rainy, cloudy, and windless days, pollen doesn't move around very much. However, hot, dry, and windy weather can sweep more pollen into the air and stir up your symptoms.

5 Sometimes you need more than medication.

While there are many different over-the-counter and prescription medications available to treat your symptoms, many people find they don't make allergies disappear completely. If this sounds familiar, talk with your doctor about other treatment options. +



Preventing Tech Neck and Smartphone Thumb

The next time you're using a laptop, tablet, or smartphone, pay close attention to what you do. Chances are, typing, tapping, and swiping are second nature by now.

→ **THE LAST THING YOU'RE THINKING ABOUT IS THE REPEATED STRAIN ON YOUR FINGERS AND WRISTS.**

Yet repetitive movements and bending your head forward can lead to pain and may damage joints, muscles, or tendons. But a few simple changes can reduce the ailments caused by a constantly connected lifestyle.

When Your Posture Is in a Slump

People who spend a lot of time on a tablet or computer sometimes develop neck and shoulder pain due to poor posture. The bent neck position can put up to five times more stress on your neck muscles, compared to sitting up straight.

To reduce "tech neck," become aware of your posture.

Whenever possible, put your computer or propped-up tablet on a table or desk. Ideally, you should position the screen so that you can keep your head bent only slightly forward. Your shoulders should be relaxed, and your elbows should be close to your body, bent at or just a little past 90 degrees. Your forearms, wrists, and hands should be in a straight line parallel to the floor.

This position is more feasible with a traditional desktop computer. When typing on a tablet or small laptop, consider using an unattached keyboard that's wirelessly connected to your device. And whether you're using a mobile device while seated or on the go, take frequent breaks.

When Your Mobile Device Is a Pain

Repeating the same movements with your fingers, hands, and wrists for long periods can lead to problems. For example, "smartphone thumb" is caused by typing with your thumb while holding a smartphone or tablet. Possible symptoms include pain when bending your thumb or wrist and a dull ache at the base of your thumb. You may also experience numbness or tingling in the area.

To combat smartphone thumb:

- Give your thumb a rest. Instead, hold the phone in one hand and type with the other index finger.
- Keep your messages brief. Use the word prediction feature in apps and browsers to reduce typing. BTW, using abbreviations helps, too.
- Use voice-to-text apps. Or just have a phone conversation now and then instead of texting. +





Self-Care for Neck Pain

THE SAME FLEXIBILITY IN YOUR NECK THAT LETS YOU TURN YOUR HEAD IN MULTIPLE WAYS ALSO LEAVES IT PRONE TO PAIN FROM TIME TO TIME.

Treat Yourself

Need some relief for minor neck pain? The following may help:



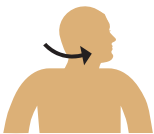
HEAT AND ICE: Apply ice for the first 48 to 72 hours, then heat after that, in the form of compresses, a warm shower, or a heating pad.



OVER-THE-COUNTER PAIN RELIEVERS: Ibuprofen (like Advil) or acetaminophen (such as Tylenol) can provide relief.



MASSAGE: Have a family member or friend gently massage the sore areas.



EXERCISES: Turn your head in a circle, putting your right ear to right shoulder, then leaning your neck back, then left ear to left shoulder, and finally chin down. Rotate counterclockwise as well. Keep this movement slow.



SWITCH YOUR PILLOW: A supportive pillow can help keep your neck in a good position while you sleep.

Neck Pain Causes

Literal pain in the neck is a metaphorical pain in the neck, and it can come from a variety of places:

- Prolonged wear and tear
- Poor posture
- Muscle strains
- Injury, such as whiplash
- Stress
- Osteoarthritis



TEXT NECK: the term for an overuse syndrome of the neck, head and shoulders from hunching over while looking at an electronic device, such as a cellphone

When to See a Doctor

Always seek medical attention immediately if your neck pain is caused by an injury. When there's no incident immediately preceding your neck pain, you should see a health care provider if the pain is:

- Severe
- Continuous and persistent
- Accompanied by pain that radiates down the arms or legs
- Accompanied by headaches, numbness, tingling, or weakness
- Accompanied by trouble swallowing or breathing



Articles in this magazine are written by professional journalists or physicians who strive to present reliable, up-to-date health information. Our articles are reviewed by medical professionals for accuracy and appropriateness. No magazine, however, can replace the care and advice of medical professionals, and readers are cautioned to seek such help for personal problems. Developed by StayWell 5426M

Perfectly Normal Memory Glitches (Probably)

The new woman in your book club has two sons and loves mysteries. But for the life of you, you can't remember her name. "Oh, no," you think. "This is how it starts. Alzheimer's."

→ **NOT SO FAST.** Mild forgetfulness can happen at any age and is more common as our brains get older. Here are a few memory hiccups that by themselves probably aren't a big deal:

1 Spacing on a name.

Sometimes when you try to recall a detail (her name's Mary!), your thoughts get stuck on a similar detail (her name's Carrie!).

2 Losing your phone.

Memory is closely linked to attention. So unless you tell yourself, "I am setting my phone on the counter," you probably won't remember doing so later.

3 Taking longer to learn.

Your ability to learn stays the same as you age and may even improve in some areas. However, you'll likely need more time to commit new info to memory.

4 Feeling confused after an upsetting experience.

Strong emotions like anxiety and depression can impact attention and memory. You'll usually feel sharper when your feelings calm down.

5 Forgetting high school French.

Healthy brains constantly "prune" unused memories—which may actually make room for more useful ones.

If you're still worried about your memory, talk with your doctor about it. +

