

IN THIS ISSUE

MEDICINE TODAY - 1

WOMEN ARE DIFFERENT FROM MEN... - 3

VENOUS DISEASE - 4

CENTRIC HEALTH - 5

NUTRITION NUGGETS - 6

HEALTHY EATING - 7

MEDICINE TODAY - DR. BAKER

Depression in Women



Depression is twice as likely to occur in women as in men! As we focus on women in this issue it makes sense to discuss this all too common problem and offer not only information but some recommendations which may help you, a friend or loved one.

Women have many roles in life not limited to those we immediately think of as mother, wife, employee and friend but also as healer, caregiver, manager, boss and the list goes on. All of these roles come with different challenges which can affect mood and emotion. All women and men experience these changes. Depression is another matter. The highs are not high enough to offset the lows! To someone who is depressed it does not seem to matter whether life is “good” or “bad”. Symptoms may last weeks, months or years and can be intermittent or a one-time occurrence. Contributing factors in women include reproductive hormones, female response to stress (different than men’s) and social pressures unique to women. Listed below are important things to know about depression.

1. Depression is a real medical condition. Research indicates that depression is caused by

a combination of genetic, biological, environmental and psychological factors. Not just hormones. You can’t “just pull out of it” no matter how hard you try. When depressed you can’t just try to “be happier”. A clear medical diagnosis is needed. Sometimes the problem can be as simple as low thyroid function or a side effect to medication. Diagnosed major depression affects the ability to work, eat and sleep normally and impacts social and personal relationships. Medical treatment is needed for recovery. Types of depression include: major depression and persistent depressed mood which lasts 2 years or more, affecting both men and women; and forms of depression unique to women such as perinatal depression, postpartum depression, premenstrual dysphoric disorder, and perimenopausal depression. Risk factors include death of a parent before age 10, job loss, relationship problems or divorce, childhood sexual or physical abuse, history of mood disorders and certain medications.

2. Symptoms of depression are many and all women’s symptoms are not the same.

Depression can cause real physical pain or other physical symptoms. These can include otherwise unexplained headaches and body aches and pains; abdominal pain, constipation or diarrhea; difficulty sleeping with awakening early in morning and inability to return to sleep; difficulty concentrating, remembering or making decisions; decreased energy or fatigue; appetite and/or weight changes; moving or walking more slowly. Classic symptoms persisting for 2 weeks or more which should suggest depression include: feelings of persistent sadness, anxiety or an “empty” mood, hopelessness, irritability, guilt, worthlessness, helplessness; loss of interest or pleasure in hobbies or activities. The most serious of symptoms are thoughts of suicide or suicide attempts and for these emergency medical attention is needed – go to the ER, call a helpline or call 911! There are fascinating differences in depression between men and women. Women feel anxious and scared; men feel guarded.

Women blame themselves for the depression; men blame others.

Women commonly feel sad, worthless and apathetic when depressed; men tend to feel irritable and angry. Women are more likely to avoid conflicts when depressed; men are more likely to create conflicts. Women turn to food and friends to self-medicate; men turn to alcohol, TV, sex or sports to self-medicate. Women feel lethargic and nervous; men feel agitated and restless. Women easily talk about their feelings of self-doubt and despair; men hide feelings of self-doubt and despair—considering it a sign of weakness.

3. Depression can be treated.

Depression can vary in severity but even the most serious cases can be successfully treated. The most common treatment is medications which influence the balance of chemicals in the brain called neurotransmitters, including serotonin and norepinephrine. Symptoms typically improve within a few weeks or less. Continuing treatment is needed as the initial medication trial may

not be effective, could cause side effects or the dose may need adjusted. Medication treatment may also be augmented or in mild cases replaced by psychotherapy or “talk therapy”. Regular exercise, a healthy diet, medication compliance and sobriety are also keys to successful treatment with the goal of complete resolution of symptoms. Two important things to remember are – 1) Once you seek treatment, stick with it; take your medications and keep your follow-up appointments. 2) If you notice that thoughts of suicide enter you mind – tell someone immediately and seek emergency medical treatment.

Depression Quiz

<https://www.psycom.net/depression-test/>

Information

<https://www.psycom.net/depression.central.women.html>

<https://www.nimh.nih.gov/health/publications/depression-in-women/index.shtml>



Women are Different from Men When It Comes to Exercise...and it's OK! - By Kelsey Reason, CEP

Especially when it comes to exercise and fitness, there are some things that are worth considering. For as much as we women want to be superwoman and keep up with our male counterparts, if we want to be successful in our exercise efforts, we must embrace our differences and tailor our exercise plans.

The first thing women should understand is their motivation for exercising. For many women, exercise is a means to looking better and superficially fixing ourselves. One must realize that exercise is worth far more than that and that those goals are not solid. With a fleeting goal like that you are less likely to adhere to your exercise program in the long run. Regular physical activity has been shown to increase bone mass, lower blood pressure, aid in balance, and increase immune function. All this in addition to exercise's well known ability to aid in weight loss. Exercise should be conducted for the sake of being healthier as a whole and staying that way.

Secondly, women should

understand that weight training isn't just for men. Women tend to have less muscle mass than men but that shouldn't stop you from using the dumbbells or weight machines on a regular basis. Men commonly lift weights to bulk up, yet women would rather be muscular in a lean way. It is important for women to incorporate resistance training into their exercise plan and will ultimately benefit you in the long run. Increasing lean muscle mass can help your efforts with weight loss too. Women likely will use lighter weights than men yet you should strive to do more repetitions per exercise. If you are hesitant or unsure how to begin a resistance training program, a few sessions with a personal trainer can help you learn how to proceed on your own.

Another thing to consider is that regardless of your gender, you must adequately prepare yourself to exercise. It is recommended that all people undergo a warm up (and a subsequent cool down), stretch regularly, have adequate

hydration, and proper nutrition as these components are vital to the success of any exercise program and the avoidance of injury. Women tend to be more flexible than men and are therefore more prone to injury, making these preparatory measures extremely important for women.

Lastly, women are born nurturers who tend to care for everyone and everything else except themselves. With that being said, women typically work out less frequently than men citing a lack of time as the reason. It is important that you make the time to keep yourself healthy too. Be an example to those you care for by showing them the value of a healthy lifestyle firsthand.

With all you women do to care for others, make this the month to start taking care of you. Get your heart checked, begin an exercise program, or better yet, grab some of your girlfriends to take along with you as well. Women do tend to enjoy the social aspect of exercise more than men after all! As a precaution, always consult your doctor before you begin a new exercise program.



Venous Disease - Dr. Rasham Sandhu

What is venous disease?

Peripheral veins serve as a reservoir to hold extra blood and a conduit to return blood from the periphery to the heart and lungs. Due to the thin walled nature of veins, an increase in pressure in the veins could lead to the valves in the vein becoming incompetent leading to dilation of the vessel wall and more blood staying in the dependent portion of the body. Most commonly this is around ankles and feet thus leading to spider veins on one end of the spectrum to varicose veins and ulceration near the ankles on the other extreme.

How to evaluate?

A good clinical exam is the first step in diagnosis looking for swelling in the legs, discoloration

on the ankles, spider veins and varicose veins. The next step is an ultrasound to assess the venous system and extent of the problem.

Do spider veins need treatment?

The primary reason to treat spider veins is cosmetic improvement, although oftentimes there may be symptoms which benefit from treatment. Spider veins also reflect the presence of underlying venous disease and may need additional evaluation. The primary treatment for spider veins is sclerotherapy which entails injecting a small amount of sclerosing agent into the vein. The treatment requires a short time but multiple treatments may be needed for different locations.

Medical reason for treatment

Symptoms of venous disease include leg swelling, pain and cramping in the legs, more often in the evening or cramping at night. Definitive treatment may include ablation of superficial veins. This is an office based remedy requiring 2-3 hours stay in the office, however, the procedure takes only about 15-20 minutes.

What can you do on your own?

Exercise your legs, especially involving ankle flexion and extension to help the calf muscle move the blood. Try to walk every 30 minutes for a few steps at least. Avoid high heels. Compression stockings are helpful during the day for controlling the symptoms and should be the first line of treatment.

Difference between venous disorders

		
<p style="text-align: center;">Spider veins</p> <ul style="list-style-type: none"> - measuring about 1-1,5mm; - have a pink, red or purple color; - sometimes accompanied by pain and discomfort in the affected area. 	<p style="text-align: center;">Reticular veins</p> <ul style="list-style-type: none"> - size about 2mm in diameter; - color varies from green-blue to purple; - often causes burning and itching. 	<p style="text-align: center;">Varicose veins</p> <ul style="list-style-type: none"> - larger than 2,5mm in diameter; - usually have a dark blue or purple color; - veins often protrude above the surface of the skin and can lead to pain, burning and spasms.

Centric Health

Centric Health is a multispecialty medical group comprised of many of the most outstanding medical professionals and medical groups in Bakersfield dedicated to providing the highest quality of medical care in a rapidly changing health care landscape. Centric Health was developed to enable physicians to do their best work and to assure access to high quality care for residents of our community. Centric Health includes a broad spectrum of medical specialties and services designed to meet the many needs of patients.

The Physicians and healthcare professionals at Centric Health Medical Offices offer an array of services ranging from Cardiology, Vascular, Primary Care, Nephrology, Podiatry, Endocrinology, Pulmonology, Infusion Services, Neurology, General Surgery, Urgent Care, and Diagnostic Imaging.

- **Central Cardiology Medical Center**
- **Preferred Family Care**
- **Sillect Medical Centers**
- **Central Nephrology Medical Group**
- **Kern Endocrine Center**
- **WF Baker MD and Associates**
- **J. Foster Campbell, MD**
- **Dr. Viridi - Neurology**
- **Dr. Fontaine and Dr. Borst - Radiology**
- **Dr. Ashraf - Pulmonology**
- **Dr. Nisim - General Surgery**
- **Southwest Internal Medicine**
- **Clinica Del Valle**
- **Dr. Sinaie & Dr. Lee - Podiatry**
- **Golden State Hospitalists**
- **Centric Health Imaging**
- **Centric Urgent Care**
- **Centric Infusion Center**
- **Centric Priority Care Clinic**

What's new at Centric?

Centric Health is pleased to announce that Kern Endocrine Center has opened its second location in southwest area. The address is 4531 Buena Vista, Suite 140, Bakersfield, CA 93311. Office Hours at this location are: Monday - Thursday 8 AM - 5 PM and Friday 8 AM - 4 PM. Call (661) 748-1999 to schedule appointments.

Nutrition Nuggets - Michele Chynoweth RD, CDE

GO RED is a great campaign to bring us together to reduce the risk of heart disease, the leading killer of women (and men). We can reduce our risk (and our family's risk). We can't change our relatives or our age, but other risk factors can be controlled. Start 2019 on the right foot! Aim for a healthy lifestyle one step at a time. Small steps, big rewards!

KNOW YOUR NUMBERS.

Have interval screening labs. Do the preventive screenings recommended by your health care provider. Finding early changes in lipids (cholesterol, triglycerides, HDL and LDL); blood glucose (sugar) and blood pressure. We can prevent complications and reduce our risks of heart disease, osteoporosis, cancer, Alzheimer's, and diabetes.

GET SOME ZZZZS... Sufficient rest...and good sleep are essential for a healthy start to the day. The number of hours each individual needs vary but most adults should have 7-8 hours uninterrupted sleep. There are more and more people "burning the candle at both ends". Sleep is good for memory, too!

*** DON'T BE A GROUCHY BEAR.**

Make sleep bearable...and breathable. Screening for sleep apnea and using the prescribed treatments not only reduces risk of heart disease and diabetes, but also helps with weight reduction. Not just SNORERS need to answer the sleep apnea screening questions.

MOVE MORE, SIT LESS. Our jobs, electronic devices and some injuries or disabilities may make us sedentary. Take small steps to

move your arms, legs, toes and fingers frequently during each day. Work with your provider for an individualized physical activity plan and exercise referrals.

BE MINDFUL when you eat. SIT at a table. Turn off TV, cell phones, iPad and avoid distractions. This will support mindful eating. Mindless eating leads to poor snacking and weight gain.

EAT SLOWLY. Chew each bite more times and place fork down between bites. It takes about 20 minutes for the brain to report fullness.

START WITH your fork to improve your lifestyle, including a healthy weight.

Eat more color from fresh fruits and vegetables. Use spices like curry, cumin, turmeric, cinnamon, peppers) **CHOOSE** a "GO RED" food:

Red quinoa, red bell pepper, red chiles, raspberries, strawberries, boysenberries, red cabbage, radicchio, tomatoes, red kidney beans, red apples, red flame grapes, red/purple plums, dried plums (prunes), cranberries, red leaf lettuce, cherries.

NOT JUST RED all colors count!

Eat different types of fruits and vegetables each week. Check your cafeteria, restaurant and home menus for a variety of fruits and veggies. The goal per day is 5 or more servings depending on your age, size and activity. (Exceptions: if your kidney function slows, you may need to limit high potassium vegetables & fruits. Others may need fiber modifications for a gastrointestinal issues) Ask for a referral from your health care provider for individualized

nutrition therapy with a registered dietitian so your health conditions, lifestyle, and weight needs are met.

Sometimes "Go Red" is a reminder like a stop sign to be careful. When you emphasize selections and portions of vegetables, there is less room on the plate (or in your hand) for the protein. Vary the animal and vegetable protein servings on your plate to add nutrition while lowering saturated or hardened fats. Use smaller portions of animal protein (such as lean portions of chicken, turkey, beef, pork, lamb, fish, cheese and eggs to reduce saturated fat). When you substitute legumes (beans, lentils) for animal servings it adds loads of fiber, lowers total fat intake and reduces grocery costs. In addition to the seasonings that may have anti-inflammatory benefits, small amounts of a wide range of healthy fats and oils including avocados, olive or canola oil, nuts, nut butters, ground flax and chia seeds may also be helpful. These offer a variety of nutrients, flavor, satiety and essential fatty acids. Small amounts will reduce your waistline and control grocery bill. When using grains, start a new habit by trying new whole grains. 100% whole wheat, steel cut oats, rye, barley and seeds like quinoa, brown rice, buckwheat. Be adventuresome. Try a new recipe once a month from a family member, co-worker or favorite recipe website like www.eatingwell.com www.cookinglight.org www.heart.org www.diabetes.org

When eating out, select an ethnic restaurant where you can try new vegetables, an exciting spice, a new grain and a leisurely, quieting mealtime atmosphere.

Healthy Eating

Celebrate Chinese New Year - Low fat Egg Roll Wrap



Time: 20 minutes prep, 16 minutes cook
(not including precooked pork roast)

Great cooking project with your children.

CONSTANT REMINDER: Wash hands, cutting boards and counters before and after...and between working with raw and cooked ingredients.

Ingredients:

Pork tenderloin or pork loin/sirloin roast, cooked in crockpot, (1 pound), trimmed
Cooking spray
4 cups coleslaw mix (may add julienne sliced red, green, yellow, orange bell peppers too)

2 green onions, thinly sliced
1/2 cup fresh cilantro, chopped
3 tablespoons hoisin sauce
16 egg roll wrappers

Cooking Directions:

Preheat the oven to 425 degrees. Spray a large baking pan with cooking spray. Place the coleslaw mix and green onions in a medium microwave-safe bowl. Cover with wax paper and microwave on high until softened, 5 minutes. Transfer to a plate and let cool slightly. Finely chop the cooked pork tenderloin. Combine with coleslaw mixture, cilantro, and hoisin sauce in a large bowl and toss to mix well. Working with one 1 egg roll wrapper at a time (keep the remaining wrappers covered to prevent drying), place the wrapper on a work surface with one corner pointing toward you. Brush edge of wrapper with water. Spoon about 1/4 cup of the pork tenderloin mixture in the center of the wrapper. Fold the bottom corner of the wrapper over the filling. Fold in the sides and roll up. Place the egg rolls seam side down on a plate and cover with damp paper towels to prevent drying. Repeat with the remaining

wrappers and filling.

Arrange egg rolls in a single layer seam side down in the prepared baking pan. Lightly spray egg rolls with cooking spray. Bake until the bottoms are lightly browned, about 8 minutes. Turn the egg rolls and bake until tops are lightly browned, about 3 minutes longer. Serve hot or warm. Makes 16 servings. Refrigerate leftovers. Serving ideas: afterschool snack or have 2 or 3 for dinner with a side leafy green salad, berries and glass of low fat cow, soy or almond milk.

Recipe: Calories: 100 Protein: 9 grams Fat: 1 gram Sodium: 200 milligrams Cholesterol: 20 milligrams Saturated Fat: 0 Carbohydrates: 14 grams Fiber: 1 gram

Don't worry if your first egg roll doesn't look perfect; you'll improve your technique after a few. Alternative ingredients—for meatless or increased fiber: substitute black beans. Add shredded carrots. In place of egg roll wraps...use leaves of butter lettuce. *Adapted from Chef R. Blais*

Personal Health For Women – Current Recommendations

Pap Smears

Ages 21-65 – Frequency every 3 years with HPV (human papilloma virus) testing

Ages 30-65 – Frequency every 5 years with HPV testing

More frequent if prior pap revealed precancerous cells, diagnosis of cervical cancer, and exposure to DES (Diethylstilbestrol before birth), HIV infection, and weakened immune system

Stop at age 65 if prior pap smears normal or post hysterectomy for non-cancer diagnosis

Mammogram

ACOG (American College of Obstetrics and Gynecology) 2017
Start age-50 interval-every 1 or 2 years Stop age-75

USPSTF (US Preventive Services Task Force) 2016

Start age-50 interval-every 1 or 2

year stop age 74

ACR (American College of Radiology) 2010

Start age – 40 interval – Annual Stop age – when life expectancy <5 – 7 yrs

ACP (American College of Physicians) 2015

Start age – 50 (Offer at 40-49) interval – every 2 yrs Stop age - 74

A woman is like a tea bag - you can't tell how strong she is until you put her in hot water.

Eleanor Roosevelt



"I'm a wife, a mother, a daughter, an executive, a cook, a housekeeper, a teacher, a chauffeur, and a soccer coach. That's only 19 pounds per woman!"



"I lost 5 pounds this week, but if you convert it to metric, then factor in dog years and the wind chill factor, it's more like 15 pounds."

A wise woman wishes to be no one's enemy; a wise woman refuses to be anyone's victim.

Maya Angelou

You must not rely on the information in these materials as an alternative to medical advice from an appropriately qualified professional. If you have any specific questions about any medical matter you should consult an appropriately qualified professional. If you think you may be suffering from any medical condition you should seek immediate medical attention. You should never delay seeking medical advice, disregard medical advice, or discontinue medical treatment because of information in these materials.