

Your Health Begins Here

May 2019



Be the Healthiest You Can Be!

No matter your age, working toward being your healthiest you is a challenge everyone can embrace. It's never too late to take steps for better health.

National Women's Health Week kicks off on Mother's Day, May 12, and continues through May 18. During the 16th annual celebration, the U.S. Department of Health and Human Services Office on Women's Health aims to help women understand the steps they can take to improve their health. Visit womenshealth.gov/nwhw for tips on improving your health no matter your age.

May is also Arthritis Awareness Month. Arthritis affects an estimated

52.5 million U.S. adults, is a common ailment among those with multiple chronic conditions, and is the number one cause of disability in the United States.

HopeHealth recently added a rheumatology department to serve patients suffering from common autoimmune diseases such as rheumatoid arthritis and osteoporosis.

Integrated with our primary care and specialty services, including pain management, behavioral health, and chiropractic care, our rheumatology team also sees patients with musculoskeletal disorders that include shoulder, hip, and knee pain at HopeHealth on Palmetto Street.

Understanding the Impact of Stress

Stress can be good for us. It can motivate us to achieve our goals and lead to success. But while small amounts of stress are manageable, too much stress for extended periods can become overwhelming and negatively affect our mental and physical health.

Common reactions to stress:

- Tension and irritability
- Fear and anxiety
- Difficulty making decisions
- Loss of interest in normal activities
- Loss of appetite
- Anger or sadness
- Feeling powerless
- Sleep problems
- Headaches
- Back pains
- Stomach problems
- Trouble concentrating

It is important to communicate with your healthcare provider about your stress. To read more about stress, visit hope-health.org/blog.



**FIRST
+ AID
FILE**

Clip & Save

Pain relief for minor sprains and bruising

An accident or injury can happen to anyone at any time. You can do a number of things at home to reduce associated pain. Visit your provider if the pain suddenly changes or worsens, especially if nothing improves your pain or you experience tingling, numbness, or burning. Remember RICE - rest, ice, compress, and elevate. Ice the injury as soon as possible and add pressure with an elastic wrap or bandage. If the injury is in an arm or leg, rest with it raised above your heart to reduce swelling.

Consider over-the-counter pain relievers:

- Topical Ointments - gels, creams, sprays, and patches you apply to the skin over the painful area
- Medications - acetaminophen (Tylenol), ibuprofen (Advil, Motrin, Nuprin), and naproxen (Aleve, Naprosyn). Use as directed and don't exceed recommended dosages. If you have stomach ulcers or kidney disease, talk with your doctor before use.