

BE \$fts



It's been several years since the outbreak of COVID-19, and while it is not in the news as much as it once was, it remains a significant health concern. Hospital stays due to COVID have decreased, and those who are hospitalized are generally healthier than in the past, especially if they have been vaccinated. However, COVID tests, which are not reported to the CDC, are still being used to diagnose the disease.

If you have COVID, isolate yourself at home and take other steps to protect yourself and others.

Preparing for your routine checkup? Most of the time, you should prepare for your physical. If you are having bloodwork done, you should only drink water for a specified period of time before the test. You should also stop taking over-the-counter medications and supplements.

It's never too late to establish daily habits that can improve your health. Research and talk to your provider about possible ways to lose weight or improve your health.

Practical ways to improve your health from head to toe include: changing your diet, exercising, and managing stress. Maybe it's a change to your dietary habits, or maybe it's a change to how you cope with stress. Formulate a plan to implement these changes.

Once the new healthy habit becomes routine, a checkup is a good idea.

Tip: Bring a list to your checkup with the three most important things you want to discuss.

your health.

TIP of the MONTH

Plastic Food Packaging

Some stainless steel or ceramic containers break down over time and leach into food when the containers are heated. The studies have been linked to hormonal concerns, you can choose with lids, especially if you

Expressive Writing: Is It for You?

By Eric Endlich, PhD

If you're looking for a way to manage your feelings about your experiences

Symptoms include shoulder pain, neck aches and headaches. They develop from hours spent slumped table or desk with shoulders hunched forward and your phone or another device. For relief, roll your shoulders forward toward the phone's

- And about every 20 minutes, take a break from your mobile device. Stand, roll move your neck from side to side and up and down
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Attention deficit hyperactivity disorder (ADHD) is often identified in childhood but can persist into adulthood. While treatment with medications (often stimulants such as methylphenidate) is a fairly standard approach, several non-drug interventions have been studied, including:

- **Cognitive-behavioral therapy (CBT)** — This may involve revising distorted or unhelpful thoughts, as well as modifying behaviors or the environment.
- **Parent training** — Studies have shown benefits in various behavioral areas.
- **Neurofeedback/biofeedback** — Participants may benefit from altering their brain wave patterns via EEG feedback in the form of a game.
 - **Exercise** — There is some evidence that exercise is helpful for children with ADHD, and many adults report positive benefits as well.
 - **Meditation, mindfulness, yoga and tai chi** — All of these approaches have shown promise.
 - **School-based interventions and accommodations** — Students with a diagnosis of ADHD may qualify for special education

Are you planning to have surgery? A pre-op checkup for major procedures is often required, usually within a month before the surgery. This gives your health care provider time to treat any medical problems you might have before surgery.

Preoperative evaluation: Your health care provider will likely review your medical history and perform a physical exam. Further evaluation may be needed if you have diabetes, sleep apnea, heart problems, high blood pressure, clotting problems or other disorders. A history of heavy smoking or difficulty walking up the stairs may also require appraisal. Make sure your surgeon gets copies of the reports of your pre-op checkup and other evaluations to reduce the risk of having your surgery delayed. Some hospitals may also require you to talk to an anesthesia nurse or physician before surgery to discuss your health.

Pre-surgical testing Your surgeon or health care provider may recommend certain tests before surgery. These tests can depend on your age, general health, risk factors, medical problems, and the type of surgery you're having. Common tests include a complete blood count, blood sugar and tests of kidney and liver function. A chest X-ray to check your lungs or an electrocardiogram to check your heart may be recommended. In certain situations, other testing may be required. These possibilities include a heart exercise stress test, lung function tests, or endoscopy of your colon or stomach. Imaging tests such as an MRI scan, CT scan or ultrasound, may have to be completed and reviewed before surgery. Get your pre-op checkup at the e

How to Plan Your Estate

A: For those who are responsible for minors. Your estate can

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wills are acceptable; however, they leave the door open for

accounts. Also, review the

such as automobiles, to make sure

Many employees are not just caring for children, but elderly relatives, too. Nearly 18 million individuals in the U.S. are caring for someone age 65 and older who needs help because of limitations in their physical or mental abilities. And many of them do so while trying to earn a living.

