IT’S NEVER TOO LATE

Forgive yourself for past mistakes and start living a healthier life today

3 breast symptoms to watch for

plus: THE NEW ASPIRIN ADVICE | DO YOU HAVE “DIABESITY”?
An Aspirin a Day?

For those who have had a heart attack or stroke, advice about aspirin is written in stone: Take it daily to lower the risk of another attack.

Unfortunately, the rules for everyone else are not so hard and fast. The most recent guidelines from the U.S. Preventive Services Task Force recommend that certain people who have a risk of disease should take a daily aspirin, says cardiologist Jesse Adams, MD, with Baptist Health Medical Group Louisville Cardiology, which has offices in La Grange and Louisville. The recommendation applies to people ages 50 to 69 with a greater than 10 percent lifetime risk of heart attack and stroke.

Risk is determined by doctors using a calculator that takes into account age, blood pressure, cholesterol level, smoking history, family history and other factors.

Other people should not necessarily take a daily aspirin. It increases the risk of bleeding, so those with a low likelihood of disease may not benefit, Dr. Adams said.

The Pros of Probiotics

Your gut is home to two types of bacteria: those that are beneficial and those that can cause problems, says Sarah Landes, MD, a Baptist Health Medical Group gastroenterologist with an office at Baptist Health Louisville. When the two are out of balance, illness can strike.

Probiotics, bacteria that work in the gut to aid health, are a supplement that can ward off illness. They help tilt the balance in favor of good bacteria and support the immune system. They also can help ease stomach discomfort.

But while probiotics can help in certain situations, they cannot cure or treat any illnesses, Dr. Landes said. When a doctor diagnoses a bacterial infection, antibiotics are necessary.

Power Food

Check out our blog, BaptistHealthForYou.com, for a list of probiotic-rich foods to incorporate into your diet.

TIP: Eating yogurt may aid digestion. Look for brands with “live and active cultures” and no added sugar.
A Pain in the Leg

No, you’re not being vain about your veins. Varicose veins — those raised and swollen blood vessels, usually in the legs — are not simply a cosmetic issue. They can cause aching, cramping, burning, throbbing and tingling.

Fortunately, you can keep the ones you have from getting worse and take steps to delay more from forming.

**Compression Stockings:** If your symptoms are mild, try regular panty hose, tights or knee socks, which can relieve swelling and aching. If your pain is more serious, you can get a doctor’s prescription to buy compression stockings from a medical supply store.

**Mix It Up:** Take a break from long periods of standing or sitting. Try not to cross your legs when sitting, and even elevate them if you can. (Ditto for resting and sleeping.)

**Keep It Loose:** Tight clothes can make varicose veins worse, especially clothing that’s tight around your waist, upper thighs and legs. Ditch your highest heels for lower-heeled shoes that can help tone your calf muscles.

---

**Snot Decoder**

**Yellow**

When you have a cold, your body sends infection-fighting white blood cells to the nasal area. Once they’re done fighting, the mucus carries them away, creating a yellow color.

**Green**

Green mucus is lined with even more dead cells — they have a green-colored enzyme, so when there are lots of them, they tint the mucus. This color shows that your immune system is working overtime fighting an illness, whether bacterial or viral.

**Red**

It’s not unusual to have a small amount of blood in your mucus if your nose is dried out or irritated. A little red is not a problem, but if there’s a lot of blood, you should contact your doctor.

---

**5 Minutes for a Healthier You**

**Ban the Can**

Need a few good reasons to drop diet soda? Here are five!

1. Whether consumed daily or occasionally, it adds belly fat.
2. Artificial sweeteners in soda can mess up the balance of bacteria in your gut.
3. One study showed that drinking several diet sodas a day was related to declining kidney function.
4. By providing a sweet taste without calories, the artificial sweeteners trick your brain into craving more sweet foods and drinks.
5. Drinking daily diet sodas is linked to higher rates of obesity.

---

**Your Go-To Health Resource**

Get the latest health information — plus healthy recipes — from the award-winning blog BaptistHealthForYou.com.
Reverse Your Health Mistakes

When it comes to making healthier decisions, it’s never too late — so why not start now?

I t’s only human to regret your past sins — and that goes for health sins, too. If only you hadn’t made a greasy burger with fries your go-to lunch. If only you had put on sunscreen as a teenager instead of tanning oil. If only you had never bought that first pack of cigarettes in college.

Well, it happened. But you can undo some of the damage done when you treated your body like a shack instead of a temple. You can set aside regret and make positive changes.

We’ll help illuminate the path to redemption.

SO YOU…smoke. You didn’t mean to start. But you tried your first cigarette and before you knew it, there you were: a smoker. The harm that cigarettes do to the body is extensive and well-documented — smoking harms almost every organ of the body. Blood vessels get thicker and narrower, lung disease is a significant risk, and smoking causes stroke and coronary heart disease, among other serious health problems.

But you can…quit. Many of the risks and symptoms associated with smoking start to go away within minutes of taking that last puff. Only 20 minutes after smoking your last cigarette, your heart rate returns to normal. Twelve hours later, the level of carbon monoxide in your blood drops to normal. As months go by, coughing and shortness of breath subside, and as years pass, your cancer risk becomes that of a nonsmoker. Quitting might not be easy, but it isn’t something you have to do alone, either. Talk to your doctor to make a plan.

SO YOU…eat junk food. When your choices are a salad or a cheeseburger, you pick the cheeseburger every time. When dessert is offered, you always say yes. Extra fat and calories can really take a toll on everything from your waistline to your heart health. This kind of diet also ups your risk of type 2 diabetes and cancer.

But you can…make a few small changes for big impact, keeping calories, fat and added sugars in mind. Swap fried chicken for grilled, and add more foods with healthy fats, such as salmon and avocados. If you want to have a burger, order a side salad instead of fries. Phase out one of your daily soft drinks, or trade your post-dinner bowl of ice cream for an orange or apple, which will give you a sweet taste plus vitamins and fiber.

SO YOU…beat up your body. Exercise is critical for a healthy life, but even this healthy habit has its downsides. Maybe your half-marathons have left your joints aching, or you pushed yourself to finish that patio project even though your back was screaming at you to stop.

But you can…treat, then recover. If strains and sprains from overexertion have you down, you’ll first need to remember RICE: rest, ice, compression and elevation. Give your body a rest, ice the strained area to reduce swelling, compress it with a bandage, if needed, and elevate it. Once the initial pain has improved, it’s time to rehab. Your healthcare provider can put you on an exercise plan to reduce stiffness, strengthen muscles and improve flexibility and motion. If you’re overweight, your doctor may suggest trying to shed some pounds to ease pressure on your joints.

SO YOU…worship the sun. For years, your motto was “SPF? Who needs it?” When you were younger, you loved your sun-kissed glow and brushed off sunburns. Now, freckles and age spots have arrived, and you’re worried about skin cancer.

But you can…make sunscreen part of your daily routine starting now, even when it’s not a sunny day. Then, make a plan to touch base with a dermatologist. More skin cancer is diagnosed in the U.S. than all other cancers combined, so it’s important to keep an eye on moles and changes in the skin. From here on out, limit sun exposure. Sit under an umbrella at the beach or pool instead of baking in the sun. Your dermatologist also may recommend a topical treatment to help skin rebuild and refresh.

SUCCEED WITH SUPPORT
Baptist Health offers classes and support groups to help you reach your health goals. Learn more by visiting BaptistHealth.com or calling 502.897.8131.
SO YOU...skip sleep. Between long hours at work, soccer practice, book club, school meetings and wanting a few minutes to yourself, who has time for sleep? There are, of course, real health consequences to skimping on shut-eye. Sleep deprivation slows reaction time, impairs memory and is linked to cardiovascular disease. In one study, people who slept fewer than six hours a night were twice as likely to have a stroke or heart attack than those who slept six to eight hours a night.

But you can...commit to paying down your sleep debt. While it’s true that it is difficult to “catch up” on lost sleep, you should try. One way to start is to make a Saturday sleep date with yourself. Set aside extra time on the weekend to sleep, and don’t set an alarm. Most people need between seven and nine hours of sleep a night, so if you’ve only gotten five hours each night this week, you should try to add extra hours each night the next week. And once you get into a cycle of good sleep habits, keep it up — you’ll be motivated by how much better you feel.
If something has changed with your breasts, stay calm, but have it checked — it’s likely to be benign.

Cancer?

It can be alarming to feel a lump in your breast, but try not to hit the panic button. Benign (noncancerous) breast conditions are common. Knowing the facts can help you keep calm.

Art McLaughlin, MD, radiologist with Baptist Health Medical Group Breast Imaging, gives an overview of noncancerous breast symptoms and advises when to see a physician.

**Lumps**

Dr. McLaughlin said most patient complaints involve breast lumps or thickening.

Many of the lumps are cysts, which are:
- Extremely common
- Fluid-filled masses
- Due to hormones

Cysts have no cancer potential and are easy to diagnose, Dr. McLaughlin said, but they can be tender, painful and frightening. Cysts are more common in women who have not yet reached menopause.

Solid masses are often fibroids, which are common among women in their late 20s and early 30s, Dr. McLaughlin said.

Fibroids can:
- Grow and become larger
- Be a single lump or multiple lumps

Fibroids do not require treatment, but they can be removed if they are large or cause discomfort.

**Pain**

After lumps, breast pain is the next most common patient complaint.

“It is rarely ever due to breast cancer, but it is very alarming,” Dr. McLaughlin said.

For younger women, breast pain is frequently cyclical and is worse a week or two before menstruation. In older women, the pain is sometimes due to fluctuations in hormone levels.

Dr. McLaughlin said a few things are known to cause breast pain:
- Stress
- Excess caffeine or chocolate in the diet
- Energy drinks

The pain can be treated with Tylenol® or a nonsteroidal anti-inflammatory drug such as Advil®.

If you have pain that persists for more than a few weeks, see a doctor.

**Nipple Discharge**

When fluid seeps or drains from the nipples, the vast majority of the time it is not due to cancer, Dr. McLaughlin said. The discharge might be milky or clear, yellow, green or brown, or bloody. Bloody discharge can be a sign of a benign tumor called intraductal papilloma.

“If discharge persists, it’s always best to have it checked out” by a physician, Dr. McLaughlin said.

**Bottom Line: Check It Out**

“An overwhelming number of changes in the breast are not due to breast cancer,” Dr. McLaughlin said. But any symptom that does not go away is reason to visit the doctor. Then you’re doing what’s best for your breasts and your peace of mind.

---

**FIND PEACE OF MIND**

Have you noticed a change in your breasts?

Schedule an appointment with your doctor or call 502.897.8131 to find a physician. Baptist Health offers 3-D mammography, which improves early detection of breast cancer.
Healthy Bean Soup with Kale

Serves: 8  |  Calories per serving: 247

1  tablespoon olive oil
8  garlic cloves, minced
1  medium yellow onion, chopped
4  cups raw kale, chopped  
  (remove the spiny sections)
4  cups chicken or vegetable broth, divided
2  (15-ounce) cans cannellini or navy beans, undrained, divided
2  (15-ounce) cans sliced carrots, undrained
1  (28-ounce) can diced tomatoes
2  teaspoons Italian herb seasoning
Salt and pepper to taste
1  cup chopped parsley
½ cup shredded Parmesan cheese, optional garnish

Directions

In a large pot, heat olive oil. Add garlic and onion; sauté until soft 
and the onion is transparent. Sauté kale, stirring until wilted, 
about 15 minutes. Add three cups of the broth (reserving one cup), two cups of the beans (reserving one cup), and all of the tomatoes, carrots, herbs, salt and pepper. Simmer five minutes. In a blender or food processor, mix the reserved beans and broth until smooth. Stir into the soup to thicken it. Simmer 15 more minutes. Ladle into bowls; sprinkle with chopped parsley and shredded Parmesan.

Source: Food.com

A hearty soup is just the thing to stave off the chill of winter. And a bean soup is even better, because it’s loaded with nutrients. Beans are full of fiber, which helps you feel satisfied faster — and eat less.

This soup features not just beans but also another hardworking health helper: kale. The leafy green vegetable is full of protein, fiber, vitamins A, C and K, and other nutrients. Cozy up by a fire with this healthy, savory soup.

Keep it hearty
Visit our award-winning blog, BaptistHealthForYou.com, for more heart-healthy soup recipes.
FEATURED IN THIS ISSUE

Jesse Adams, MD  
Cardiology  
page 2

Sarah Landes, MD  
Gastroenterology  
page 2

John Oldham, MD  
Weight Loss  
page 5

Art McLaughlin, MD  
Radiology  
page 6

Mark Your Calendars

Total Joint Replacement Class  
Monthly, day and evening classes, Baptist Health Louisville, 4000 Kresge Way, Louisville  
Learn about total knee or hip replacement surgery. Details, register: 502.897.8131, BaptistHealth.com

Weight-Loss Surgery Seminar  
Monthly seminars, Baptist Health Louisville and Baptist Health La Grange, 1025 New Moody Lane, La Grange  
Learn more about minimally invasive procedures. Free. Details, register: 502.897.8264 or BaptistHealth.com

Diabetes Education  
Offered regularly at both hospitals  
Registered nurse and dietitian teach about management and exercise and monitor your progress. Details, register: Louisville, 502.897.8831; La Grange, 502.222.3344; or BaptistHealth.com

Baptist Health Kick It Smoking Cessation  
Offered regularly, day and evening sessions, Baptist Health Louisville  
Free five-week program includes peer support, self-help support and medication therapy education in 30-minute sessions. Details, register: BaptistHealth.com

Safe Sitter Classes  
Offered regularly at both hospitals  
Youth ages 11 to 14 learn basic child care skills. $75 fee. Details, register: Louisville, 502.897.8131; La Grange, 502.222.8563; or BaptistHealth.com

Breastfeeding Class  
Offered regularly, Baptist Health Louisville Education Center  
Dads/support persons encouraged to attend. Details: For this and other maternity classes, BaptistHealth.com/Louisville

SEE MORE ONLINE

Visit our revamped website — BaptistHealth.com — for at-your-fingertips information on the Baptist Health location nearest you. You can also access your personal health record in MyChart, find a healthcare provider and pay your bill. Turn to our blog to find out how to stay healthy or look into joining the Baptist Health team. The best news? The site is easy to use on your cellphone.

Mark Your Calendars

Total Joint Replacement Class  
Monthly, day and evening classes, Baptist Health Louisville, 4000 Kresge Way, Louisville  
Learn about total knee or hip replacement surgery. Details, register: 502.897.8131, BaptistHealth.com

Weight-Loss Surgery Seminar  
Monthly seminars, Baptist Health Louisville and Baptist Health La Grange, 1025 New Moody Lane, La Grange  
Learn more about minimally invasive procedures. Free. Details, register: 502.897.8264 or BaptistHealth.com

Diabetes Education  
Offered regularly at both hospitals  
Registered nurse and dietitian teach about management and exercise and monitor your progress. Details, register: Louisville, 502.897.8831; La Grange, 502.222.3344; or BaptistHealth.com

Baptist Health Kick It Smoking Cessation  
Offered regularly, day and evening sessions, Baptist Health Louisville  
Free five-week program includes peer support, self-help support and medication therapy education in 30-minute sessions. Details, register: BaptistHealth.com

Safe Sitter Classes  
Offered regularly at both hospitals  
Youth ages 11 to 14 learn basic child care skills. $75 fee. Details, register: Louisville, 502.897.8131; La Grange, 502.222.8563; or BaptistHealth.com

Breastfeeding Class  
Offered regularly, Baptist Health Louisville Education Center  
Dads/support persons encouraged to attend. Details: For this and other maternity classes, BaptistHealth.com/Louisville

SEE MORE ONLINE

Visit our revamped website — BaptistHealth.com — for at-your-fingertips information on the Baptist Health location nearest you. You can also access your personal health record in MyChart, find a healthcare provider and pay your bill. Turn to our blog to find out how to stay healthy or look into joining the Baptist Health team. The best news? The site is easy to use on your cellphone.