

Health CONNECTIONS

YOUR HEALTH, YOUR LIFE

TAILORING YOUR TAILGATE Eat to Win

SMART HABITS FOR
**MODERN
CONVENIENCES**

**CARBONATED
BEVERAGES:**
GOOD, BETTER, BEST

 **FANNIN**
REGIONAL HOSPITAL

4 REASONS to Put Down Your Phone

Occasionally disconnecting from your smartphone benefits your health. Here's why.

1. Smartphones are hard on your musculoskeletal system. Text neck — back, neck and shoulder pain linked to constantly looking down at your phone — and thumb tendonitis from too much texting are just a few of the overuse injuries linked to frequent smartphone use.

Smartphones distract you from your surroundings. Injuries from falling down stairs, running into objects and stepping into traffic are on the rise as people spend more time using their smartphones while commuting on foot, according to the American Academy of Orthopaedic Surgeons.

3. Smartphones are a haven for germs. Studies have found that phones harbor viruses and bacteria, if not cleaned regularly.

Smartphones interfere with getting things done. A study published in the *Journal of the Association for Consumer Research* found that having your smartphone within reach — even if the device is off — can drain your brain power.

Conclusion: To prevent these pitfalls, be choosy about when and how often you use your phone.

Our orthopedic specialist provides full-spectrum treatment options for injuries, as well as bone and joint disorders. To schedule an appointment with Hamidrezi Doroodchi, M.D., call (706) 438-5398.



Hamidrezi
Doroodchi, M.D.

*Dr. Doroodchi is a member of
the medical staff at Fannin
Regional Hospital.*

TIME FOR A SMART SPEAKER?

Smart speakers let you access information, listen to music, make purchases and even control the lights and temperature in your home using voice commands. They're convenient, but are they safe?

Just like with any electronic device, hacking is a possibility. Safeguard your information with these do's and don'ts:



Do enable settings that require you to enter a PIN number or password before making purchases.



Don't connect your smart speaker to unsecured Wi-Fi networks.



Do take home security off-line. For example, Symantec warns against using smart speakers to control automated door locks.



TAKE ACTION AGAINST DISTRACTION

Text messages, emails, phone calls and social media alerts, digital distractions are part of everyday life. As your attention is pulled in competing directions, you may feel like you have an ever-shortening attention span. Restore your ability to focus with these attention-span-boosting strategies:

- **Finish one task at a time.** Multitasking can harm your productivity and increase the likelihood of mistakes, according to the American Psychological Association.
- **Practice mindfulness.** A recent *Journal of Cognitive Enhancement*-published study found that performing meditation-based exercises may help improve reaction time and attention.
- **Time tasks based on peak productivity when possible.** Focus is typically highest in the morning and wanes in the early to mid-afternoon before rising again in early evening.



Can You Spot HEART DISEASE?

You likely know that chest pain is a sign of heart disease, but that telltale symptom isn't the only one that should be on your radar.

Warning signs of serious diseases can show up in places you'd least expect. For example, signs of impending heart disease, heart attack and stroke may cause noticeable changes in your:

- **breath** — Bad breath is one potential sign of gum disease, which may increase your risk of heart disease and stroke, according to the American Academy of Periodontology.
- **ears** — Having a diagonal crease on your ear lobe, known as Frank's sign, has previously been associated with a greater risk of heart and peripheral vascular disease. A recent study published in *The American Journal of Medicine* found that Frank's sign may also be a predictive warning of ischemic stroke.
- **eyes** — Plaque can cause blockages in all arteries that carry blood from your heart to your body, including the arteries that supply blood to your retina and optic nerve, according to the American Academy of Ophthalmology. Your eye doctor can spot changes associated with these blockages and other problems during your eye exam.
- **jaw** — Pain in your jaw is one of several surprising symptoms you may experience during a heart attack.
- **legs** — Swelling, pain or numbness in your ankles, feet and lower legs can point to heart-disease-associated poor circulation, according to the U.S. National Library of Medicine.
- **stomach** — Nausea with or without vomiting is another sometimes overlooked heart attack symptom.

In addition to these lesser-known symptoms, chest pain, back pain, fatigue, shortness of breath and breaking out in a cold sweat are associated with heart disease and heart attack.

Fast Fact

More than 45 percent of heart attacks are silent, which means they don't cause chest pain or other easily recognizable symptoms, according to a 2016 study published in *Circulation*.



To learn more about your heart health, call (706) 250-5348 schedule an appointment with Shayne Squires, M.D. His office is located at 2855 Old Hwy 5, Suite 103.




Shayne Squires, M.D.

SHAYNE SQUIRES, M.D., BOARD-CERTIFIED CARDIOLOGIST

Our cardiac care ranges from diagnosis and treatment to preventive care and education. This includes, but is not limited to:


- comprehensive hypertension, and cholesterol management.
- evaluation of chest pain, shortness of breath, palpitations, arrhythmias, leg swelling and pain
- vascular ultrasound
- stress testing

Dr. Squires is a member of the medical staff at Fannin Regional Hospital.



Some people trace the history of tailgating in America to the early days of the Civil War, when Washington, D.C., residents took food to enjoy while watching the First Battle of Bull Run outside the city.

Your Playbook for a **HEALTHIER TAILGATE**



Tailgates are an annual autumn ritual for football fans, but that doesn't mean this year's menu has to consist of the same old salty, fatty fare. It's time for a more nutritious lineup.

Fall weekends wouldn't be the same without friends and family gathered outside your team's football stadium, laughing, tossing footballs, making predictions for the upcoming game and of course, enjoying lots of food. Typically, tailgate food is hearty, but far from heart-friendly — burgers, hot dogs, beef chili, fried chicken, chips, dips and cakes, to name a few. The feast is always enjoyable, but it leaves you longing to follow your team's example and go with a new, better-for-you game plan from time to time.

Don't let fears of overturning tradition or disappointing your guests' taste buds stop you from having a healthier tailgate. Change can be refreshing, and you don't have to sacrifice taste by prioritizing health. Use these sure-to-score plays to revamp your tailgate.

**1**

1ST DOWN: THE DRAW

The big draw at any tailgate is often grilled beef or pork, or fried chicken. It's time for leaner options to have their day in the sun — and on your plate. Substitute ground turkey or salmon burgers and sliders for the beef varieties and be sure to use whole-grain buns. Instead of hot dogs and bratwurst, let guests make their own skewers of turkey or chicken, tomatoes, onions, bell peppers, squash, and any other ingredients you can think of. Soak chicken breasts in your favorite marinade the night before and then grill them at the tailgate as healthy swaps for fried chicken. Using a marinade or rub to flavor meat will help you cut down on the use of salt.

2

2ND DOWN: THE OPTION

A good tailgate includes plenty of side dishes to complement the main course. At a typical tailgate, it's easy to overindulge in the bevy of snackable side dishes, such as chips, macaroni and cheese, rolls, baked beans, and potato salad. That's why it's important to provide a variety of healthy options, such as grape tomatoes, carrot sticks, broccoli florets and cucumber slices for dipping, as well as baked chips with salsa or guacamole. A fruit salad can make for a colorful and refreshing change of pace, especially on hot, early-season game days when fall hasn't quite yet arrived.

3

3RD DOWN: THE COUNTER

Counter plays are designed to fool opponents. Your guests will be delightfully surprised when dessert comes from the grill instead of a cake carrier or cookie sheet. A variety of fruits lend themselves to grilling, including peaches, apples, pineapples and pears. Eaten warm off the grill, these fruits are a treat for any sweet tooth. If you prefer your dessert cold and have a small, portable refrigerator, dip strawberries in dark chocolate and let them chill for 15 minutes before enjoying.

4

4TH DOWN: THE TOSS

To wash down all of that delicious, healthy food, toss out beer, sodas and sports drinks in favor of water that's anything but boring. Fill several large pitchers with water and add a few lemon, lime or orange slices to give it a crisp, refreshing taste.



You can count on your primary care provider (PCP) to be your coach as you continue on your lifelong journey to optimal health. Visit FanninAnytime.com to find a PCP near you.

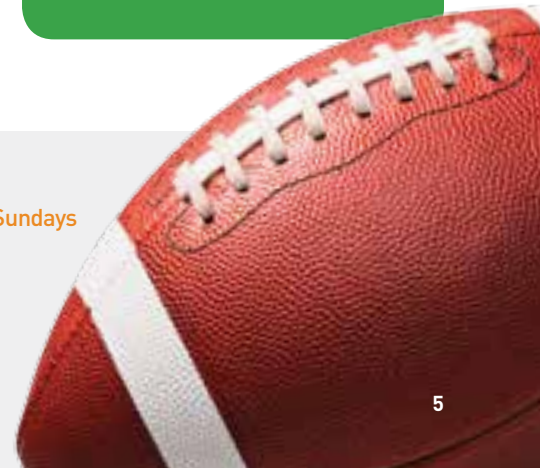
VICTORY OVER DEFEAT

Whether a nail-biter or a blowout, a loss by your favorite team can be hard to take — and, potentially, harmful to your health. The likelihood of heart attacks and deadly traffic accidents rises after a sports defeat, according to the co-author of a study of NFL fans that found a link between losing and unhealthy eating. Don't let passion for your team put you at risk after every loss. Use these tips to handle the agony of defeat:

- **Place sports in perspective.** It's OK to identify closely with your team, but it shouldn't be your whole identity. When your favorite squad loses, remember that it's only a game, and that there are other things that make your life rich. Focusing on them will lessen the sting of the loss.
- **Resist the temptation to binge on junk food.** In a 2013 study, researchers found that NFL fans' total calorie consumption and saturated fat intake rose by 10 percent and 16 percent, respectively, after losses by their team. The next time your side goes down in defeat, reach for a healthy snack — and enjoy in moderation.
- **Take a cue from your on-field heroes.** Many successful athletes adopt a short-term memory — they don't relish wins or lament losses for long. Instead, they prepare for the next contest.
- **Think of defeat as a prelude to victory.** True fans stick with their team through thick and thin. In the wake of a crushing loss, think how much sweeter the moment of triumph will be because of the temporary bitterness of defeat.

EXTRA POINT: THE PLAY-ACTION

Tailgating is built around food, but there is much more to it than enjoying the spread. Football Saturdays and Sundays are for making memories with loved ones, and a great way to do that is by getting active. Don't just sit around snacking and watching TV at your tailgate — toss a football, play cornhole or take a walk to meet your fellow tailgaters and see what they're cooking. Staying on the move burns calories, reduces screen time, keeps you connected to what's going on around you and calms the jitters you may feel ahead of kickoff. Then again, with all the fun you have tailgating, you may forget there's a game to watch.





Q



A

Nathan Kincaid, M.D., General Surgeon

EDUCATION:

Bachelor of Science
from Georgia Institute
of Technology, Atlanta,
Georgia

Medical Degree from
Medical College of
Georgia, Augusta, Georgia

RESIDENCY:

General Surgery, Emory
University School of
Medicine, Atlanta, Georgia

Q. How did you get started in medicine?

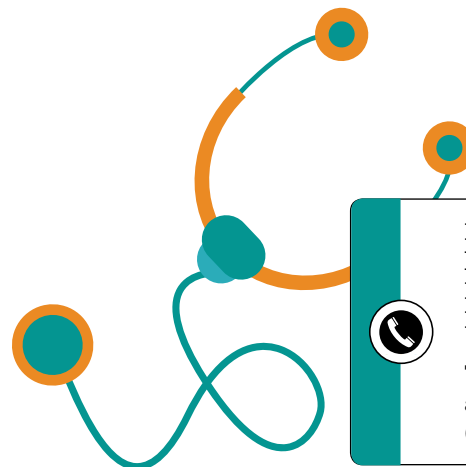
A: After graduating from Pickens County High School, I moved to Atlanta to study mechanical engineering at Georgia Tech. While working as a project engineer for Motorola, I realized that technology wasn't enough to make me happy.

What I really needed was the satisfaction of helping people. I decided that the best way to blend my love for science, technology and service of others would be to practice medicine. I added pre-medical courses and shadowed my family practice doctor, who had been my only exposure to physicians at that point. I was then accepted to the Pathway to Med School in Albany, Georgia, and got to spend more time with some great rural primary care doctors.

My experience helping people of rural South Georgia intensified my resolve to pursue a career in medicine. I went into medical school planning to practice rural primary care; however, during my time in the anatomy lab at the Medical College of Georgia, I developed a love of surgery and redirected my path. I was fortunate to match into the general surgery program at The University of Texas Southwestern Medical Center and Parkland Hospital in Dallas, Texas. After three years of wonderful training, our families needed us to be closer. So, I transferred to Emory University Hospital to complete my residency with a focus on the practice of general surgery in rural environments. I concentrated my efforts on developing the skills that will allow me to meet the surgical needs of the wonderful community of Blue Ridge.

Q. What brings you to Fannin Regional and what about Blue Ridge are you most excited about?

A: North Georgia is our home. I was born and raised in Jasper and my wife is from Blue Ridge. Though my training took us to the cities of Augusta, Dallas and Atlanta, we have always wanted to be back in the mountains, and there is no better mountain town than Blue Ridge. It is the perfect blend of old and new, including the traditions we grew up with and the lively shops and festivals of the growing downtown. In short, I can practice the type of medicine and surgery that I love in a place that we love. We are excited to be joining the community, and I am honored to have the opportunity to serve everyone.



Dr. Kincaid's office is
located at 2855 Old
Hwy. 5, North, Suite 108
Blue Ridge, GA 30513

To schedule an
appointment, call
(706) 603-4859.

*Dr. Kincaid is a member of the medical staff at
Fannin Regional Hospital.*

Fizzy LOGIC

Learn whether your favorite carbonated drink falls flat or is a bubble above the rest with this guide.

FIZZY FAILURES

Drinks in this category typically have more than 30 grams of sugar per 12 oz. serving.

- cola
- energy drinks
- ginger ale and tonic water
- sparkling juices

Flat Fact: As few as two energy drinks can put you over the U.S. Food and Drug Administration's daily recommended limit of 400mg of caffeine.

FIZZLE OF THE PACK

These drinks are an improvement, but more research needs to be done about artificial sweeteners to determine their effects on the body.

- diet sodas
- diet sparkling juices
- no-calorie soft drinks

Flat Fact: Drinking two or more artificially sweetened sodas daily has been linked to a 30 percent or more decline in kidney function in women in a study performed by Harvard Medical School.

FIZZY FREEDOM

No calories. No sugar. No caffeine. No problem.

- club soda
- mineral water
- seltzer water

Flat Fact: The American Dental Association has found that most sparkling water is just fine for your teeth. However, if you enjoy adding lemon or indulging in citrus-flavored varieties, do so sparingly — citric acid can damage the enamel in your teeth.



To schedule an appointment with a Blue Ridge Medical Group primary care provider, visit [FanninAnytime.com](https://www.fanninanytime.com) for convenient self-scheduling.



According to the American Heart Association:

- Men should consume no more than 36 grams of sugar daily.
- Women should consume no more than 25 grams of sugar daily.

WANT TO READ MORE?

Visit FanninRegionalHospital.com/signup to receive other health and wellness articles and register for our eNewsletter.

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (706) 632-3711 (TTY: (800) 255-0056).

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số (706) 632-3711 (TTY: (800) 255-0056).

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Next Steps »»»» FOR «««« JOINT PAIN

If you thought you'd need a joint replacement
"someday," how do you know if someday is today?

Replacement joints now last longer — from 10 to 15 years to as long as 20 in some cases, according to the National Library of Medicine — offering younger patients years of pain-free living. You may be ready if:

- nonsurgical treatments, such as physical therapy and pain management, are not providing relief
- X-rays and other tests confirm damage to the joint
- your physician determines surgery is your best option



Is joint pain slowing you down? Call (706) 438-5398 to schedule an appointment with Hamidrezi Doroodchi, M.D.

Patient results may vary. Consult your doctor about the benefits and risks of any surgical procedure or treatment.

Dr. Doroodchi is a member of the medical staff at Fannin Regional Hospital.