

A Legacy *of Good Health*

SUMMER 2017

Summer activities

BE ACTIVE, STAY ACTIVE



WHEN summer comes, it's a warm, bright invitation to get outside and play. And that can help your whole family stay healthy. Here are just a few ways to squeeze more movement into your sunny days:

Make a splash. Part fun, part exercise, swimming is one cool workout.

Safety first: Never let kids out of sight—not even for a moment. Always swim with a buddy.

Ride a bike. You can't beat pedal-powered fun.

Safety first: Wear a helmet every ride—grown-ups too. Riding with younger kids? Try to stay off streets and on bike paths.

Play ball! Sports promote kids' confidence. Parents might be game too.

Safety first: Depending on the sport, helmets, pads, faceguards or other gear are needed. If you try a new sport or fitness pursuit, increase your activity gradually. Give your body time off to rest.

Roll with it. Do you favor the free-wheeling fun of skates, skateboards or scooters? Summer's a great time to learn.

Safety first: Pick a smooth, safe surface for scooters, skateboards or in-line skates. Roll with proper helmets and pads—well away from cars.

Bonus tips: Bring the sunscreen! Reapply it regularly, especially if you're swimming or sweating. Seek shade and cover up when you can. And drink plenty of clear fluids to stay hydrated.

SUNGLASSES

Pick the right pair

Sunglasses look great, and they shield you from glare when it's sunny. But the right pair offers even more protection.

That's because invisible—but potentially harmful—ultraviolet (UV) rays from the sun can cause cataracts, skin cancer around the eye and other disorders that have been linked to long-term UV exposure.

One of the best ways to protect your eyes is to wear sunglasses with lenses that block 99 or 100 percent of all UV light. It should say so on the label—or your eye doctor can point you in the right direction.

It's a good idea to wear sunglasses whenever you're outdoors. They're especially important to wear in the summer and when you're near reflective surfaces, like water, sand or snow.

Sources: American Optometric Association; U.S. Environmental Protection Agency



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Drink up

STAY HYDRATED
DURING EXERCISE



WHAT'S the must-have piece of gear for every exerciser? A water bottle.

Your body needs plenty of fluid to get the most out of a workout. Water helps to cool you down—from the inside out. It also transports nutrients, eliminates waste, and maintains blood pressure and circulation.

If you don't take in enough liquid, you may notice that your muscles get tired or feel cramped. Or you might lose energy and become a bit uncoordinated. Worse yet, you could end up with a dangerous case of heat exhaustion or heat stroke.

How much is enough?

Each body has slightly different needs. But in general, you want to drink these amounts:

- ▶ Two hours before exercise: 17 to 20 ounces of fluid. Eight ounces is equal to one cup.
- ▶ During exercise: 7 to 10 ounces of fluid every 10 to 20 minutes.
- ▶ After exercise: 16 to 24 ounces of fluid for every pound of body weight lost. You might weigh yourself before and after exercise. Your weight should be about the same or a little less. If your weight drops more than 1 percent, you're starting to become dehydrated and need to drink enough water to replace the amount you've lost.

Don't wait to drink until you're thirsty. Thirst is not a good way to monitor fluid status.

You can also check your urine to see if you're well hydrated. It should be plentiful and a pale yellow color.

What to drink

Water is generally the best choice for hydration, but some athletes who exercise hard and long also consume sports drinks. The carbohydrates and electrolytes in sports drinks may help you rehydrate faster.

Sources: American College of Sports Medicine; American Council on Exercise

Walk into a world of wellness

THEY say you can understand someone by walking a mile in his or her shoes. But what do you gain by walking a mile in your own? Plenty!

A brisk walk pumps up your muscles, including your heart and lungs, and can perk up your mood. It helps keep your weight in check and regulates blood sugar. Walking also boosts your energy and bone strength and helps relieve chronic pain.

All these small benefits add up in a big way. People with a walking habit of 30 minutes a day lower their risk for type 2 diabetes, heart disease and obesity. Regular walkers may even live longer than those who take a pass on exercise. Now that's a victory lap.

Hit the road

It may be a modest motion, but walking can take you to remarkable places and enhance your social life. You might enjoy:

- ▶ An early morning stroll through your neighborhood—bask in the quiet and listen to nature.
- ▶ A noontime walk with a co-worker—catch up or do some window shopping.
- ▶ A weekend hike with the whole clan—kids and teens profit from time outdoors too. Take photos, and bring a picnic to make a day of it.

Of course, when bad weather hits, you'll want to head to a museum or mall or step on a treadmill to get in your daily strides. But on many not-so-nice days, a jacket with a hood is all the gear you'll need to keep up your walking ways.

That's the beauty of walking—the simplicity. You can get started with just a good pair of shoes. Those designed for walking or running are your best bet. Be sure they fit well and have arch support and heel cushioning.

Pace yourself

The pace you choose will depend on your overall health. Check with your doctor first if you have any concerns about walking.

You can begin with as little as 10 minutes of strolling and gradually work up to a brisk 30 minutes. Every step takes you further into a world of good health and well-being.

Sources: American Academy of Podiatric Sports Medicine; American College of Sports Medicine; American Council on Exercise; American Heart Association; Arthritis Foundation; Weight-control Information Network



PHYSICAL therapists (PTs) are highly educated medical professionals. Minimally, they are required to hold a master's degree. But many now graduate from school with doctorates.

As students, PTs study a range of subjects, including biology, anatomy, physiology, neuroscience and pharmacology. And as part of their training, they're required to have supervised clinical experience.

Once in the workforce, PTs join with other members of a patient's medical team to help the patient do more physically and live a better life.

Sources: American Physical Therapy Association; U.S. Bureau of Labor Statistics

*Select Network

Previously known as the EPO Network

The Select Network option is the primary network for Kern Legacy Network Plus members. This network option has limited choices for physical therapy services; however, there are several locations throughout the Bakersfield area.

The providers in the Select Network offer:

- No deductible.
- No co-pay for physical therapy.

Prior authorization is required.

**Plus Network

Previously known as the PPO Network

The Plus Network option is an additional network available to Kern Legacy Network Plus members. This network option gives members more choices for physical therapy services.

The providers in the Plus Network offer:

- Coverage by the plan of 80 percent after meeting a low deductible (\$250).
- Use of the Benny card.

No prior authorization is required for the evaluation; however, please bring your physical therapy order to prevent any delay in receiving care.

Prior authorization is required for all physical therapy after the initial evaluation.

Select Network*—Bakersfield Area

Pair & Marotta Physical Therapy

- 2603 G St., Bakersfield, CA 93301
661-634-9440
- 3400 Panama Lane, Bakersfield, CA 93304
661-412-4667
- 5337 Truxtun Ave., Bakersfield, CA 93309
661-324-0122

Pair & Marotta Physical Therapy

- 2601 Oswell St., Suite 105, Bakersfield, CA 93306
661-871-5908
- Terrio Therapy Fitness**
- Multiple locations—call to schedule:
661-377-1700

Plus Network**—Bakersfield Area

Aum Physical Therapy

- 1002 Calloway Drive, Bakersfield, CA 93312
661-588-4286

Bakersfield Sports Medicine and Rehabilitation

- 3500 Coffee Road, Suite A, Bakersfield, CA 93308
661-589-6700
- 4300 Stine Road, Suite 108, Bakersfield, CA 93313
661-834-2300

Central Valley Physical Therapy

- 8200 Stockdale Highway, Suite B1, Bakersfield, CA 93311
661-827-8959

Glinn & Giordano Physical Therapy

- 1201 23rd St., Bakersfield, CA 93301
661-327-4357
- 200 China Grade Loop, Bakersfield, CA 93308
661-615-6150

Glinn & Giordano Physical Therapy

- 9501 Flushing Quail Road, Suite 8, Bakersfield, CA 93312
661-589-9066
- 3700 Gosford Road, Suite G, Bakersfield, CA 93309
661-832-9737

In Step Physical Therapy

- 1800 Westwind Drive, Suite 403, Bakersfield, CA 93301
661-328-9913

Jacobo Physical Therapy

- 2441 G St., Bakersfield, CA 93301
661-631-8793

Montoya Physical Therapy and Wellness

- 8501 Brimhall Road, Suite 201, Bakersfield, CA 93312
661-679-6238

Select and Plus networks are subject to change to meet the needs of the health plan. For the most current network listing, see kernlegacyhp.com or call **661-868-3280**.

Feel better every day



CALM SOLUTIONS FOR ANGER

OUR world can seem overrun with anger. Just listen to the 24/7 outrage on radio and TV. And—oh, my—have you driven on the freeway lately?

Yes, it's angry out there. In fact, anger can be so pervasive and so poisonous that it's easy to forget that it can also be helpful. In fact, a certain amount of anger is normal, even necessary.

Consider this: When we're angry, our heart rate increases and our bodies release hormones that help us respond to legitimate threats or attacks. We need some anger to survive.

But off-the-scale rage as a reaction to everyday annoyances is something else entirely.

Uncontrolled anger can cause all kinds of problems at home or work, and it can make us feel like we're being ruled by our emotions, reports the American Psychological Association (APA).

Uncontrolled anger can cause problems at home or work. To make an appointment with a mental health provider, see the Select Network Provider Directory at kernlegacyhp.com or call 661-868-3280.

So how can we tell if our anger is normal or over-the-top? Usually, it's not much of a mystery.

According to the APA, most of us know when anger's a problem. For example, ask yourself:

- ▶ Am I easily inconvenienced, frustrated or annoyed?
- ▶ Am I often cynical, critical or hostile toward others?
- ▶ Am I regularly irritable or grumpy?
- ▶ Am I sometimes scared by my anger?

If you answered yes to any of those questions, then anger may be an issue for you.

To help gain better control, try these suggestions from the APA:

Practice relaxation techniques. Breathe deeply and slowly repeat a calming word or phrase, such as "Relax" or "Take it easy." Visualize a tranquil place or experience. Practice these techniques every day so you'll be ready when things are stressful.

Change your thinking. When you're angry, it's easy to exaggerate how awful everything is—sometimes to the point of irrationality. Instead, try to think logically. Inappropriate anger is less likely if you see a situation as annoying instead of as a personal affront.

Let go of some problems. Understand that certain problems, as frustrating as they are, simply can't be solved. Getting angry won't help. Instead, resolve to give it your best and move on.

Communicate effectively. If you're in a heated discussion, slow down. Think about what you want to say before you speak. Listen and ask questions so you can better understand the other person's view.

Try to lighten up. Some humor, as long as it's not cutting or sarcastic, can go a long way in an angry world.

Laugh it up: It's good for you

Research suggests that laughter is good for you. It may improve blood flow to the heart, boost your immune system and trigger the release of feel-good chemicals that can temporarily relieve pain.

A hearty laugh can lessen physical tension and stress, and gentle humor can often help defuse a tense situation.

Share your laughter with someone else, and the benefits may be even greater.



Looking for laughs?

Need a place to turn for a cackle or a hoot? Start with you. Don't take yourself too seriously. Share your embarrassing moments. If you do something silly, it might not seem so bad if you can get yourself to giggle.

Here are 10 more possibilities for strengthening your funny bone:

- 1 Watch a funny movie, or search for humorous videos online.
- 2 Host a game night with family or friends.

- 3 Go to a bookstore, and browse the humor section.
- 4 Keep a funny CD or audiobook in your vehicle. Or listen to them on your smartphone or tablet.
- 5 Find a screensaver that makes you laugh, and put it on your computer.
- 6 Play with your children or grandkids. Children are experts at taking life lightly and laughing.
- 7 Collect sayings or photos that make you smile, and put them where you can easily see them. Change them up from time to time to keep things fresh.
- 8 Visit a pet store or animal shelter and watch the puppies and kittens.
- 9 Spend time with people who are most likely to make you laugh.
- 10 Read some funny cartoons.

Remember: A good laugh is good medicine.

Sources: Centers for Disease Control and Prevention; Mental Health America



Manage your weight the healthy way

IT may be tempting to try something exotic and short-term for fast weight loss—an all-kumquat diet, perhaps, or a one-weekend exercise marathon.

But it wouldn't be healthy, and any weight you lost would probably be back in a heartbeat.

If you want to lose weight, a long-term program of sensible eating and exercise is still the best method around. It's not new, and it may not be the fad of the moment. For most people, however, it works.

Please pass the potassium

Potassium helps your nerves work, your muscles contract and your heartbeat stay regular. It moves nutrients into cells and waste products out of them. And potassium helps keep your blood pressure in a healthy range by blunting the effects of sodium.

Even though potassium is crucial for good health, chances are you're not getting enough of it.

The average adult is encouraged to get 4,700 milligrams of potassium every day. But that's almost double what most of us actually consume, according to the Academy of Nutrition and Dietetics.

The good news: There are plenty of potassium-packed foods that can help you meet this daily amount.

Among them: dark green, leafy vegetables; root vegetables; and bananas. One cup of cooked spinach, for example, has 839 milligrams of potassium, a baked potato with skin, 926 milligrams, and a medium banana, 422 milligrams.

Consuming these foods and beverages regularly can also up your intake: ► Apricots and apricot juice. ► Broccoli. ► Cantaloupes. ► Fat-free or low-fat milk and yogurt. ► Grapes. ► Certain fish, such as salmon, mackerel and halibut. ► Many types of beans, including black turtle, pinto, kidney, navy, great northern, lima and soybeans. ► Oranges and orange juice. ► Prunes, raisins and dates. ► Tomatoes, tomato juice and tomato sauce.

For some people, it is possible to get too much of a good thing.

If you have kidney problems, for instance, your kidneys may not be able to remove potassium from your blood. And it can build up and be harmful. As a result, your doctor may advise a special diet to lower your potassium.

Additional sources: American Heart Association; National Institutes of Health; U.S. Department of Agriculture

What's on your plate?

A healthy eating plan for weight loss combines fewer calories with more nutrition, according to the National Institutes of Health (NIH).

You can achieve both with a diet that:

- Emphasizes fruits, vegetables, whole grains, and low-fat or fat-free dairy products.
- Includes lean meats, poultry, fish, beans, eggs and nuts.
- Limits saturated fats, trans fat, salt and added sugars.
- Controls portion sizes.

You should aim to lose between 1 and 2 pounds per week, experts at the NIH recommend. It's both a healthy and realistic goal. For many people, that requires eating 500 to 1,000 fewer calories daily.

One trick that works for many people: Keep a record of everything you eat. It may help you spot problem areas in your diet.

Time to get active

Exercise is good for you in so many ways.

Of course, it helps you manage your weight by burning calories. It also:

- Lowers your risk for heart disease, diabetes and other chronic conditions.
- Strengthens your lungs and muscles.
- Improves your sleep.

Most adults should aim for 150 minutes of moderately intense physical activity spread out over the week, according to the Centers for Disease Control and Prevention. However, to lose weight or maintain weight loss, you may need to do more.

Make sure to talk with your doctor if you have questions about how much activity is right for you.

Are medications an option?

If you have tried to lose weight without success, ask your doctor about weight-loss medication.

Medication isn't a comprehensive solution for weight loss, but it can be effective when paired with diet and exercise plans.

Many weight-loss medications do have side effects, though. So ask your doctor to review the risks and benefits of taking any of these drugs.

Additional source: Academy of Nutrition and Dietetics

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Check it out

SOME MUST-DO SCREENINGS AND SELF-EXAMS

THERE'S no denying how popular DIY projects are today. We love to roll up our sleeves and get it done. But what about health screenings that can alert us to possible health problems? Can we tackle some of those ourselves too?

You'll need a doctor for most screening tests and

exams, of course. But you can do some checks yourself, often with a doctor's input or recommendation. Examples of both are below. Keep in mind, these are generalized guidelines. You may need screenings earlier, more often or not at all. Ask your doctor what's right for you.



At home

Step on a scale. Type the result (plus your height) into a body mass index (BMI) calculator, like this one, to see if you're overweight or obese: morehealth.org/bmi.

Measure your waist. Place a tape just above your hipbones, exhale and measure. A waist greater than 40 inches for men or 35 for women boosts type 2 diabetes and heart disease risks.

Check your feet if you have diabetes. Your doctor may have you look for and report any sores or other problems before they become major infections.



Check your skin for cancer. Frequent (such as monthly) self-skin checks may help you find cancer early. Changing moles, blemishes or other worrisome-looking areas on your skin should be shown to your doctor.

Monitor your blood pressure. Your doctor may have you use a portable monitor at home if, for instance, you have borderline high blood pressure or your readings might be high only at the doctor's office.



At a provider's office

Mammograms. From ages 45 to 54, women should have yearly breast cancer screenings, switching to every two years after that.

Colonoscopy. Starting at age 50, colonoscopies or other screening tests are recommended for both men and women to help prevent colorectal cancer or find it early.

Pap tests. Starting at 21, regular Pap smears help guard against cervical cancer in women.

Blood pressure checks. Have your doctor check your blood pressure at least every two years—and more often if you have certain conditions, such as heart disease or diabetes.

Cholesterol blood tests. Start at 35, or age 20 if you have risk factors such as diabetes, high blood pressure or heart disease.