

# FootNotes

WINTER 2018, QUARTERLY NEWSLETTER – THE LIBRARIES OF SAMARITAN HEALTH SERVICES

## **Healthy Brain Initiative Road Map**

The numbers of Americans diagnosed with and living with Alzheimer's disease is growing and quickly! The [Alzheimer's Association](#) and the [Centers for Disease Control and Prevention \(CDC\)](#) have developed a series of Healthy Brain Initiative guidebooks to advance cognitive health as both an important but also, an integral part of public health. This is the third in the series which first appeared in 2007. This latest version released in October, 2018 is [State and Local Public Health Partnerships to Address Dementia: The 2018-2023 Road Map](#).

To ensure that Alzheimer's can be efficiently and with little effort incorporated into existing public health efforts, the HBI Road Map is aligned across Essential Service of Public Health. The HBI Road Map is guided by three core principles. These principles are — the elimination of health disparities, foster collaboration across multiple sectors and leverage resources for sustained impact and wellness. Simply put, this resource's purpose is to effectively address the rising number of people living with Alzheimer's and other dementias, in particular its growing upward trend among those traditionally underserved populations. In addition, caregivers for those afflicted with this neurologic disease are also addressed; and must be.

The [Medical Library Gateway \(www.samlib.com\)](#) has many resources to assist you with comprehensive researching or a simple lookup on this topic.

## **January is Thyroid Awareness Month**

Ask the average American what they know about their thyroid and they will tell you that they know we have one. Beyond that, they know it has a function but what it is, they do not know. There are over 30 million Americans who have a thyroid condition with half of that number not knowing it and then there are those who may have been misdiagnosed. The [American Association of Clinical Endocrinologists](#) created this informative [AAACE Thyroid Awareness](#) website. There is information on various thyroid conditions and disease including self-check option among others.

The thyroid's main role in the endocrine system is to regulate your metabolism, which is your body's ability to break down food and convert it to energy. Take the time to get the facts and see just how many organs and their functions are influenced by a healthy and unhealthy thyroid.

## The Hazards of Sleeping Pills

In a recently accepted and soon to be published article to appear in the [American Journal of Geriatric Psychiatry](#) (available in [ClinicalKey](#)) older adults commonly use products that may be used to promote sleep, such as benzodiazepines and over-the-counter medications though the prevalence of their use specifically for sleep complaints is unknown at this time. It has been over 30 years since this subject has been looked at in a nationally-representative estimate.

In this most recent study, the authors found such products are used by 35.4% of older adults aged 65-80. Over-the-counter and herbal aids were the most commonly used, with few patients discussing their own sleep concerns with their primary care providers.

Frequently using over-the-counter sleeping pills, including some like Benadryl and Tylenol PM can lead to unwanted side effects which may include the dimming of alertness, learning problems, and memory deficits. Constipation and confusion have also been implicated in the constant use of these medications. Then alarmingly, some evidence – though it is still tentative – suggests that long-term use of these drugs may increase the risk of dementia!

Research has also shown a 35 percent increase in cancer risk among patients who routinely take some prescription sleep drugs like Ambien and Lunesta every two or three days or even more often. It has been estimated that about \$4.5 billion per year is spent on these types of prescription sleep aids and almost as many people take over-the-counter sleeping pills. And, their use has also shown to have side effects like headaches, dizziness, nausea, vomiting and hallucinations. Natural sleeping aids are also utilized extensively. Two of the highly used and best known are Valerian and Melatonin. These can be researched at both a professional and consumer level using a resource we offer called [Natural Medicines](#) (available on our [Databases](#) page).

For those that find sleeping difficult they should either broach the subject at their medical appointment or better yet, their clinicians should begin routinely asking these older patients about sleep-related difficulties and their use of non-prescription sleep aids (including herbal remedies).



## Protect Yourself From the Flu!

Flu season is here, what you don't know could hurt you! The flu should be taken seriously as it is not only contagious but could also lead to hospitalization and in some instances, even death. Getting vaccinated is the best way to be protected from the flu.

In addition, there are some simple steps you can take every day to help protect yourself from the flu. One of the easiest and best ways is to wash your hands with soap and water or an

alcohol-based hand rub. Simply put, if you are sick with flu-like symptoms, stay home for a minimum of 24 hours after your fever is gone.

The Centers for Disease Control and Prevention also has great Seasonal Flu information to protect yourself and others from the flu. To find out the facts or where you can get your influenza vaccination (if not a Samaritan employee) [Flu.gov](http://Flu.gov) is a great place to get what you need to help protect you and others from the flu!

## Winter Driving Skills You Need To Know!



This may seem like a “no-brainer” but sometimes we’re in such a rush to get where we are going you start the car and go! Before you hit the road, you should clear snow and ice from all windows and lights – even the hood and roof before getting behind the steering wheel. And when behind the wheel, leave plenty of room for stopping between you and that vehicle ahead of you.

You should use your brakes carefully by braking early and braking correctly depending on the conditions of both the road and immediate weather. Keep in mind that in adverse conditions it takes more time and distance to stop.

There are many more tips on the web for you to keep in mind but you should never attempt to out drive the conditions. Keep in mind that the posted speed limits are for dry road conditions. To find more tips for yourself, check out these websites:

[AAA-Winter Driving Tips](#)

[National Traffic Safety Institute \(NTSI\)–Winter Driving Safety Tips](#)

[Oregon-Winter Travel Tips and Information](#)

Winter driving can be safe with proper planning while using extra caution.

## Walking on “Thin Ice”

During these winter months how often have you found yourself heading out of your home or workplace for a walk? And as you did, were the sidewalks and streets covered with ice?

With the slippery aspects that ice brings, falling is a major concern. With this concern comes the possibility of broken bones, sprains, strains, and other trauma. Well, there is someone that has it figured out and we can learn from them. It is the penguin!

So, the key to what the penguin does is so simple and straightforward we wanted all of our readers to know the technique. The penguin seems to waddle but what really is occurring is the center of gravity of the penguin remains over their front leg with their "arms" at their sides. We may look a bit funny doing it but it works! Try it and stay safe (and upright).



## Help Us To Help You!

When you are looking for information of any kind, there is no better place to begin than with the libraries of Samaritan Health Services and the [Medical Library Gateway!](#)

Feel free to contact a library staff via telephone, email, or use our [Request Form](#).

### Visit or contact SHS libraries:

Murray Memorial Library at GSRMC - 541.768.6200 / 80-6200

Stanley K. Davis Library at SAGH - (presently unattended)

Medical Library at SLCH - (presently unattended)