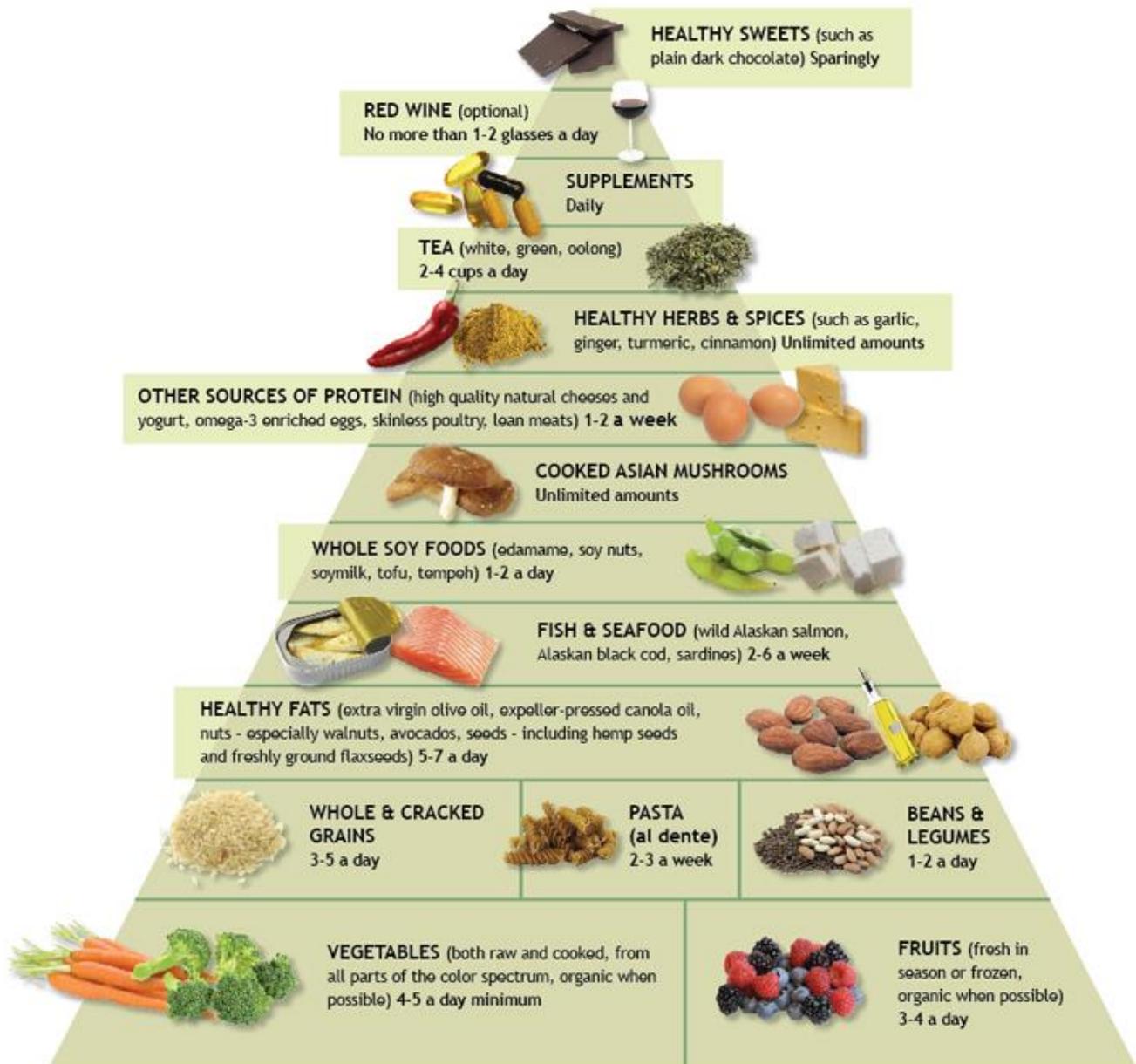


FootNotes

SPRING 2017, QUARTERLY NEWSLETTER – THE LIBRARIES OF SAMARITAN HEALTH SERVICES

The Anti-Inflammatory Food Pyramid – Fights Inflammation!



Dr. Andrew Weils Anti-Inflammatory Food Pyramid

An increasing body of research is beginning to point to chronic inflammation as a main suspect in its effect on many serious illnesses; not only as a cause but also as a disease advancer. A [2012 article](#) in [EMBO Reports](#) points to a new theory (at the time) that chronic inflammation is a crucial component in many diseases.

Inflammation is the reaction the body provides to begin the process of healing itself as it brings more nourishment and immune response to sites on the body of injuries or infections. Then, if it remains a persistent factor or serving no healing purpose, it begins to cause damage to the body leading (perhaps) to illness.

So, what can you do to alleviate some of the symptoms and effects of chronic inflammation on your body, ultimately leading to diseases and those issues emanating from the chronic inflammation? According to Harvard trained physician Andrew Weil, MD, diet may make a difference you can see AND feel, though in consort with other aspects

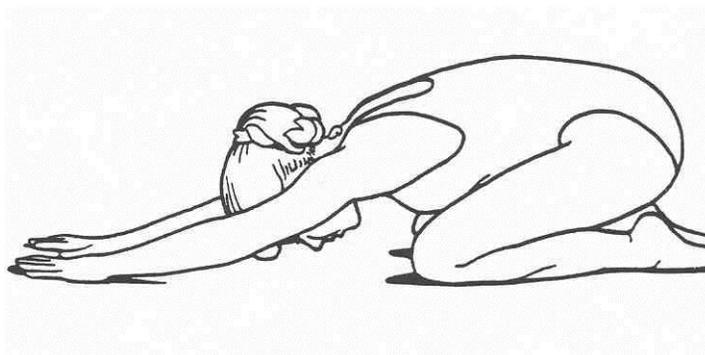
Dr. Weil states that there are many factors causing this chronic inflammation such as stress, little or no exercise, genetics, even smoking can all lead to this chronic condition. Additionally, Dr. Weil believes that dietary choices also play a major role in inflammation. Refined sugars, processed and manufactured foods all contribute to this ever growing condition. That led Dr. Weil to create and introduce his Anti-Inflammatory Food Pyramid.

Fruits, vegetables, whole grains, bean and legumes, fish and other seafood, and whole soy foods are all emphasized and play a major role on his Anti-Inflammatory Food Pyramid. And not to be deprived, some red wine and even dark chocolate (he says choose the content of a minimum of 70% cocoa).

There are additional benefits to starting and staying on this diet with some of them to include additional energy, supplying vitamins and minerals, dietary fiber, essential fatty acids, and phytonutrients which act as a natural protector for your body fighting disease and working to keep your body working properly.

Not sure where to begin and what to include as you use the Anti-Inflammatory Food Pyramid, [click here](#) and bon appetite!

Release Your Stress and Tension like a Child



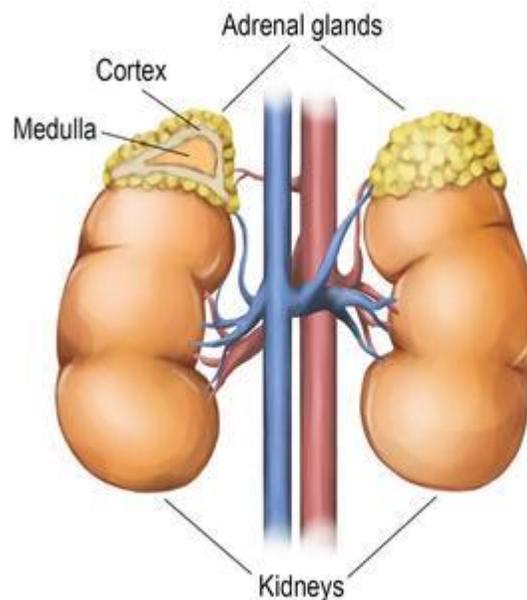
Child's Pose (Balasana)

The Child's Pose is a resting posture that helps quiet the mind as it eases stress and anxiety while stretching the back. And it is also good for the nervous system.

When we feel stress or frazzled much of the time, we place a lot of pressure on our adrenal glands. Why is that important? The adrenal glands are two glands that are situated on top of our kidneys. The two distinct parts each have a part in controlling stress and tension.

The Adrenal Cortex (the outer part of the gland) produces hormones that are vital to our life. Cortisol helps to regulate our metabolism assisting the body's response to stress while Aldosterone helps to control our blood pressure.

The Adrenal Medulla (the inner part of the gland) produces nonessential hormones like adrenaline that helps the body react to stress.



The Adrenal Glands are two glands that sit above the kidneys. They are small, 1.5 inches high while only 3 inches in length, both shaped somewhat as a triangle. As previously mentioned, the hormones released by the Adrenal Cortex are vital to life with the hormones secreted by the Adrenal Medulla not necessary for our survival.

Some keys to keeping our Adrenal Glands healthy can be as simple as getting adequate sleep, rest, and having a healthy diet. So if you are feeling stressed out and the tension keeps building, try the simple yoga pose known as the Child's Pose (Balasana)

20 Most Common Googled Diseases

More than one-third of Americans search for diagnoses and treatments online, according to a 2013 Pew Survey. Half of those researching this provided the results to an actual healthcare provider! Those that obsessively search and search and search for medical information have been given a new health condition name and it is called "[cyberchondria](#)".

Some of these health conditions (ranked using Google Trends that included the term "doctor" as part of the index) which were searched for in May, 2017 are:

1. Diabetes
2. Depression
3. Anxiety
4. Hemorrhoid
5. Yeast Infection
6. Lupus
7. Shingles
8. Psoriasis
9. Schizophrenia
10. Lyme Disease
11. HPV
12. Herpes
13. Pneumonia
14. Fibromyalgia
15. Scabies
16. Chlamydia
17. Endometriosis
18. Strep Throat
19. Diverticulitis
20. Bronchitis

So, what does all this tell us? It seems to indicate that Americans find the value of using the Internet to understand medical and health conditions.

Library Staff News

For the foreseeable future, the Stanley K. Davis Library located at Samaritan Albany General Hospital (SAGH) will not be staffed, though it will remain open for staff to use.

This also goes for the medical library at Samaritan Lebanon Community Hospital (SLCH).

The Murray Memorial Library at Good Samaritan Regional Medical Center (GSRMC) remains staffed and ready to assist you.

If you cannot make it in to GSRMC, please 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 - 541.812.4446 / 82-4446

Medical Library at SLCH - 541.451.7173 / 81-7173