



Product of the Month:
Core Fitness DVD



To Your Good Health:
Good-For-You Collards



FOCUS ON...
C-Reactive Protein

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HOMECARE NURSING & THERAPY **WESTARM**

Services offered:

- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Medical Social Work
- Skilled Nursing

Employee Highlight



Our featured employee is Occupational Therapist, David Riley, MS, OTR/L. He has over fifteen years of clinical experience as an OT and has worked for the past two years providing home healthcare. He is committed to providing excellent therapy to his patients in the Alle-Kiski Valley area.

Dave earned his Masters degree in OT from Chatham University and Bachelors of Science degree from Fort Lewis College in Durango, CO.

He is a resident of Plum Borough and a proud father of three children. During his free time he enjoys hiking, climbing, and fishing.

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WESTARM Homecare Nursing & Therapy

Winter 2017



More Americans are limited by arthritis pain

A government report released in November 2013 found the number of adults with arthritis is rising by about 1 million people each year, and along with it, the debilitating impact of the disease. The report reaffirms previous predictions that cases of arthritis would rise rapidly with the aging of the population. However, the impact of arthritis on activity limitations is exceeding previous estimates, says the Arthritis Foundation.

"The sharp rise in activity limitations is alarming," said Arthritis Foundation president and CEO Ann M. Palmer. "More people are hurting when they walk and climb the stairs, and they may be curbing activities they love due to severe pain and limited mobility caused by the disease."

According to the Centers for Disease Control and Prevention study published in the Nov. 8, 2013 issue of Morbidity and Mortality Weekly Report, arthritis affects the daily activities of about 23 million adults, up from 21 million during 2007-2009, and not far from the projection of 25 million that wasn't expected until 2030.

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**The game of life is the game of boomerangs.
Our thoughts, deeds and words return to us
sooner or later, with astounding accuracy.**

Florence Shinn



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The report also confirms the disease is common, impacting about 23 percent of the adult population. The 2013 report shows that the number of adults with doctor-diagnosed arthritis climbed from roughly 50 million to 53 million over the last three years. Arthritis also carries a heavy financial burden, costing the U.S. economy \$128 billion annually.

“The number of U.S. adults with arthritis is increasing. This amounts to an average increase of approximately 2,400 individuals per day,” said Dr. Wayne H. Giles, director of the Division of Population Health at the CDC. “Because arthritis occurs so often with other conditions like diabetes and heart disease,

arthritis limitations may be interfering with the recommended management of those conditions, especially in regards to physical activity.”

According to the report’s findings from 2010–2012, arthritis impacts daily activities of:

- ✿ Roughly 1 in 10 adults in the U.S.
- ✿ Nearly half of all adults with arthritis
- ✿ More than 15 percent of obese adults
- ✿ More than a quarter of adults with heart disease or diabetes. **h&h**

Source: Arthritis Foundation

FOOD FOCUS

Collard Greens

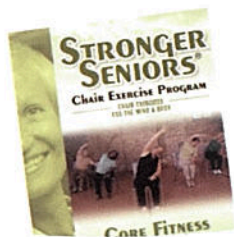
A powerhouse of nutrients, collard greens help detox the system, are loaded with antioxidants, and aid against inflammation. One cup of collard greens provides more than 70 percent of the RDA for vitamin C. Studies show that the regular consumption of collard greens may reduce the risk for cardiovascular disease, high blood pressure and certain types of cancer. **h&h**



US Cities



P	H	I	L	A	D	E	L	P	H	I	A	J
Y	K	R	C	O	L	U	M	B	U	S	H	A
N	E	W	Y	O	R	K	A	G	S	P	N	C
A	C	E	S	A	N	D	I	E	G	O	S	K
S	H	L	E	I	A	L	L	T	A	I	E	S
H	I	P	U	I	W	E	I	D	L	S	A	O
V	C	A	Y	T	G	O	K	O	I	L	T	N
I	A	S	P	N	R	N	P	H	L	Q	T	V
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L	R	U	I	M	I	L	W	A	U	K	E	E
S	O	D	B	A	L	T	I	M	O	R	E	L
H	N	P	H	O	E	N	I	X	D	X	Z	H
I	C	H	A	R	L	O	T	T	E	C	H	G



Product of the Month: **Stronger Seniors®** **Core Fitness DVD**

This pilates-based exercise program is geared toward

seniors and the physically challenged. The chair exercises are safe and easy to follow; help increase flexibility, mobility and balance; and strengthen abdominals and back muscles.

Price: \$14.95. Order from strongerseniors.com.

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FOCUS ON... C-Reactive Protein

If your doctor wants to check for flare-ups of conditions such as rheumatoid arthritis or lupus, or she wants to determine whether your treatment with an anti-inflammatory medication is working, you might find yourself having blood drawn for a C-reactive protein test.

C-reactive protein, which is sometimes called CRP, is produced by your liver. According to the U.S. National Library of Medicine, the amount of C-reactive protein you produce will be higher when there is inflammation or swelling in your body. A C-reactive protein test will tell your doctor whether inflammation is present, but it won't be able to say exactly where it is located.

Your doctor also may order another version of the test, called a high-sensitivity C-reactive protein (or hs-CRP) assay. This test is used to help determine a person's risk of heart disease.

If you're asked to take a C-reactive protein test, be sure to tell your doctor about all the medications you are



taking — even over-the-counter pain relievers — because they can affect your level of C-reactive protein. Some medications that may impact your levels include birth control pills, statins, non-steroidal anti-inflammatory drugs (like ibuprofen), and acetaminophen (Tylenol).

Positive test results mean you have inflammation in your body. Reasons for this can include heart attack, infection, inflammatory bowel disease, lupus, pneumococcal pneumonia, rheumatoid arthritis, cancer, and tuberculosis.

Depending on the results of your test, your doctor might suggest other tests to determine your diagnosis or risk of disease. These tests may include a cholesterol test, stress test, angiogram or other test. She also may recommend lifestyle changes or medications to reduce your levels of C-reactive protein and decrease your risk of disease. **h&h**

Did You Know?

CDC Posts FREE Influenza Resources

The Centers for Disease Control and Prevention (CDC) has posted a wide range of **FREE materials** addressing influenza recommendations. Along with a section created just for health care providers, the CDC site has brochures, fact sheets, posters, and articles that are specifically targeted for a variety of different audiences, including the general public, seniors, and people with chronic medical conditions. All of these materials can be downloaded and printed at no cost from www.cdc.gov/flu.

To Your Good Health



Good-For-You Collards

Servings: 4–6

6 Canadian bacon slices, chopped

1 medium-sized sweet onion, chopped

1 T Canola oil

16 oz Fresh collard greens, washed and trimmed

12 oz light beer

2 T Fresh lemon juice

2 T Balsamic vinegar

1 T Butter

1 t Salt

1/2 t Black pepper

1. Sauté bacon & onion in hot oil in a large Dutch oven over medium-high heat 5 minutes.

2. Add collards and cook, stirring occasionally, until wilted. Stir in beer, and bring to a boil.

3. Reduce heat to low, and cook 25 minutes or to desired degree of tenderness. Stir in remaining ingredients.

Source: Southern Living

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WESTARM Homecare Nursing & Therapy
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Lower Burrell, PA 15068

WHAT'S INSIDE?

- More Americans are limited by arthritis pain
- FOCUS ON...C-Reactive Protein
- Product: Core Fitness DVD
- How to Make Good-For-You Collards
- Take the Brain Booster Quiz

This information is for educational purposes only and is not intended to replace the advice of your doctor or healthcare provider.

DO YOU KNOW THE ANSWER?

1. What percentage of American adults have arthritis?
2. What blood test can check your body for inflammation?
3. What food helps to detox the system, is loaded with antioxidants, and aids against inflammation?

**Confident in how you would respond to these questions?
Open this newsletter to get the right information!**

If you need help finding answers to your important home care questions, contact us:

HEMOCARE NURSING & THERAPY
WESTARM

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www.westarmhomecare.com

