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April 6, 2016
Section D



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Good morning hypothyroidism:

*How more than 2-3 percent of
Americans greet the day*



(BPT) — Many of us have a morning routine. However, millions of Americans say "good morning" a little differently. For individuals living with the incurable condition of hypothyroidism, their morning routine is likely to include taking medication at the same time before breakfast each morning, as prescribed by their doctor.

According to the American Association of Clinical Endocrinologists, medication adherence is important for helping the body function when it comes to thyroid care. To help patients, AbbVie launched Good Morning Hypothyroidism (GMH), a program that focuses on creating a daily routine to help manage the life-long condition of hypothyroidism. When and how patients take their medication can affect the way the body absorbs it, so resources encouraging patients to establish and follow to a daily routine are important.

Hypothyroidism, an underactive thyroid gland, is a common condition in which the thyroid gland cannot produce enough thyroid hormone to keep the body functioning properly, according to the American Thyroid Association. The thyroid gland is a butterfly-shaped endocrine gland located in the lower front of the neck, which produces thyroid hormones that help regulate certain functions of the body. Hypothyroidism affects millions of people in the U.S. and as many as 10 percent of women may have some degree of thyroid hormone deficiency, according to an endocrineweb.com report.

"Helping patients understand hypothyroidism and providing them with useful information is our primary goal," says Jordan Geller, M.D., board-certified Internist and Endocrinologist and past Clinical Chief of the Division of Endocrinology, Diabetes, and Metabolism at the Cedars-Sinai Medical Center. "Good Morning Hypothyroidism inspires patients to learn about their life-long condition and encourages a community of support for all those affected by hypothyroidism."

GMH provides tips for establishing a morning routine to ensure consistent treatment compliance, including:

Hypothyroidism, an underactive thyroid gland, is a common condition in which the thyroid gland cannot produce enough thyroid hormone to keep the body functioning properly,

In sight, in mind: Keep your medication near one of the first things you see or use when you wake up, such as your phone or toothbrush.

Leave a note: Leave a sticky note reminder where you're sure to see it. If you walk your dog each morning, attach a reminder note to your dog's leash. If you read the morning news on your phone or tablet, place a note on that.

Know you've taken it: Turn your medicine bottle or pillbox upside down after taking your medication each morning. Before going to sleep, turn the bottle right side up so you remember to take it again in the morning.

Keep it straight: Use a weekly pillbox to ensure you take your medication as your doctor prescribes. Sign up to get "pill and refill reminders" via text or email at ourmorningroutine.com/medication/pill-reminder.

The program aims to help patients better manage their hypothyroidism by fostering a spirit of connection and a sense of community through tools and resources such as a patient journal, medication refill reminder and a network of hypothyroidism patients. This patient network, called the Before Breakfast Club Ambassadors, shares stories of individuals' diagnoses, routines and how they manage their hypothyroidism every day at ourmorningroutine.com/support/before-breakfast-club.

"Upon receiving my hypothyroidism diagnosis, I was uncertain about what it would mean to manage a lifelong condition," says Elisa A., from Tennessee. "It was important for me to recognize I'm not on this journey alone. By consulting closely with my physician, I've learned important tools to manage my condition. And by nurturing connections with a community of individuals living with hypothyroidism, I've felt inspired and empowered by others on their own patient journey."

To learn more, visit OurMorningRoutine.com.

Better hearing linked to mental health

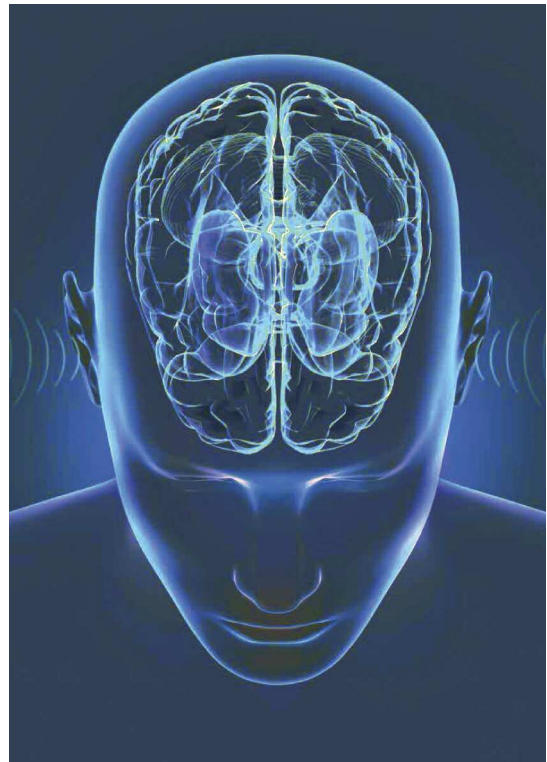
The Hidden Risks of Hearing Loss

In the last few years, researchers have made startling connections with good hearing and mental fitness. Conversely, we have learned that a loss of hearing represents more than just difficulty hearing sounds. It often leads to social isolation and depression. Studies seem to show that hearing loss may also be linked to loss of memory and thinking skills.

Johns Hopkins researchers found that declines in thinking skills happened faster among people with hearing loss than those without it. Diminished hearing can lead to less brain stimulation.

It's clear that hearing loss is more than 'just' a hearing issue.

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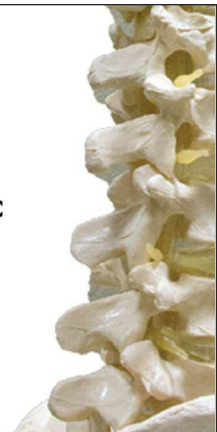


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How healthy is your smile?

You'd be surprised.

(BPT) - That healthy smile may not be so healthy. Twenty-one percent of children and 91 percent of adults have caries (commonly referred to as tooth decay) in their permanent adult teeth, according to a recent National Health and Nutrition Examination Survey (NHNES).

But a recent breakthrough is available to help support oral health--in a sugar free chocolate flavored soft chew.

An article published in February's RDH Magazine discusses the rediscovery and importance of beneficial bacteria that live in the mouth. It's been known for over a century that certain bad bacteria in dental plaque are able to convert sugars from the diet to acid, which is bad for teeth. After decades of researching the microorganisms in the mouth, Dr. Israel Kleinberg, DDS and Distinguished Professor in the Department of Oral Biology at Stony Brook University School of Dental Medicine, discovered beneficial bacteria that also live in dental plaque. Dr. Kleinberg isolated a nutrient in saliva called arginine, which these "good" bacteria use to naturally produce tooth-protecting buffers. This process can help neutralize the acids from the harmful bacteria and help keep the teeth in a normal pH (acid/base) balance.

Healthy saliva also contains calcium and bicarbonate that help preserve healthy tooth enamel and provide additional buffering. Stony Brook researchers combined arginine, calcium and bicarbonate and patented this vital blend of nutrients that fuels the

mouth's natural defensives. These key tooth-supporting ingredients have been added to BasicBites, a sugar free chocolate flavored chew that is now being recommended by leading dental professionals.

Here are six ways to help children and even adults maintain their oral health.

1. Two BasicBites a day can help preserve healthy teeth. Recommended for adults and children over the age of six, these candy-like chews nourish beneficial oral bacteria, while supporting enamel health. They are also an excellent source of calcium.

2. Minimize sugary foods and drinks and if you do eat them, avoid sticky foods that can get stuck on teeth. This even includes dried fruit, bread and crackers. Children should choose water and low-fat milk as health beverage alternatives.

3. Limit between-meal snacks. If children crave a snack, offer them nutritious foods.

4. If your kids chew gum, make it sugarless. Chewing sugarless gum after eating can increase saliva flow and helps wash out foods that produce acids.

5. Help your children develop good brushing and flossing habits.

6. Schedule regular dental visits.

BasicBites are also recommended for people with dry mouth, a condition that affects approximately 30 percent of all adults in the United States. Chronic dry mouth can cause significant oral health issues and damage teeth.

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(See ad on page 12)

(StatePoint) Daily stress in a busy life can challenge immune system function. No matter what season it is, it's important to continually build robust immunity, say experts.

"The immune system is incredibly complex and we're learning more each day about what weakens it and how we can strengthen it for better health," says Larry Robinson, PhD, vice president of scientific affairs at Embria Health Sciences, a manufacturer of natural, science-based ingredients that support wellness and vitality.

One of the most effective strategies for maintaining a healthy immune system may just be common sense. Harvard Medical School calls healthy-living strategies a "first line of defense."

To boost the immune system and every other part of the body, treat your body right. Drink in moderation. Quit smoking. Eat a well-balanced diet. Get regular exercise and plenty of sleep.

Many people believe that taking a multivitamin or vitamin C is enough to maintain a strong immune system, but the truth is you may want a more multifaceted approach to your supplement regimen. Robinson recommends looking for a natural immune supplement, particularly one that contains EpiCor, a whole food yeast fermentate supplement comprised of proteins, fibers, polyphenols, vitamins, amino acids, beta-glucans and beneficial metabolites that work to-

gether on many levels to support a strong immune system.

EpiCor can now be found in many natural, trusted brands, including Hyperbiotics Immune: Daily Immune & Wellness Formula, which also offers targeted probiotic support, zinc, vitamin C and Echinacea in a time release tablet.

Another immune boosting supplement to consider is Natrol Immune Boost, which contains EpiCor, vitamin C, vitamin D, Zinc and Selenium, clinically-validated ingredients to help support your body's ability to stay healthy. The brand has consistently achieved the highest "A" rating from the Natural Products Association.

The mind-body connection is powerful, and studies have shown that stress -- both temporary and chronic -- can compromise one's immunity. Be mindful of the stressors in your life and take steps to reduce or eliminate their causes.

While you may not be able to quit your job, you can make a point to schedule a vacation or make better use of your leisure time. You can also take stock of what causes you stress and think about ways of managing your reactions to troubling people and circumstances.

You may not think about how to strengthen the immune system until falling ill, but it works to protect you every day. Think beyond vitamin C and take comprehensive steps to support your immunity now and in the future.

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Chest Discomfort, Feeling Extra Tired? When to Get Help

(StatePoint) Are you experiencing heart palpitations, shortness of breath, fatigue and discomfort around your heart? You could be experiencing atrial fibrillation (AF or AFib), the most common heart rhythm disorder. Recognizing signs and symptoms is essential to early diagnosis and effective treatment.

Affecting about three million Americans, AF is a rapid heartbeat, which can lead to poor blood flow and increased risk of serious conditions, including stroke and heart failure.

AF is the result of abnormal electrical impulses, which travel chaotically throughout the upper chambers of the heart, causing the atria to contract so quickly the heart loses its ability to pump efficiently. This may cause blood to pool in the heart, where it can clot. If a clot travels to the brain, it can cause a stroke. A recent study by researchers from Boston University found that people with AF are nearly five times more likely to have a stroke.

"All types of patients of all ages should monitor heart rate and blood pressure regularly, and seek medical help when they don't feel well. Even short bursts of palpitations may be the beginning of persistent or chronic AF," says Dr. Leo Polosajian, an electro-physiologist and founder of Cardiac Rhythm Specialists in Reseda, CA.

Unfortunately, many AF patients don't experience symptoms until an event happens.

"While biking my normal route, my heart rate rose and I couldn't breathe. I pretty much went into sudden cardiac death," says Todd Smiland, a patient of Polosajian's. "Luckily the ambulance made it to me in seven minutes and they were able to defib-

rillate me back to life, essentially. That pretty much started all of my heart issues."

By correcting abnormal conduction fibers in the heart through ablation, its electrical system may be repaired and the heart may return to a normal rhythm. One of the newest innovations uses contact force ablation technology, which gives physicians a real-time, objective measure of force applied to the heart during the procedure.

"I felt this patient was an ideal candidate for an ablation procedure instead of medication, which only treats symptoms. When patients don't respond to medication or it's not an optimal therapy option, I turn to radiofrequency ablation," says Polosajian.

"It was like night and day," says Smiland, who after receiving ablation treatment, resumed activities he previously enjoyed.

According to Polosajian, Smiland's experience may not represent those of all patients, but a recent FDA review found ablation had at least a 47 percent greater success rate than medication.

"This patient's experience is what all physicians hope to achieve," says Polosajian.

It's important to note there are risks and potential adverse events associated with ablation procedures, including but not limited to cardiovascular related complications, such as hematoma, effusion and infection. Contact force ablation may not be appropriate for patients who have had certain recent heart surgeries, prosthetic valves, active systemic infection or have undergone other major vascular procedures. Patients should consult with their physicians about options.

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Healthy Sleeping Tips for Young Children



(StatePoint) For babies and young children, high quality sleep is crucial for development and overall health. By adopting good, safe sleep habits early, the entire family can get the rest needed to thrive.

"I've heard it quoted that anyone who says they 'sleep like a baby' has never been a parent! Ask most parents and one of their top priorities is for both kids and parents to get more sleep," says Dr. Deena Blanchard, a partner at Premier Pediatrics in NYC.

However, any sleep children do get should be as safe as possible, as sleeping presents hazards just like any other activity. With that in mind, Blanchard is offering parents great tips for helping young ones sleep soundly and safely.

- At around six to eight weeks of age, infants start to develop circadian rhythms. At this point, create a consistent routine before bedtime, such as dimming lights. Your baby will start to pick up on these habits as sleep cues.

- For safety, the crib should be free of bumpers, blankets, pillows, wedges and stuffed animals.

- Sleep safety evolves as your child develops, so consider developmental milestones. Once your little one rolls over, make sure that she is no longer swaddled. It's always best to put your baby on her back to sleep, but once your baby rolls over, it's not necessary to go into the room and flip her onto her back. Likewise, when your child starts to pull to stand, make sure the crib

"One of the most important things I've learned as a parent is that there are many things you don't have control over," says Dr. Blanchard. "However, creating a safe and comfortable sleep space is something you can control, and doing so can help your whole family sleep more soundly."

mattress is adjusted to the lowest level and there are no nearby items that she can pull into the crib.

- Go green. Choose paint, furniture and a baby mattress for your child's bedroom that are free of harmful chemicals. Read labels carefully. Conventional and even organic mattresses typically have waterproof covers that contain PVCs that children breathe in all night. However, a mattress made from fibers woven to create air pockets offers maximum breathability.

For example, the Newton Wovenaire Crib Mattress, does not emit chemicals, and is a safe option that does not compromise comfort. Its breathable design prevents overheating and in an independent scientific study, the mattress demonstrated significantly lower suffocation risk as compared to other crib mattresses. More information can be found at www.newton.rest.

- Children tend to make a mess. Keep bedding clean and avoid build-up of bacteria or mold. Wash linens regularly and seek out a washable mattress.



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Arielle Le Veaux, RN, BSN, Clinical Services Supervisor (503) 623-8175, Ext. 2112
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