

No Worries News

Making a Difference Since 1997

May 19, 2008

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Best-Ever Diet Tips

Source: WomensDay April 15, 2008 by Marissa Lippert, RD

1 Check the calories and fat grams of “healthy” fast foods like muffins: A honey bran muffin can have as many as 550 calories!



2 Leave a third of every meal behind. One study found that when portion sizes were reduced by 25 percent, women ate 800 fewer calories a day and never missed them.

3 Split an entrée with a friend or ask the waiter to pack up half of your food before even bringing it to the table.

4 Eat at least one apple a day. One study found that people who ate an apple a few minutes before a meal consumed 190 fewer calories compared with those who drank apple juice.



5 Chew slowly. It takes 20 minutes for your brain to get the message that you're full. Aim to start last and finish last at mealtimes, suggests Linda Antinoro, RD, of Brigham and Women's Hospital in Boston.

6 Get a serving of protein at every meal and snack (during a meal, aim for 4 oz or about the size of your fist). Research shows that protein helps you feel full longer because it stabilizes your blood sugar levels.

7 Have a healthy snack before you leave home so you aren't tempted to devour the first thing you see.

8 Munch on fruits and veggies such as cucumber, watermelon, asparagus and beets; all have mild diuretic properties, which helps flush away excess water weight, says Dr. Young.

9 Stand up straight. Bad posture weakens your core and ab muscles, potentially giving you a belly pooch.

10 Reward yourself with something non-food-related, like a new book or a manicure, every time you reach a goal (losing 1 pound or skipping that extra glass of wine).



Hello. The great thing about No Worries is that we treat our staff right so they stay. The hard thing about that is when someone has to move it means we have worked with them for a long time and it is difficult to say good-bye. This last week, Anita Evans, who has worked with us for almost 8 years as a Nursing Supervisor,

moved to South Carolina, due to her husband being transferred. We are all very happy for Anita because she is moving closer to her daughter, son-in-law and 3 of her grandchildren. And she is retiring! It is hard to be away from grandchildren and Anita is so happy to be moving closer to them and her daughter. Anita brought the very best of nursing to No Worries: She was a real advocate for the elderly, had a great sense of humor, and was absolutely dedicated in her care of our clients. Her personality drew other nurses to No Worries who have her passion for In-home Care. We appreciate all of her contributions and celebrate with her a new chapter in her life. About No Worries: We know that about every 3 years we will have a surprise survey by the State. We had our survey last week and it was exciting to show the surveyor what we have been doing at No Worries. Our survey concluded with no deficiencies or citations. Great job to the everyone at No Worries! Take Care. Melinda



Part of the No Worries Administrative Staff at Anita's going away luncheon

Hey, he has a special license to drive that truck



A sweet way to quell a cough

Source: WomensDay.com April 15, 2008 By Madonna Behen

A teaspoon of honey works better than cough medicine or no treatment, say Penn State researchers. But never give honey to a child under the age of 1—there's a risk of botulism.



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What to do with expired meds

Source: WomansDay.com April 15, 2008 by Barbara Brody

You know you're not supposed to use them, but how do you safely get rid of them? According to the American Pharmacists Association and the U.S. Fish and Wildlife Service, flushing medication down the toilet is a bad idea, since hormones, antibiotics and other chemicals can make their way into the water supply. Instead, crush pills and dissolve them in water; mix with kitty litter, coffee grounds or sawdust to absorb the ingredients; then place them in a sealed plastic bag and toss in the garbage (to prevent potential poisoning). Another option: Call your local pharmacy. They may be willing to dispose of unused meds for you.



Stay Safe

The following are some great tips to help you stay safe:



- Attackers target women on their cell phone, searching through their purse, or doing other activities while walking because they are off-guard and can be easily overpowered.
- The number one place women are abducted from/attacked is grocery store parking lots. Number two: office parking lots/garages. Number three: public restrooms.
- If you put up any kind of a fight at all, they get discouraged because it only takes a minute or two for them to realize that going after you isn't worth it because it will be time-consuming.
- If you carry pepper spray, yell I HAVE PEPPER SPRAY and holding it out will be a deterrent.
- If someone is following behind you on a street or in a garage or with you in an elevator or stairwell, look them in the face and ask them a question: "What time is it?" or make general small talk: "I can't believe it is so cold out here." Now you have seen their face and could identify them in a line-up; you lose appeal as a target.

Lotrel Cuts Heart, Stroke, Death Risk

Source: WebMD March 31, 2008 by Charlene Laino

A tablet that contains two different types of blood-pressure-lowering medications cuts the risk of heart attack, stroke, or death by one-fifth, when compared with an older combination drug, researchers report.

The drug, Lotrel, proved so effective at preventing cardiovascular disease and deaths that the study was halted early so all patients could be offered it. "It's a clear win," says study researcher Kenneth Jamerson, MD, professor of internal medicine at the University of Michigan Medical School. The study compared two combination pills, both of which contained the angiotensin-converting enzyme (ACE) inhibitor Lotensin. Lotrel combines Lotensin and the calcium channel Norvasc. The other pill contained Lotensin and a diuretic called hydrochlorothiazide.



1 in 3 Americans Have High Blood Pressure

People whose systolic numbers (that's the top number in your blood pressure reading) are 140 or higher or whose diastolic numbers (the bottom number) are 90 or higher are considered to have high blood pressure. One in three people, or more than 73 million Americans, fit the bill.

Often treatment begins with diet and exercise. If the blood pressure goal is not achieved, diuretics are commonly prescribed as the initial therapy for patients, either alone or in combination with another class of blood pressure-lowering medication.

Jamerson says the findings "should modify future guidelines for the treatment of hypertension," both in terms of starting with a one-drug strategy in some patients and starting with diuretics.

He notes that many patients find it more convenient to take a single-tablet combination of drugs rather than a handful, or even a couple, of different pills.

Combos Lowered Blood Pressure

The new study involved more than 11,000 people over 60 who had high blood pressure and other cardiovascular disease risk factors, such as obesity or diabetes.

Only 37% of participants had adequate blood pressure control at the start of the study.

By 36 months later, the average blood pressure in 80% of patients in both groups was less than 140 over 90, which is "excellent," Jamerson says.

Importantly, patients taking Lotrel were 20% less likely to die from cardiovascular disease, have a heart attack or stroke, be hospitalized for the chest pain of angina, or need a procedure to open blocked heart arteries. American Heart Association President Dan Jones, MD, dean of the University of Mississippi School of Medicine in Jackson, tells WebMD that he hopes the findings will propel more "people to think about starting with combination therapy" to lower blood pressure. Treatment with a single drug often isn't effective, he explains.

But Jones says more study is needed before he would conclude that a combination of an ACE inhibitor and a calcium channel blocker is the way to go.

"If you look at the totality of all the trials that have been done, the results are mixed. And right now the state of knowledge is that it is lowering blood pressure, not how you get there, that's the more important thing," Jones says

"As a result, we should focus on whatever combination gets you to your target blood pressure without causing adverse events," Jones says. That could mean a combination of any of the five classes of drugs known to lower blood pressure; diuretics, ACE inhibitors, calcium channel blockers, beta-blockers, and angiotensin receptor blockers.