

Frackson Health Care

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Our office will be closed for Christmas holidays on Monday December 26th and Tuesday December 27th. Merry Christmas!

Don't forget to bring in your non-perishable food donations for our food drive. Each donation gets you an entry to win our prize basket. Draw date is Friday December 16th. Thanks for helping.

3 Steps to Better Health

Sleep More

We've become a culture of sleep deprivation rather than rest; there are so many things to do and so little time to do them that we often sacrifice what we need most for good health: sleep. Poor sleep contributes to fatigue and irritability in the short term and is linked to serious health conditions in the long term. So tonight, turn in early and get the sleep your body and mind deserve.

Eat Less

Excess - another cultural staple that wreaks havoc on our bodies and leads to obesity, cardiovascular disease, diabetes and more. Portion control is a major step toward attaining and maintaining a healthy weight, as is eating less overall. Too many of us fall victim to the buffet and "super size" mentality, rather than eating frequent small meals that will fuel your body the right way.

Keep Moving

With obesity at an all-time high and on the rise, there's no better time to get off the couch and start moving. It's a simple concept: When your body moves, good things happen - increased metabolism, fat loss, better circulation; and when it doesn't move, you're setting the stage for all sorts of negative consequences, including weight gain, various diseases and even cancer.

<http://www.toyourhealth.com/mpacms/tyh/article.php?id=1264>

Blood Pressure Meds: Is There a Better Option?

High blood pressure is no laughing matter, but common BP-lowering medications may have their own problems. Untreated high blood pressure weakens arteries and stresses the heart, increasing the risk of heart attack or stroke, but two classes of blood pressure medications may increase the risk of depression, according to research published this month in the American Heart Association journal Hypertension.

Study results implicated beta blockers or calcium channel antagonists as problematic, with users twice as likely to be admitted into the hospital with a mood disorder, such as severe depression than patients taking angiotensin antagonists (ACE inhibitors).

While the study found that users of ACE inhibitors actually had a lower risk of mood disorders, let's not overlook the fact that nondrug alternatives to medication are recommended in many cases. According to the American Heart Association, here's what you can do without drugs to reduce your risk:

Eat a better diet, which may include reducing salt

Enjoy regular physical activity

Maintain a healthy weight

Manage stress

Avoid tobacco smoke

Limit alcohol intake

Understand hot tub safety

To learn more about high blood pressure and prevention techniques, visit www.heart.org. For help adopting the above and other heart-healthy lifestyle habits, talk to your doctor.

<http://www.toyourhealth.com/mpacms/tyh/article.php?id=2307>