

ST. LUKE'S

spirit OF women®

WINTER 2018



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ROLLER COASTER:**

One woman's success story

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St. Luke's
HOSPITAL

Spirit of **Women®**

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With Spirit



This year, we celebrate you

As the new year approaches, we often feel a renewed energy to focus on improvements. For many of us, our goals tend to focus around our health. We start each year wanting to feel better, whether it's improving our physical, mental or spiritual health or all three. But sometimes we lose our focus while trying to meet all of life's demands.

At St. Luke's, our focus in 2019 is about celebrating your health style. All of our classes and events are designed specifically for you and your family to fit your unique style. We believe it's never too early to celebrate and it's never too late to discover what makes you, you.

In this edition, you will find:

- Details on our next Girl Talk event, which will teach every young girl that what makes her different, also makes her beautiful
- An inspirational story from Wendi, who has made positive life changes through weight loss surgery and celebrates her healthiest and best life
- Tips on choosing a pair of stylish, but comfortable boots that don't compromise foot health

We are thrilled you have invited us to be a part of your health journey. With a local network of over 16,000 women focused on taking action for their health, we can find support within one another to help accomplish our goals this year.

In the spirit of great health,

Mary Pfenning, RN, MSN,
Spirit of Women Network Coordinator

Jan Hess, St. Luke's Hospital
Vice President and Executive Sponsor
of St. Luke's Spirit of Women

DRUMROLL, PLEASE...

St. Luke's Hospital was recognized by Healthgrades™ as one of America's 50 Best Hospitals for Cardiac Surgery and is the only Missouri hospital to achieve this recognition. St. Luke's Hospital is also a recipient of the Healthgrades Outstanding Patient Experience Award™ from 2011-2018.

And for the fourth year in a row, St. Luke's Hospital has earned the Women's Choice Award® as one of America's Best Hospitals. The 2018 award recognizes St. Luke's as one of America's Best Hospitals for Heart Care, Cancer Care, Maternity Care and Orthopedics, as well as one of America's Best Breast Centers and Stroke Centers. The award is based on clinical excellence, patient satisfaction and what women want in a hospital experience.



UPCOMING SPIRIT OF WOMEN EVENTS

GIRL TALK: BE YOUR OWN KIND OF BEAUTIFUL

Saturday, January 19

St. Luke's Hospital, Institute for Health Education

Every girl is unique and that is what makes her beautiful. However, in the age of social media and online bullying, it can be a challenge for young girls to feel comfortable celebrating their own style and recognizing their inner strengths. Be Your Own Kind of Beautiful is a free program that offers preteen girls ages 11 and older a chance to celebrate their individuality and spend an informative, inspiring and fun afternoon with the important adults who have a positive influence in their lives. Interactive sessions and health experts will remind them why they need to recognize their inner beauty, celebrate their differences and focus on their positive attributes as they navigate through the preteen years and beyond. The event is **free**, but registration is limited. To register, visit stlukes-stl.com. Questions? Call 314-542-4848.



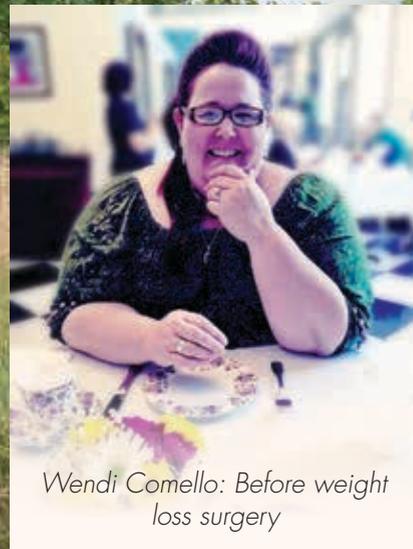
ST. LUKE'S HOSPITAL DAY OF DANCE

Saturday, February 23

DoubleTree Hotel and Conference Center, Chesterfield

Get out of the house and onto the dance floor for the largest dance party in St. Louis! Learn the latest dance steps and the moves for better health with a morning packed with dance fitness demonstrations, health screenings and health information. The event is **free**, but registration is limited. To register, visit stlukes-stl.com. Questions? Call 314-205-6706.





Wendi Comello: Before weight loss surgery

Weight loss surgery is generally designed for those with a body mass index (BMI) equal to or greater than 40, or equal to or greater than 35 with serious co-morbidities. Weight loss procedures are considered safe, but like many types of medical intervention, they do have risks. Consult with your physician about the risks and benefits of weight loss procedures. For more information, visit stlukes-stl.com/mynewself or call St. Luke's Des Peres Hospital's MyNewSelf program at 314-966-9640.

LETTERS TO LUKE'S

My Weight Loss Roller Coaster

By Wendi Comello

I remember my first diet when I was 7; the constant visits with nutritionists and weight loss clinics. I remember I couldn't eat normal kid food without feeling shame. My mother was a fitness instructor - lean, fit and beautiful - so why did I turn out to be the chunky kid? I lived my adult life struggling back and forth between self-acceptance and self-loathing. I would continue riding the weight loss roller coaster of diets that would ultimately fail, weight loss pills that made me sick and exercise programs I couldn't stick to because they hurt.

Although my doctor visits indicated that though I was morbidly obese and in my 40s, my blood pressure was normal and there were no signs of diabetes... yet. But at 45 years old and almost 400 pounds, I knew I was living on borrowed time, so I got serious. I realized that I had to make a permanent change if I wanted to be on this earth to watch my daughter grow up. So I researched all the different forms of weight loss surgery and decided to find a doctor who could perform a Vertical Sleeve Gastrectomy.

After extensive research, I selected and met with Dr. Darin Minkin, the medical director of the St. Luke's Des Peres Hospital's MyNewSelf program. During the pre-operative process, I was diagnosed with fatty liver disease. My reason for making such a permanent change just got real. Shortly thereafter, I had a gall bladder attack at work and was rushed into emergency surgery to have my gall bladder removed. The surgeon again told me I had not only fatty liver disease, but my liver was inflamed and infected. The occasional swelling in my legs and feet were now becoming permanent and the pain in my legs never stopped. It was like the universe was sending me signs so that I wouldn't back out of the weight loss surgery. I had my laparoscopic Vertical Sleeve Gastrectomy on July 7, 2016. It might as well have been my birthday.

My surgery experience was great and it didn't take long for me to recover. I was back to work pretty quickly and watched the pounds fall off. But of course, I kept waiting for this weight loss endeavor to fail. Since everything else I had tried failed, I was sure this

would too. But here I am now, 175 pounds lighter and I can move again. Exercise doesn't hurt. My fatty liver disease is gone and my ankles and feet aren't swollen any longer. I can also shop anywhere - this is such a big change that I found tears falling down my face at a recent trip to the mall. I realized that I could walk into any store and pick up something on a rack and it would fit; even in the stores my teenage daughter was shopping in! For the first time in my life, all the stores in the mall were for me too, not just the accessory and candle stores. I finally belonged in what I considered a "normal" society.

As I look back, I didn't realize all the things I did differently because I was obese. I didn't fly because I couldn't fit in the seat, so every trip was a road trip. I sat in the front seat of friends' cars, because the seatbelts in the back never fit. I automatically chose places to go and restaurants based on the seating. I avoided places with excessive standing, stairs or hills to climb. Those days are now over. I can go anywhere and do anything; I can even fit on all the rides at Six Flags! My stamina shocks me daily and the changes I have experienced would take me days to write down.

If there was one message I want others to know about this process, it is that it is never too late to start over. I am now 47 and feel like I am 27. Thanks to Dr. Minkin and the wonderful staff at MyNewSelf, I have a new life. I am ready for anything so bring on the next adventure!

This testimonial reflects results achieved by this patient. As each case must be independently evaluated and managed, actual weight loss will vary and we cannot guarantee any particular result.

Do you have an inspirational story about taking control of your health? Send us a letter! Our #LettersToLukes campaign allows us to share our stories to celebrate accomplishments and motivate one another to live our healthiest, best life! Letters can be sent to spiritofwomen@stlukes-stl.com.

All in the *family:*

When someone you
love abuses opioids

By Sandra Gordon

Opioid addiction is an equal opportunity illness, so chances are good that you know someone impacted by abuse of these drugs—perhaps even someone in your own family.

In 2016, 2.1 million Americans had an opioid use disorder, according to the U.S. Department of Health and Human Services, and more than 41,000 people died from an opioid overdose in that year alone. Even when prescribed by a doctor, regular use of opioids—including prescription pain relievers such as oxycodone (Percocet, OxyContin), hydrocodone (Vicodin) and synthetic opioids (fentanyl), along with illegal heroin—can lead to addiction, overdoses and deaths. It can affect everyone from teens and young adults who begin using opioids after having their wisdom teeth pulled to young parents and busy business executives. And it can be painful to witness.

“Trying to help someone with opioid addiction can be as draining as watching someone slowly pass away from terminal cancer,” says Jonathan Gary, who heads a drug addiction treatment center in Florida.

Aside from court-ordered rehabilitation, you can't force someone into treatment, even if it's desperately needed. And even court-ordered rehab may not help in the long-term. If an addict isn't ready to quit, he or she can return to the same cycle.

In the meantime, however, you can help both yourself and the addicted person. Here are some of the most effective ways to cope when a loved one is in the grips of this frustrating disease.

→ **Be proactive.** You never know when your loved one will say she's ready to enter treatment. In case it's today, have an action plan that's ready to execute on a moment's notice. You can even enlist her help by saying, for example, "If you were to seek treatment, where would you like to go?"

Ask your loved one to give you permission to work with her insurance company to see which in-patient detox and residential treatment options might be covered, and what the procedure is for getting professional help. If she doesn't have health insurance, find out what her treatment options are by contacting the U.S. government's Substance Abuse and Mental Health Services Administration (SAMHSA) helpline at 1-800-662-4357.

→ **Provide a listening ear.** Until an addict wants to get well, "give them an opportunity to tell their side of the story about how they got into this situation," Gary says. What you hear may sound like excuses, such as "I'm going through a divorce, and I've been under a lot of stress." Even if you don't agree, listen without judgment. Your goal is to build trust so your loved one will come to you when he or she decides to start the treatment process.

"Then, strike when the iron is hot," says Gary, and kick the treatment plan into gear.

→ **Provide success stories.** People addicted to opioids can become isolated. "The disorder wants to live in the dark, away from exposure," says Dr. Neeraj Gandotra, an instructor of psychiatry and behavioral sciences and clinical associate at the Johns Hopkins University School of Medicine.

But seeing examples of people who've made it out can be motivating. Shed light on the disorder by sending your loved one links to recovery success stories, or arrange to have her meet with people she personally knows in recovery who have gotten back their career, their marriage or their family. "When users see those stories again and again, it gives them hope," Gary says.

Seeing examples of people who've made it out can help motivate an addict to seek treatment.



How opioid addiction works

Addiction is a risk for anyone who takes opioids repeatedly over a period of time. At first, an opioid user feels euphoric because the drug triggers the release of feel-good neurotransmitters called endorphins. In time, though, the body doesn't produce as many endorphins in response to the drug. Without taking more and more of the opioid, the user can experience withdrawal and other negative symptoms.

Opioid addiction is tough to break free of because opioids can be particularly stealthy at changing the brain's structure to reduce a person's ability to control his or her substance use.

→ **Don't be a rescuer.** Although opioid addiction can be a downward spiral, users don't have to hit rock bottom to be ready for treatment. "But they do have to get a scare," Dr. Gandotra says. "Most of the time, it's a run-in with law enforcement, some sort of shame that has manifested as a result of their use."

Whatever the incident, don't bail out the person by, for example, giving him money or letting him stay at your house. Let your loved one suffer the consequences. "When users have gone through a lot, that's when they start making those hard decisions, such as: 'Do I really want to keep being homeless and not having food, or is it time to do something better?'" Gary says.

STRESS-LESS HEART

NEW CARDIAC PET IMAGING PROVIDES GREATER ACCURACY AND REDUCED EXAM TIMES

While there are common signs and symptoms of heart disease, it is important to understand the ways that men and women experience heart disease differently.

Over the last three decades, more women have died from heart disease than men; yet women actually have heart disease less often. Why is there this discrepancy? Part of the reason that women die from heart disease more often is because of under-testing and under-treatment of those women who are at high-risk for the disease. And the way we test for heart disease also matters. Traditional screening tests, such as stress tests and cardiac catheterization, can be limited in what they detect. Nearly 1 in 2 women, compared to only about 1 in 5 men, who undergo this type of traditional evaluation do not show significant blockages on cardiac catheterization, meaning that some evidence of disease may be missed.

In these cases, cardiac PET imaging can make all the difference. "A cardiac stress PET can potentially identify microvascular disease, by accurately measuring blood flow to the heart both at rest and during the stress test, and can provide pivotal clues for this diagnosis," says Dr. Vikram Agarwal, the director of non-invasive cardiology and an expert in multi-modality cardiovascular imaging at St. Luke's Hospital. "This not only helps attain a diagnosis which could have been missed by traditional tests, but also helps tailor treatment to the management of this challenging disease process," says Dr. Agarwal.

To increase the accuracy during the diagnosis process, St. Luke's Hospital offers Cardiac PET Rubidium-82 myocardial perfusion imaging, an exam used to evaluate the health of your heart by measuring the blood flow that it receives. This exam will help your doctor determine if



Vikram Agarwal, MD

you should have follow-up treatment, or if you are already being treated for a heart-related condition, it can help your doctor manage your treatment.

The Cardiac PET Rubidium imaging exam must be ordered by a physician and authorized by insurance for any patient with symptoms of heart disease or who needs a stress test to assess blood flow to the heart. For more information about a physician order, insurance or for exam details, please call **314-205-6538**.

St. Luke's Hospital's Heart & Vascular Institute is the only hospital in the St. Louis Metropolitan Area offering Cardiac PET Rubidium-82 myocardial perfusion imaging and studies show the following advantages over other methods:

-  Greatest accuracy of all stress testing
-  Performs in as little as 30 minutes
-  Substantially lower radiation*
-  Performs well for patients with high BMI or inconclusive previous stress tests

*Compared to other methods.

St. Luke's Hospital named one of America's 50 Best Hospitals for Cardiac Surgery and is the only Missouri hospital to achieve this recognition.



In alliance with



St. Luke's Hospital's Heart and Vascular Institute is in alliance with Cleveland Clinic Heart & Vascular Institute, ranked No. 1 in the nation for heart care since 1995 by U.S. News & World Report.

Pick a pair of *comfy* boots

Nothing pulls together fall and winter outfits like a great pair of boots. But what looks good with the latest styles isn't always good for your feet.

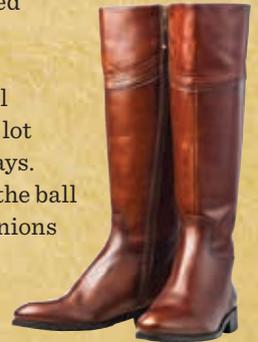
Wearing the wrong pair of boots can contribute to a host of foot and other health problems. "Bad boots can also increase your risk for falling," says Dr. Jacqueline Sutera, a podiatrist in New York City.

But you don't have to sacrifice fashion for comfort. These smart steps can help keep your feet in good standing.

» **Check out the toe box.** When you're shopping, look for boots with a toe box that's rounded or slightly square instead of pointy. "You want plenty of room for your toes," Dr. Sutera says. Scrunched-up toes can contribute to bunions, hammertoes and bone spurs and make walking uncomfortable.

And it's a mistake to think you'll stretch out snug boots just by wearing them. "Using your toes to break in boots can encourage bunions, hammertoes, pinched nerves and nail damage," Dr. Sutera says.

» **Go for a low heel.** Choose boots with a heel height of 2 inches or lower. "After 2 inches, a lot of damage can start to happen," Dr. Sutera says. With an elevated heel, your weight shifts to the ball of your foot, which can also contribute to bunions and hammertoes and change your skeletal alignment, which paves the way for knee and back pain.



» **Look for a chunky, wedge or platform heel.** Compared with footwear with a stiletto or thin stacked heel, boots with chunky, wedge or platform heels offer more stability. "They distribute your body weight over a greater surface area," says Dr. Sutera.

» **Choose a healthy boot brand.** Vionics, for example, offers boots with deep-seated heel cup technology that keeps your feet secure, padded and cushioned. "Vionics makes a boot that's superior," says Dr. Sutera, who owns seven pairs. She also favors Clarks and ECCO boots for their cushioning and arch support.

» **Spring for a new pair.** Boots can be expensive, which is why women tend to hold on to the same pair for years, even decades. But a worn heel or deformed sole can cause your foot to strike the ground at an odd angle, setting the stage for ankle sprains, tendonitis, plantar fasciitis and loss of balance.

"Boots that are old and worn can be as bad for your feet as choosing the wrong style," Dr. Sutera says.



“I can’t do what I used to do, so I’m trying to feel as good as I can and trying to be motivated, to encourage other people and inspire them to keep active.”

Dorothy
HAMILL

Jumping into life after skating

By Elizabeth Brewster

Olympic gold medalist Dorothy Hamill discovered her passion for ice skating at age 8 and never looked back—until she was forced to hang up her figure skates after more than 50 years due to back problems.

Today the 62-year-old, still sporting her trademark bobbed hairstyle, is reinventing her life sans skating, and she admits that it's an ongoing process.

"I can't do what I used to do, so I'm trying to feel as good as I can and trying to be motivated, to encourage other people and inspire them to keep active," says Hamill, who lives in Baltimore with her husband and their Cavalier King Charles spaniel. "I try to find [physical] things I really enjoy doing. I take tennis lessons, bike a little bit, I walk a bunch and I like to hike. I don't think I'll find anything that I like as much as skating, although I do love being outside and walking the dog."

In the mood

Hamill has given her life to the sport of figure skating, developing the "Hamill camel" spin move, and headlining ice shows for many years after her 1976 Olympic championship. Skating has been her respite and her love, says Hamill, but she is learning that she can use other strategies to help fill those roles. Like others in her family, she has suffered from depression at different points in her life, she says, and exercise has been an important coping mechanism.

"Skating is mood-altering in so many ways because of the music—I loved the freedom of it," she says. "So I'm trying to find other things that are very important

for mood, like being outside.

"I'm also trying to get the right mix of vitamins and sleep, and I do have doctors whom I work closely with," she adds. "Since my breast cancer [in 2008], it's always a bit of a challenge just trying to keep on the right

track and to be aware when

I'm feeling as if I'm kind of sinking. I'm lucky that I have great people that I've been able to talk to and work with."

The more things change...

Hamill, who has published two autobiographies about her life, continues to stay in the public eye through her work advocating for women's health. In addition to participating in the 16th season of the ABC-TV show "Dancing with the Stars," she took on a new challenge last year as one of 16 celebrities competing on the Food Network TV series "Chopped," where she narrowly missed out on advancing to the final round.

One part of Hamill's life that hasn't changed over the years is that signature hairstyle, which inspired a generation of girls in the 1970s to cut off their long locks in favor of a short and sassy look. Hamill says she did try growing her hair longer once, a few years before she stopped touring in ice shows.

"I wanted a ballet bun with bangs pulled back, because I don't like hair on my neck when I'm skating. But the producer of the show said you have to cut your hair—it doesn't look like you!" she laughs. "My mother was so right [when she always insisted on a short haircut for Hamill]."



Dorothy Hamill's 6 easy tips for living healthy

Stay on the move. Add steps wherever you can by taking the stairs instead of the elevator and parking in the farthest spot away from the store doors.

Supplement a balanced diet with vitamins if needed. Talk to your physician about filling in any nutritional gaps with vitamins or supplements.

Find physical activities to be passionate about. Don't just count the minutes until your workout is over—seek out activities that you can get excited about doing, like hiking, biking, dog walking, etc.

Don't be afraid to experiment. Try new things to mix up your leisure time activities. You might be surprised by a newfound interest in music, art, dance or a long-forgotten hobby from your youth.

Plan ahead. Schedule physical activity into your week at the start, and keep a stockpile of healthy foods at home so you're not tempted by takeout at the end of a busy day.

Practice holistic health. It's all of the small moments that add up to a healthy lifestyle. Boost your overall wellness by adopting a variety of wellness strategies rather than looking for one quick fix.

Healthy Eating

Vitamin

D *for delicious*

By Bev Bennett



Don't let winter's darkened skies cast a shadow on your nutritional wellbeing by robbing you of adequate vitamin D. Even if you don't live in a region where you can take advantage of year-round direct noonday sunshine, you can make vitamin D-rich foods an important part of your meals this winter season.

"Vitamin D affects almost every cell in the body," says Joan Lappe, Criss/Beirne Professor of Nursing and investigator at the Osteoporosis Research Center at Creighton University, Omaha, Neb. "Lung cells, mammary tissue all depend on vitamin D for optimal function."

Bone cells are dependent on the vitamin to build new bone and get rid of old bone, she says. In addition, researchers are investigating vitamin D's potential to reduce the risk of certain cancers, including colorectal and breast cancers,

“
Vitamin D affects almost every cell in the body.”

Joan Lappe, Osteoporosis Research Center at Creighton University

says Robin Foroutan, a registered dietitian nutritionist in New York City and spokesperson for the Academy of Nutrition and Dietetics.

Researchers also are looking at the role of vitamin D in immune function, and a healthy immune system may result in reduced risk of colds, according to Foroutan.

Vitamin D by the numbers

How much vitamin D should you be getting? The Recommended

Dietary Allowance (RDA) for vitamin D is 600 International Units (IU) a day for adults until age 71. Adults 71 and older are advised to get 800 IUs daily. However, many health experts recommend a higher intake.

Even though it's a powerhouse nutrient, vitamin D is relatively uncommon in food. But there are some tasty sources of the vitamin that you may want to eat more often in the winter. Your best bets are fatty fish, including sockeye salmon (about 450 IUs in 3 ounces cooked) and tuna (154 IUs in 3 ounces canned), along with fortified foods such as orange juice (137 IUs per cup) and milk (115 to 124 IUs per cup). You'll also find vitamin D in beef liver, egg yolks and some fortified breakfast cereals.

Supplemental insurance

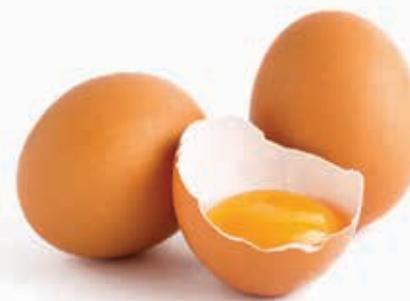
Can you get as much vitamin D as your body requires from diet alone? That can be challenging, says Lappe, who is also a registered nurse and believes in getting nutrients from food rather than supplements whenever possible. In addition, there are genetic variances in people's ability to convert the vitamin, according to Lappe.

To find out whether you're getting enough vitamin D, ask your health care provider whether a vitamin D blood test is appropriate for you, and whether you should be taking a supplement and in what dosage. Both Lappe and Foroutan recommend supplements of vitamin D3 instead of D2.

"There is some evidence that vitamin D3 is more effective," according to Lappe.

Best food sources of vitamin D

- Sockeye salmon
- Tuna
- Beef liver
- Egg yolks
- Fortified orange juice
- Fortified milk
- Fortified breakfast cereal



Recipe

This salmon chowder recipe is fast, delicious and rich in vitamin D. Choose wild-caught canned salmon, which has a higher vitamin D content than farm-raised.

Winter Salmon Chowder

- 1 cup small red-skinned potatoes, cut into bite-size pieces (about 8 to 12 potatoes)
- 3 medium carrots, peeled and sliced about 1/3-inch thick (1 cup sliced)
- 1 tablespoon butter
- 1 small onion, peeled and diced
- 1 medium green bell pepper, cored, seeded and diced
- 2 tablespoons flour
- 3 cups reduced-fat milk fortified with vitamin D
- 1 (14.5-ounce) can sockeye salmon, drained and flaked
- 1/2 to 3/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/8 teaspoon dried, crushed thyme
- 1/4 cup minced green onion, tops only

Place potatoes and carrots in medium pot with water to cover. Bring to a boil over high heat. Reduce heat to medium and cook until vegetables are tender but not mushy, about 20 minutes.

Meanwhile, melt butter in large pot over medium heat. Add onion and bell pepper. Cook, stirring frequently, until onion is transparent, about 5 minutes. Stir in flour.

Gradually add milk, stirring constantly and scraping up any browned bits in pot.

Drain potatoes and carrots. Add to soup. Add salmon, 1/2 teaspoon salt, pepper and thyme. Simmer over low heat 10 minutes for flavors to blend. Sprinkle green onion on top. Taste chowder and add remaining 1/4 teaspoon salt if desired.

Makes 4 (1-1/4-cup) servings

Per serving: 370 calories / 14 grams total fat / 32 grams protein / 27.5 grams carbohydrates / 91.5 milligrams cholesterol / 760 milligrams sodium / 2.5 grams dietary fiber

Each serving also has about 650 International Units of vitamin D.



Fighting back against postmenopausal weight gain

As you make the transition into your postmenopausal years, you may notice you've gained a little weight and your clothes fit more snugly, especially around the waistline. You're not alone.

"It's normal to gain some weight [after menopause]. A lot has to do with hormone shifts," says Rahaf Al Bochi, an Atlanta-based registered dietitian nutritionist and spokesperson for the Academy of Nutrition and Dietetics. After menopause you'll have less muscle and more fat, your body will use less energy and you'll require fewer calories.

"This is when we start to see increased risk for heart conditions," she says. "Cholesterol is on the rise, [and] blood pressure is higher."

But instead of just turning to a weight-loss app, now is a good time to assess your diet and your lifestyle so you can make changes that boost your long-term health.

Protein power

You may need more protein as you age, according to Barbara Rolls, professor and Helen A. Guthrie Chair of Nutritional Sciences at Penn State in University Park. The protein link at www.choosemyplate.gov provides government recommendations of 5-ounce equivalents daily for women age 51 or older, although many nutrition experts counsel greater amounts of protein for older women than those in the guidelines.

Protein, which helps preserve muscle mass, should be eaten at every meal because your body doesn't store it well, according to nutrition researchers. For example, top your lunch salad with 3 ounces of lean meat or fish, says Bochi.

"You can choose from a lot of interesting proteins. It doesn't have to be meat," says Rolls, who suggests beans, nuts, cheese and yogurt as protein sources.

Bone up on nutritious foods

In addition, eat to protect your bones during and after menopause. "Make sure in your menopausal stage you get enough calcium, vitamins and vitamin D," says Rolls. "Women lose bone faster during the menopausal time. Dairy is very important."

Fruits and vegetables also should be on your shopping list and in your kitchen, says Rebecca Scritchfield, a registered dietitian nutritionist in Washington, D.C.



Even on carryout nights, you can add vegetables to the meal, and piling on low-calorie vegetables will help you feel full on fewer calories, according to Rolls, who is the author of "The Ultimate Volumetrics Diet" (William Morrow Cookbooks, 2013).

Although dietitians don't recommend obsessively counting calories, they do promote mindful eating, keeping your attention on the texture and flavor of the food.

Time to get physical

It's essential to include strength and resistance exercise, along with physical activity, to maintain both muscle and a healthy weight after menopause, says Bochi.

"Make it a joyful walk. Go to strength-training class," says Scritchfield, author of "Body Kindness: Transform Your Health from the Inside Out—and Never Say Diet Again" (Workman Publishing Co., 2016).

But be realistic as you make adjustments to your diet and exercise regimen. Understand that changes to your body weight after menopause are normal, and create the best lifestyle you possible can, Bochi says.

Looking for a **DOCTOR?**

For more information on these physicians or help finding a doctor, contact St. Luke's Physician Referral Service at 314-205-6060 or visit stlukes-stl.com.

PRIMARY CARE



Brenda Buckley, MD
Family Medicine
 Premier Medical Physicians
 1747 Smizer Station Rd., Ste. 5
 Fenton, MO 63026
 636-529-7000

Areas of interest/experience:
 Dr. Buckley provides care for patients age 6 and older, including preventive

care, sports medicine, chronic disease management, as well as, removal of skin lesions, immunizations and women's healthcare.



Anahit Danielyan, MD
Internal Medicine
 Premier Medical Physicians
 8790 Watson Rd., Ste. 103
 St. Louis, MO 63119
 314-729-1725

Areas of interest/experience:
 Dr. Danielyan has a passion for working with patients of all ages, but

focuses on patients age 17 and older. She offers physicals, general wellness services, preoperative screenings, EKGs and disease management for chronic conditions such as high blood pressure, diabetes and weight.



Allison Flammang, DO
Family Medicine
 Premier Medical Physicians
 2325 Dougherty Ferry Rd., Ste. 104
 St. Louis, MO 63122
 314-821-6889

Areas of interest/experience:
 Dr. Flammang provides comprehensive family medical care for children age

12 and older as well as adults and seniors. She specializes in women's health, preventative care and wellness for all her patients.

PULMONOLOGY



Meena Murugappan, MD
 Cardio-Pulmonary Associates
 222 S. Woods Mill Rd., Ste. 310 North
 Chesterfield, MO 63017
 314-682-3630

Areas of interest/experience:
 Dr. Murugappan is a board-certified pulmonologist with a special interest in asthma, COPD, pulmonary

hypertension and interstitial lung disease. She is skilled at advanced bronchoscopy with endobronchial ultrasound and superDimension™ navigational bronchoscopy for diagnosis and management of lung cancer as well as pleural and parenchymal lung disease.

GASTROENTEROLOGY



Elie Chahla, MD
 Digestive Consultants
 224 S. Woods Mill Rd., Ste. 410 South
 Chesterfield, MO 63017
 636-685-7795

Areas of interest/experience: Board-certified in gastroenterology and internal medicine, Elie Chahla, MD, has expertise in the prevention,

diagnosis and treatment of digestive tract and liver disorders. This includes conditions involving the esophagus, stomach, small intestine, colon, pancreas, liver and gallbladder.

NEUROLOGY



Ayman Daoud, MD
 Neurosurgery & Neurology
 111 St. Luke's Center Dr., Ste. 20 B
 Chesterfield, MO 63017
 636-685-7745

Areas of interest/experience: Dr. Daoud is a board-certified neurologist that specializes in diagnosing and treating neuromuscular conditions including

myopathy, neuropathy, myasthenia gravis and ALS, headaches, epilepsy, multiple sclerosis, dementia, infections of the nervous system and spinal cord disorders.



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