

ST. LUKE'S

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WINTER 2020

Pro golfer

## Brittany Lincicome:

Staying the course  
as a new mom

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How to get the most from  
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 **St. Luke's  
HOSPITAL**

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## With Spirit

### Embracing the new “normal”

The COVID-19 pandemic continues to impact our everyday lives, and many of us are trying to adapt to what seems like constant change. From working and schooling at home to performing routine tasks like grocery shopping or running errands, we've had to develop new ways of doing things to stay healthy and safe.

As we enter a new year, typically a time of hope and renewal, you may be feeling overwhelmed which can affect your health and wellbeing. While limits are placed on us due to the pandemic, we still have access to many services, including healthcare. St. Luke's facilities are safe, welcoming and prepared to provide you and your family with the best care. St. Luke's also offers virtual visits so you can speak with your doctor from the comfort of your home or office. In this issue, we include articles to help you stay on track with your health, especially during the pandemic:

- “Virtual realities: Getting the most from your telemedicine visit”
  - Learn about scheduling virtual visits and maximizing time with your provider.
- “Top 3 ways to lower blood pressure”
  - Juggling multiple priorities at home and work can affect your blood pressure. Help manage it with these easy tips.
- “Freezer fare: Cooking ahead for convenience”
  - Healthy freezer meals and delicious recipes to make ahead.

As a Spirit of Women member, you've made the commitment to thrive, even during this ongoing health crisis. We're here to support you, backed by a local network of over 16,000 women who are ready to help you accomplish your goals.

In the spirit of good health,

*Sharon, Dawn and Mary*

Sharon Mertzlufft, St. Luke's Hospital Network Vice President and Executive Director of Development, Marketing and Community Affairs and Executive Sponsor of St. Luke's Spirit of Women

Dawn DuBois, MHS, C-EP, Director of Community Outreach

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Information contained herein is not intended as a substitute for professional medical advice. If you have medical concerns, seek the guidance of a healthcare professional.

## WHEN YOU'RE EXPECTING... EXPECT EXCEPTIONAL AT ST. LUKE'S

Your baby's birth will be one of life's most special events. Your pregnancy and birth experience should be, too. With a maternity nurse navigator, all-private birth suites, excellent nursing staff and a state-of-the-art Neonatal Special Care Nursery to care for preemies, St. Luke's has everything expectant moms and babies need for a personal, more intimate birth experience and exceptional care.

See for yourself why it's the right place to welcome your baby into the world. Visit [stlukes-stl.com/maternity](http://stlukes-stl.com/maternity) or call 314-205-6385 to take a tour and learn more.



## ST. LUKE'S URGENT CARE – ARNOLD NOW OPEN

St. Luke's newest urgent care location in Arnold is now open to serve patients. The Arnold location is St. Luke's first urgent care location in Jefferson County, and is located at 832 Arnold Commons. The center provides patients of all ages with treatment for minor medical emergencies such as earaches, cuts and insect bites to more severe injuries like sprains and broken bones. Board-certified physicians and nurse practitioners are on-site to conduct sports and camp physicals, administer vaccinations and test for viral and bacterial infections such as COVID-19, flu, respiratory syncytial virus (RSV) and strep throat. The facility also offers diagnostic radiology services and lab services.

Walk-ins are welcome. You can check-in and register online at [stlukes-stl.com/urgent-care](http://stlukes-stl.com/urgent-care) before your visit or request a virtual video visit.



## ST. LUKE'S OFFERS ONLINE SCHEDULING FOR MAMMOGRAMS

Now, scheduling your yearly mammogram at St. Luke's is even easier. You can schedule mammography appointments online for one of our two St. Luke's Women's Centers, as well as our Mobile Mammography Van. Visit [stlukes-stl.com/mammography](http://stlukes-stl.com/mammography) for more details and to check-in!



## TOP 3 WAYS TO LOWER HIGH BLOOD PRESSURE

**Y**ou usually can't see or feel high blood pressure—so unlike, say, nausea or fainting, it can be easy to ignore. But over time, unmanaged high blood pressure (hypertension) can lead to serious health problems, including heart disease, stroke and kidney disease.

“As the heart pumps, blood pressure is the force of circulation blood against arteries in your body,” says Dr. Craig Reiss, a cardiologist at St. Luke’s Hospital.

An estimated 70 percent of the U.S. adult population has blood pressure higher than 130/80 mmHg (millimeters of mercury), although normal blood pressure of 120/80 or less is the goal. According to the Centers for Disease Control and Prevention, only about 1 in 4 adults with high blood pressure has the condition under control.

It doesn't have to be that way, though. There's a lot you can do to manage your blood pressure. Based on the latest medical updates, here are three important steps you can take to help keep your blood pressure at a healthy level.



According to the Centers for Disease Control and Prevention, only about 1 in 4 adults with high blood pressure has it under control.

### 1 Push yourself.

If you're diagnosed with high blood pressure, your doctor may suggest focusing on lifestyle changes first before prescribing medication: losing weight, reducing caffeine to less than 300 mg per day (about two to three cups of coffee), limiting alcohol to no more than two daily drinks (men) or one (women) and exercising 90 to 150 minutes per week.

Of those lifestyle changes, "you will get the most benefit from regular exercise," says Dr. Reiss. "Exercise can help manage many cardiovascular risk factors, including blood pressure control." Aerobic exercise like brisk walking or jogging has been shown to lower blood pressure by 5 to 7 mmHg in adults with hypertension, which is significant.

To maximize the blood pressure-lowering potential of exercise, try for even more than 90 to 150 minutes of weekly aerobic exercise. A report in *Current Hypertension Reports*, which reviewed 33 studies on blood pressure response to exercise, recommended aerobic exercise on most—and preferably all—days of the week, along with dynamic resistance training (strength training) on two to three days in that same week. This can lower blood pressure by 2 to 3 mmHg, according to the researchers, and reduce cardiovascular disease risk by 20 to 30 percent.

### 2 Do a mental reset.

There's an emotional component to high blood pressure that's gaining ground among researchers. Ongoing stress can set off a hormonal cascade that triggers the autonomic nervous system—the fight or flight response. "Your blood pressure is controlled by the autonomic nervous system," Dr. Reiss says. It can be helpful if you're running out of the way of an oncoming car. But it can chronically raise your blood pressure if it's constantly activated because you're worried about losing your job or paying the bills.

To gain better control of your blood pressure, train your mind to deactivate the autonomic nervous system in your

daily life. Physical activity is one way to help calm your nerves and another reason to be active. Consider adding meditation to the mix too. A study in the *International Journal of Hypertension* found that meditation techniques may produce small yet meaningful reductions in blood pressure. And don't skimp on rest. "Sleep can be an important component of managing your blood pressure," Dr. Reiss says.

### 3 Double up on medication.

Besides lifestyle, genetics plays a role in hypertension. "High blood pressure can run in families. If one or both of your parents has high blood pressure, you're more likely to have it too," says Dr. Sara Baig, a cardiologist at St. Luke's Hospital. Under those circumstances, you may need medication in addition to modifying your lifestyle to control your blood pressure.

Blood pressure-lowering medication is made up of four classes: diuretics, angiotensin-converting enzyme (ACE) inhibitors, angiotensin II receptor blockers (ARBs), and calcium channel blockers. "Taking any one of these four medications will help reduce blood pressure by 10 to 15 mmHg," says Dr. Baig.

Physicians now may opt to prescribe two of these medications at once in lower doses. "Combining two of these medications has a larger effect on reducing your blood pressure," she says.



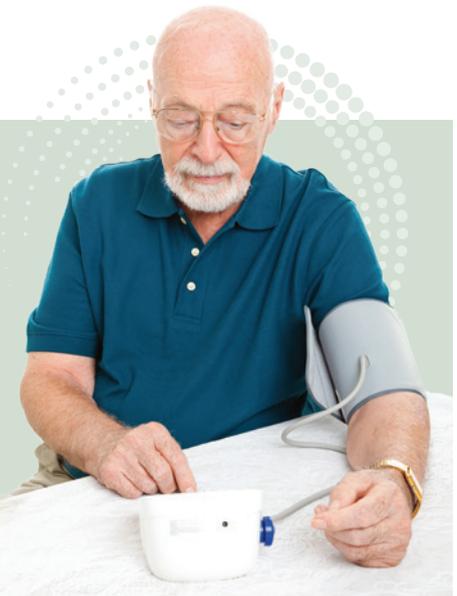
Find a heart specialist at St. Luke's Heart & Vascular Institute at [stlukes-stl.com/hearthealth](http://stlukes-stl.com/hearthealth) or call 314-205-6801.

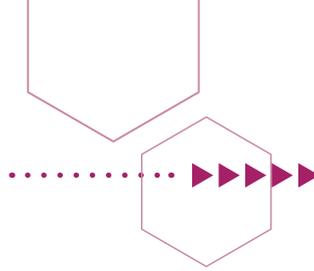
## How to buy a home blood pressure monitor

Do you really have high blood pressure, or is it just elevated in the doctor's office, a phenomenon known as white coat hypertension? To get a true assessment, check your blood pressure at home in the morning and evening; keep a log for one to two weeks or longer and bring it to your doctor.

Blood pressure monitors come with cuffs in pediatric, small adult, regular adult, and large and XL, depending on the diameter of your arm. Blood pressure monitors aren't regulated by the U.S. Food and Drug Administration, so visit [ValidateBP.org](http://ValidateBP.org) before shopping to select a home monitor that's clinically accurate.

For the most accurate home reading, buy an automatic home blood pressure monitor with an upper arm cuff, which measures blood pressure in the brachial artery, an artery close to the heart. "Make sure to choose a cuff that is the closest fit for the size of your arm," says Dr. Craig Reiss, a cardiologist with St. Luke's Hospital.





# Virtual realities:

## Make the most of your telemedicine visit

By Sandra Gordon

**Y**ou need to see the doctor, but the roads are icy, or the office has limited appointments available, or you can't afford to take time off from work. So why not let the doctor come to you virtually?

Telemedicine—personal video communication with a health care provider using your computer or mobile device—“has become more mainstream as a result of the [COVID-19] pandemic, and it's here to stay,” says Dr. Omid Zad, a board-certified internal medicine and critical care medicine physician in Florida and founder of a private primary care telemedicine service.

It's becoming clearer that telemedicine can get the job done. A study in the *American Journal of Managed Care* found that video visits can successfully replace office visits without sacrificing the quality of care and communication. Researchers surveyed 254 established patients and 61 physicians who participated in a hospital virtual video visit program. Overall, 62 percent of the patients and 59 percent of the clinicians reported no difference in “the overall quality of the visit.” What surprised researchers was that 21 percent of the patients and one-third of the providers thought the overall quality of a video visit was better than an office visit.

Because virtual visits are visual, most of the time between patient and provider is spent face to face, compared with less than 20 percent of the time during a traditional visit.



**“Even cancer patients or those awaiting surgery can benefit from telehealth visits.”**

Nancy Brook, nurse practitioner, Palo Alto, Calif

Researchers concluded that video visits give patients more of what they want—the provider's attention—and less of what they don't want—time spent traveling and waiting.

### Determine if a virtual visit will work

Still, telemedicine isn't appropriate in every situation. Don't make a virtual appointment if you're experiencing symptoms that are potentially life-threatening, such as:

- Shortness of breath
- Chest pain
- Signs of stroke, such as numbness on one side of the body or speech difficulties
- Loss of consciousness
- Severe bleeding

Instead, seek emergency medical treatment by calling 911.

Similarly, telemedicine isn't an option for medical procedures that require a hands-on exam, such as a gynecological appointment. “But there's a large group of conditions that can be managed by telemedicine,” says Dr. Zad, including:

- **COVID-19 symptoms**, such as fever, cough and shortness of breath
- **Minor conditions**, such as pinkeye, cough/cold symptoms, lower back pain, urinary problems like urinary tract infections, ear pain, rash/skin problems, seasonal allergies, nausea/vomiting/diarrhea, neck pain, insect bites/tick bites, cold sores, flu symptoms and animal bites
- **Follow-up care for chronic conditions**, such as anemia, asthma, chronic kidney disease, congestive heart failure, diabetes, chronic obstructive pulmonary disease (COPD), high blood pressure and heart arrhythmias such as atrial fibrillation

Telemedicine is also appropriate for prescription refill check-ins, joint issues and many mental health problems.

“COVID has showed us that even cancer patients or those awaiting surgery can benefit from telehealth visits,” says Nancy Brook, a nurse practitioner in Palo Alto, Calif.



## Maximize your time

“Most telehealth visits are only about 15 minutes, so keep the purpose of your appointment front and center,” says Teri Dreher, a registered nurse and patient advocate in Chicago. Before your appointment, take time to:

→ **Be prepared to answer specific questions.** What are your symptoms, and when did they start? How do your symptoms affect your daily life? What medications do you take? “Keep a list of your medications handy to review with your doctor in case he/she doesn’t have access to them during the call,” Dreher says.

→ **Write down your questions and worries.** “Virtual visits are often quick, and I always want to be sure everything is tied up prior to ending the session,” says Dr. Natasha Burgert, who is a Kansas pediatrician.

→ **Consider lighting and sound.** Natural light is best. If the visit can be done by a window, that’s a plus. Alternatively, choose bright bathroom light. “I can basically tell if patients are really sick just by seeing their face,” Dr. Zad says.

→ **Test your technology.** Before your video doctor visit, make sure your camera and audio system are working. “Your video visit is not the time to troubleshoot or get familiar with how telemedicine works,” Dr. Zad says.

Similarly, expect technical difficulties. Virtual visits are new to many doctors too. “We are trying our best to get these technologies implemented into our daily workflow as quickly as we can. As with anything new, glitches and delays can occur. Please be patient,” says Dr. Burgert.

## Making the connection



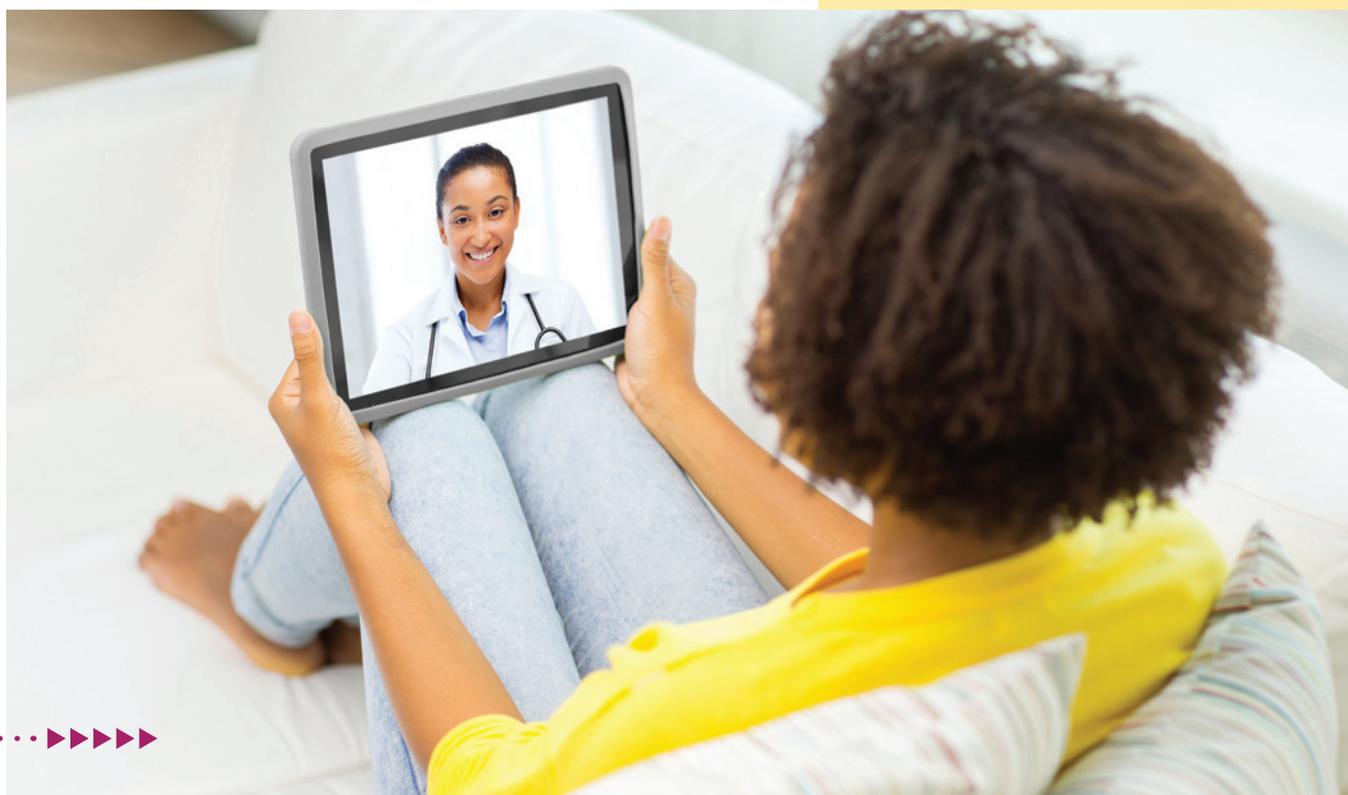
Before your video doctor visit, expect to download a secure patient portal application to your iPhone, iPad, or Android device. At your appointment time, you’ll use the portal app to connect with the provider.

“If you can FaceTime on your iPhone, you can have a telemedicine visit, but the connection must be secure,” says Dr. Zad. Medical practices must follow Health Insurance Portability and Accountability Act (HIPAA) rules and regulations to manage your data, which is why you must access a patient portal for a video appointment rather than simply connecting with your doctor using FaceTime.

## Telemedicine and insurance



Be sure to check your insurance plan or ask your provider to find out if telemedicine services are covered under your plan. Telemedicine services are covered by Medicare Part B during the COVID-19 pandemic; typical coinsurance and deductibles may apply. If you don’t have health insurance or have a high deductible, look for telehealth services with providers offering direct patient care.





## The waiting game!

What to do  
before joint  
replacement  
surgery

**P**ainful, arthritic hips, knees or shoulders can make even the simplest movements impossible.

To regain mobility, more people in their 40s, 50s and 60s are deciding joint replacement surgery (arthroplasty) is the smartest choice. And if you're in your 70s or 80s, joint replacement can allow you to continue to live independently.

"If you find it painful to walk and it's disrupting your daily activities, joint replacement can help improve your quality of life. It's a big decision, but you'll know when you're ready," says Dr. Brian Wegman, board-certified orthopedic surgeon and hip and knee replacement specialist at St. Luke's Hospital.

Making the decision for surgery isn't the end of the story, however. If your procedure isn't able to be scheduled right away, you may face weeks or months of discomfort while you wait for your surgery date.

"Having to wait isn't going to cause significant complications either physically or surgically," says Dr. Wegman. But it can buy you time to get yourself in better shape for the surgery. Use this bonus time to improve your chances of a successful surgical outcome by taking some important steps.



### Manage pain with the right anti-inflammatory medication

To help control joint pain and swelling, your first line of defense is nonsteroidal anti-inflammatory drugs (NSAIDs). They work by blocking cyclooxygenase-2 (COX-2), an enzyme (protein) that the body produces when joints are injured. NSAIDs are available both by prescription and over the counter as Advil or Motrin (ibuprofen) or Aleve (naproxen). NSAIDs come in about 20 different strengths and formulas, so your doctor can help you find the best NSAID for you.

“Anti-inflammatory drugs are not a one-size-fits-all solution. An option that works well for one patient may not have the same effect on another,” Dr. Wegman says. “Finding one that works best for you may mean trying different options.”

Along with NSAID therapy, apply ice or heat to the painful joint. “Both options, or a combination of both, work well,” Dr. Wegman says.

### Get stronger with physical therapy

If you haven’t exercised much lately or ever, it’s not too late to start. Stronger quadriceps (thigh muscles), hamstrings and tendons (fibrous tissue that attaches muscle to bone) before knee or hip replacement surgery can help you get back on your feet faster afterward, with better range of motion.

“Every joint is supported by muscle-tendon units. If the muscles surrounding that joint are weak, your recovery from joint replacement surgery might take longer,” says Dr. Matthew Collard, a board-certified orthopedic surgeon at St. Luke’s Des Peres Hospital.

Instead of just exercising on your own, however, work with a physical therapist, either in person or via

telemedicine, to learn exercises that target specific muscle groups. If you’re waiting for shoulder replacement surgery, for example, a physical therapist can recommend a workout to condition the rotator cuff, which is a muscle deep inside the shoulder that stabilizes the shoulder joint. “The therapy department at St. Luke’s Des Peres Hospital offers pre-operative joint replacement classes where you can learn exercises that can condition the muscles that stabilize your knee joint and help improve recovery after surgery,” Dr. Collard says.



### Kick the habit

If you’re among the 34.2 million adults in the United States who smoke, the lag time before surgery is a great time to quit. In fact, your orthopedic surgeon may refuse to operate until you do.

“I strongly encourage my patients to quit at least 4 weeks before surgery and 4 weeks after surgery because smoking affects the circulation to the soft tissue and that can delay healing and increase the chances for infection,” Dr. Collard says.

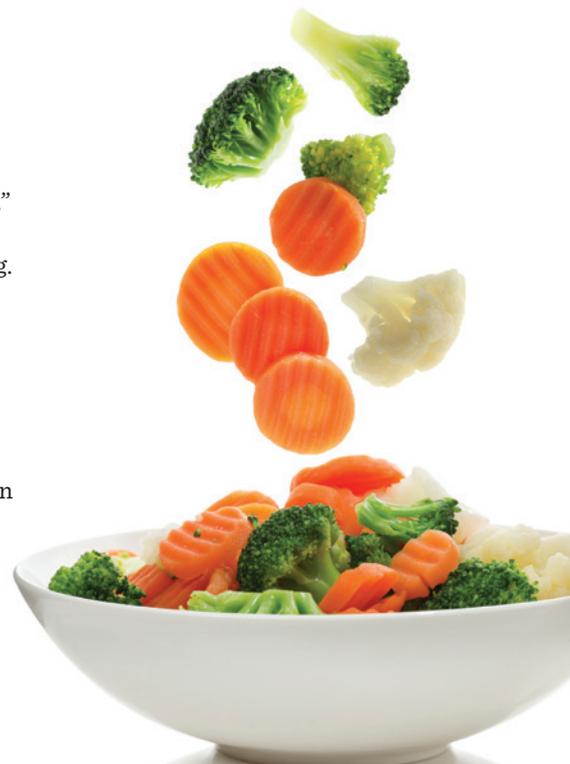
Quitting smoking can be challenging. To increase your chances of success so you can undergo joint replacement surgery as scheduled, get professional help. You can call the national tobacco quit line at 1-800-QUIT-NOW (1-800-784-8669) or join an online stop-smoking program such as the American Lung Association’s Freedom From Smoking (Freedomfromsmoking.org). To reduce nicotine withdrawal, try smoking cessation aids too, such as nicotine gum, patches, inhalers,

lozenges and sprays, and non-nicotine medications such as Zyban (bupropion) or Chantix (varenicline).

### Shed a few pounds

If your body mass index (BMI) isn’t in a healthy range (18.5 to 24.9 is optimal), now is a good time to try to lighten the load on your joints. “Extra weight increases your risk for anesthesia and other complications and makes surgery harder because there’s more fatty tissue to have to cut through,” Dr. Collard says. Added pounds also means added stress on the new joint and generally translates to a longer recovery time, he says.

Even if your exercise capacity is more limited right now, you can lose weight efficiently by reducing food portion sizes and making better drink choices to cut calories. In fact, most weight loss occurs because of decreased calorie intake, not exercise, according to the Centers for Disease Control and Prevention.



Learn more about St. Luke’s total joint replacement program and orthopedic services at [stlukes-stl.com/orthopedics](http://stlukes-stl.com/orthopedics).



# Pro golfer Brittany Lincicome: Staying the course as a new mom

By Elizabeth Brewster

**G**olf has always been a family affair for 35-year-old Brittany Lincicome, a veteran of 16 LPGA tours who took up the sport at age 9—after her father informed her that girls couldn't turn pro in baseball, her first love.

"So I had to find a new sport," she laughs. "My dad and two older brothers played golf, and I loved being with my family. I fell in love with golf right away, and I was pretty good at it right away—I was pretty competitive. And I just loved driving the golf cart!"

Today, the native Floridian is part of a growing group of new moms on the LPGA (Ladies Professional Golf Association) Tour. In fact, her daughter, Emery, was born eight weeks early in July 2019, right after Lincicome had arrived in Rockford, Illinois, for

the Rockford Pro-Am tournament. The first-time mom ended up staying in Rockford for more than a month until her daughter was able to leave the newborn intensive care unit and travel back to Florida, where Lincicome and her husband reside.

Baby Emery made her own debut on the golf course in January when Lincicome played at the LPGA season opener in Florida, where she had lots of family in attendance. Lincicome had planned to bring Emery along on tour this year, until the schedule was delayed for months due to the COVID-19 pandemic. The LPGA Tour resumed in Ohio at the end of July, but Lincicome has announced that she will stick to domestic tournaments for now because she doesn't feel safe traveling internationally with the baby.

## Competitive streak

Lincicome, who is nicknamed "Bam-Bam" for her long drives, is a seasoned competitor with eight wins on the LPGA Tour, and career earnings of more than \$9 million.

"I like the competition," she says. "Being in competitions on Sundays, the adrenaline that goes through your veins—there's really nothing like it."

It's a drive that began early on in her life, she says, when she played sports with her older brothers and other boys in the neighborhood. In high school she played on the boys golf team for three years and then turned pro at age 19. She joined the boys again in 2018, when she became only the fifth woman to play in—and the second woman to break par on—a PGA (Professional Golfers' Association of America) Tour event.

"Being in competitions on Sundays, the adrenaline that goes through your veins—there's really nothing like it."

— Brittany Lincicome



## Living well

Lincicome says the break after she had Emery was the most amount of time she's ever taken off from competition. "I loved being home with my husband and my daughter, watching movies and being lazy because we're always so busy on the road," she says. "And I played tennis just for fun."

She's used to maintaining an active lifestyle both on and off the competitive circuit, she says, from gym classes like weight lifting and body strength to yoga and cardio.

"When I'm on the road, though, I'd rather take a nap than go to the gym!" Lincicome says. "But we walk six to eight miles a day [while golfing], so at least I get some cardio in." At home, her 2-year-old dog, Dexter, a high-energy chocolate lab, is "a good excuse to get walks in," she adds.



Lincicome is also a salad lover, at least since her pregnancy. "I've been obsessed with salads since getting pregnant," she says. "I like adding different things to it—bacon bits, pecans. As long as I have a salad I'm pretty happy, with protein and lots of vegetables."

When she gets a chance for some down time relaxation, fishing is her first choice, Lincicome says, especially for goliath grouper.

"When you go out on the boat, you just never know what you're going to catch," she says. "Sometimes you go so far out that the phone doesn't work. You can get away from the real world for a few hours."

## Giving back

Pro golfer Brittany Lincicome is determined to pay forward the opportunities she had to develop her game as a youngster. In January, she hosted her 11th annual Brittany & Friends Celebrity Pro-Am, which raises funds for the local chapter of First Tee, an international youth development organization that introduces golf to kids through after-school and in-school programs. Lincicome is also a national spokeswoman for LPGA\*USGA Girls Golf, and she helps promote a new facemask share program launched in June by Australian sun protection apparel company SParms.

Photo by Andrea Mead Cross



Lincicome, who is nicknamed "Bam-Bam" for her long drives, is a seasoned competitor with eight wins on the LPGA Tour.

# FREEZER FARE:

## Cooking ahead for convenience

By Bev Bennett

**S**tock your freezer with healthful entrees and recipe basics now, and you'll have a future of tasty meals to warm up on wintry days.

Freezing is easy and safe, says Debbie Stroud, a specialized agent for consumer and retail food safety at North Carolina State University in Raleigh. Not all dishes reheat well, but soups and stews using lean poultry, meat, fish and vegetables are ideal candidates for the freezer. And don't ignore starter foods, such as spaghetti sauce, that can provide the base for a quick meal.

"I suggest meatballs since they store well and are easy to roll out as a big batch to freeze," says Austin Brooks, a registered dietitian nutritionist for the Family Nutrition Program offered through Virginia Cooperative Extension, an educational outreach partnership between Virginia Tech and Virginia State University. Or, freeze cooked chicken breast strips, and you're halfway to fajitas for dinner.

### Quality considerations

Be aware that freezing alters the flavor of some spices. Salt becomes less noticeable, and pepper more so. Lightly season dishes destined for the freezer and make adjustments before serving them.

In addition, freezing some foods can result in unappealing textures when they are thawed:

- Raw produce with high water content, such as lettuce, radishes and cucumber, can be frozen, but the quality won't be as good as when the vegetables are fresh, says Stroud.
- Dairy-based sauces and soups tend to separate or curdle after freezing.
- Cooked starchy foods, including potatoes, macaroni and rice, can be mushy and mealy when frozen and reheated, says Brooks. To get around this, undercook freezer-bound pasta and similar ingredients. As an alternative, wait until you're reheating a dish to add starches.

Do not, however, partially cook meat, fish, poultry or eggs for freezing. "They either have to be raw or fully cooked," Stroud says. Fully cooking the meat in a soup or stew before freezing helps destroy any bacteria present.



### Taking inventory

To avoid waste, keep an inventory of what's in your freezer, noting the contents and the date when each container was added to the freezer. Then, cross off the items when you serve them. You can also use this list for restocking, suggests Austin Brooks, who is a Virginia registered dietitian nutritionist.

## Recipes

These dishes are as delicious frozen and reheated as when they're just made.

### Minestrone

- 1 tablespoon olive oil
- 1 large onion, peeled and finely chopped
- 1 garlic clove, minced
- 1 large carrot, peeled and thinly sliced
- 1 large celery stalk, trimmed and thinly sliced
- 2 cups coarsely shredded green cabbage
- 14.5-ounce can diced tomatoes, undrained
- 2 tablespoons tomato paste
- 3 cups vegetable or chicken broth
- 15-ounce can cannellini beans, drained and rinsed
- 1 bay leaf
- 1/2 teaspoon each: crushed red pepper flakes, dried oregano, dried basil, salt
- 1/4 teaspoon pepper
- 2 cups cooked elbow macaroni
- 1/2 cup grated Parmesan cheese

Heat oil in large soup pot over medium heat. Add onion, garlic, carrot, celery and cabbage. Cook, stirring frequently, until onion and cabbage are limp, about 10 minutes.

Stir in tomatoes with liquid, tomato paste, broth, beans, bay leaf, red pepper flakes, oregano, basil, salt and pepper. Reduce heat to low. Simmer, covered, until vegetables are tender, about 30 minutes.

To serve, heat each portion with 1/4 cup cooked macaroni. Sprinkle 1 tablespoon cheese over each serving.

To freeze, pack 1 cup of minestrone in each of 8 containers.

Makes 8 servings

**Per serving:** 175 calories / 2.5 grams total fat / 9 grams protein / 29 grams carbohydrates / 4 milligrams cholesterol / 650 milligrams sodium / 4.5 grams dietary fiber



### Chicken Gumbo

- 5 tablespoons vegetable oil, divided
- 1/4 cup flour
- 2 large stalks celery, trimmed and chopped
- 1 large onion, peeled and chopped
- 1 large green bell pepper, cored, seeded and chopped
- 1 garlic clove, peeled and minced
- 8 ounces chicken andouille sausage, sliced 1/4-inch thick
- 8 ounces boneless, skinless chicken breast, cut into bite-size pieces
- 2 cups reduced-sodium chicken broth
- 14.5-ounce can diced tomatoes, undrained
- 2 cups sliced frozen okra
- 1 teaspoon each: crushed red pepper flakes, hot smoked paprika, dried oregano
- 1/2 teaspoon each: salt, pepper
- 1 tablespoon lemon juice
- 2 cups hot cooked rice



In large pot, heat 1/4 cup oil over low heat. Stir in flour. Cook, stirring frequently, until roux mixture is thickened and caramel color, about 20 minutes.

Meanwhile, heat remaining tablespoon oil in large skillet. Add celery, onion, bell pepper, garlic, sausage and chicken. Cook over medium heat, stirring frequently, until vegetables are translucent, about 10 minutes.

Spoon vegetable mixture into roux, stirring well. Add broth, tomatoes with liquid, okra, crushed red pepper flakes, paprika, oregano, salt and pepper. Bring to a simmer, stirring occasionally. Stir in lemon juice. Simmer 15 minutes, stirring occasionally, or until chicken is completely cooked and vegetables are tender.

To serve, heat each portion, stirring well in case the soup separates. Add 1/3 cup cooked rice.

To freeze, pack 1-1/2 cups of gumbo in each of 6 containers.

Makes 6 servings

**Per serving:** 350 calories / 17 grams total fat / 18 grams protein / 34 grams carbohydrates / 48 milligrams cholesterol / 737 milligrams sodium / 3 grams dietary fiber





## Gum disease and dementia risk

Ignoring your gums might have serious repercussions beyond oral health: Extreme gum disease that leads to tooth loss may be associated with mild cognitive impairment and dementia later in life, reports *Neurology*.

Researchers followed more than 8,000 adults, with an average age of 63 and no dementia, for about 20 years. At the beginning of the study, participants underwent a periodontal exam including measures of gum bleeding and recession, and then were divided into groups based on the severity of their gum disease.

About 4,500 participants were assessed at the study's conclusion. Of those diagnosed with severe gum disease at the start, 22 percent developed dementia, even if they kept some teeth. Only 14 percent of those with healthy gums and teeth developed dementia.

Researchers caution that their results show an association—not proof—that poor oral health causes dementia, saying that more studies are needed to establish a definitive causal link.

## Prime dinner hours

If you routinely eat a late dinner, you might want to start chowing down earlier in the evening for the sake of your health. By eating at 10 p.m. rather than four hours earlier, you may experience higher blood sugar levels and a reduction in the amount of fat your body burns.

Those are the results of a new study in the *Journal of Clinical Endocrinology & Metabolism*. For the research, 20 healthy adults ate the same meals but switched mealtimes between 6 p.m. and 10 p.m., and went to bed at 11 p.m. regardless. Volunteers wore activity trackers, underwent frequent blood sampling and body-fat scans, and participated in sleep studies. Following the late dinners, the volunteers' peak glucose levels were about 18 percent higher, and the amount of fat burned overnight decreased by about 10 percent.



## Wake-up call for restless sleepers

Fragmented sleep can lead to serious health consequences, according to research published in the journal *PLOS Biology*.

Frequent awakenings and sleep interruptions during the night are linked to higher levels of circulating inflammatory factors. These can lead to hardening of blood vessels, according to researchers who analyzed data from more than 1,600 middle-aged and older adults.

The researchers recommend using a clinical-grade sleep tracker to gauge whether you regularly get good quality sleep. To improve your sleep, exercise and go outdoors regularly, turn off screen devices an hour before sleep and maintain regular sleep hours.



## Give a gift of time

Tell a friend your gift is designed to save her money, and she may not feel as good about your generosity, according to a study published in the *Journal for the Association for Consumer Research*.

Researchers asked more than 400 people their thoughts on gifts they received that were presented as intending to save them either time or money. Money-saver presents made the recipients embarrassed or ashamed; they felt the gift giver perceived her own status as higher than theirs. By comparison, time-saver gifts had the opposite effect, making recipients feel in demand, which suggests high status.

So the next time you send someone a gift card with a note, make sure you don't convey that it's meant to make up for holes in his or her budget.

# 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](http://stlukes-stl.com).

## PRIMARY CARE



**Kevin Threlkeld, MD**  
**Internal Medicine**  
 Conway Internists  
 121 St. Luke's Center Dr., Suite 402  
 Chesterfield, MO 63017  
 314-205-6160

As an internal medicine specialist, Dr. Threlkeld provides comprehensive primary care with a special interest in geriatrics. His goal as a physician is to prevent chronic conditions before they develop through patient education and regular health screenings.

## NEPHROLOGY



**Sadaf Sheikh, MD**  
 Medical Specialists of St. Luke's LLC  
 222 South Woods Mill Rd.,  
 Suite 750 North  
 Chesterfield, MO 63017  
 314-205-6600

Dr. Sheikh specializes in the diagnosis and management of a broad range of kidney diseases. Her areas of expertise include electrolyte and acid based disorders with special interest in the evaluation and management of glomerulonephritis. Dr. Sheikh offers services in English, Hindi and Urdu.

## HEMATOLOGY AND ONCOLOGY



**Michael Ogawa, MD**  
 St. Luke's Center for Cancer Care  
 232 South Woods Mill Rd.,  
 Suite 330 East  
 Chesterfield, MO 63017  
 314-205-6737

As both a hematologist and medical oncologist, Dr. Ogawa treats the entire spectrum of cancer and blood diseases with special interest in solid tumors of the gastrointestinal, lung, breast and prostate origin. He is available for both inpatient and outpatient consultation.

## INFECTIOUS DISEASE



**Nirmol Pearl Philip, MD**  
 Medical Specialists of St. Luke's, LLC  
 222 South Woods Mill Rd.,  
 Suite 750 North  
 Chesterfield, MO 63017  
 314-205-6600

Dr. Philip is a specialist in infectious diseases. She has special interest in HIV/AIDS. She believes that being a good listener and having an open line of communication with the patient is key to the correct diagnosis and treatment plan.

## CARDIOLOGY



**Sara Baig, MD**  
 Chesterfield Cardiology Care  
 222 South Woods Mill Rd., Suite  
 560 North  
 Chesterfield, MO 63017  
 314-485-8788

Dr. Baig practices general cardiology and welcomes patients with a wide variety of cardiac issues. She has a special interest in women's heart disease management and cardiac imaging. She offers services in English and Urdu.

## NEUROSURGERY



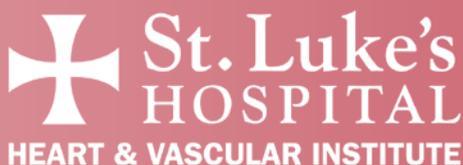
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*Pictured (right to left): St. Luke's Hospital Cardiothoracic Surgeons Jeremy Leidenfrost, MD, Ronald Leidenfrost, MD, and Michael Ryan Reidy, MD*

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