

ST. LUKE'S

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SUMMER 2021



Three-time  
Olympic champ

## Misty May-Treanor: 'I've always been a risk taker'

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 **St. Luke's  
HOSPITAL**

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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.

## With Spirit



### A return to activities

The sunny days of summer are finally here! After last summer's canceled activities, we are all looking forward to getting back to the outdoors, going to the pool and planning family vacations.

For many of us, months of being at home during the pandemic may have adversely affected our general wellbeing. As we start getting out and about again, it is time to turn the attention to our own self-care. In this issue, we review the eight elements of wellness and tips on improving your overall health, outside of just your numbers.

With summer fun also comes summer sun. There is something about having the warm sun on your skin that makes life great. Protecting your skin is important to help prevent skin cancer, which is the most common type of cancer in the United States. Dr. Anna Clark, a dermatologist with St. Luke's, provides helpful advice on sun protection and keeping your skin healthy this summer.

Also, it is important to get back to scheduling your routine checkups and preventive screenings such as mammograms, well-woman tests and colon cancer screenings, which have younger age guidelines. In this issue, learn about the recommended screening tests that can help you stay healthy. St. Luke's facilities are open, safe and prepared to provide you with the best patient-focused care. Do not delay visiting your doctor for that yearly physical!

St. Luke's mission as a Spirit of Women hospital is to provide education to help you live your healthiest life and to motivate you to take charge of your health. It is never too late to take that first step.

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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# Healthy At Home

## St. Luke's Online Health And Wellness Programs

St. Luke's Hospital is committed to the health and well-being of our community. We offer a variety of free interactive, online classes, programs and videos that you can enjoy without leaving home. Sign up today and check out all of our online education.

Learn more at [stlukes-stl.com/events](http://stlukes-stl.com/events).

# New Name! New Location!



St. Luke's Urgent Care in Kirkwood is moving to a new location with a new name! Opening in late July, you can visit St. Luke's Urgent Care – Des Peres, across from Des Peres Park. More opening day information is coming soon, but in the meantime you can register online and check in for a visit at any St. Luke's Urgent Care location at [stlukes-stl.com/urgent-care](http://stlukes-stl.com/urgent-care).



# Sports And Camp Physicals Now Available

St. Luke's Urgent Care is offering sports and camp physicals at all eight convenient locations. Athletes and campers ages 12 and older are eligible and no appointment is necessary. All locations are open 8 a.m. to 8 p.m. daily, and you can check in online.

Visit us at [stlukes-stl.com/urgentcare](http://stlukes-stl.com/urgentcare) or call 314-205-6200 for more information.



# SAVE THE DATE!

UPCOMING SPIRIT OF WOMEN EVENT

# All Decked Out

Get Ready to Reconnect

Thursday, November 11 / 6-8 p.m.  
DoubleTree Hotel - Chesterfield

Get a jump start on holiday shopping while enjoying some time for you! Before the holiday hustle and bustle gets into full swing, join us for a festive girls' night out of pampering, shopping, health screenings, food, drink and more. Plus, you'll have an opportunity to chat one-on-one with our doctors.

Tickets are \$20. Register online for this event at [bit.ly/alldeckedout21](http://bit.ly/alldeckedout21).

## Q&A WITH

**ANNA CLARK, MD,  
DERMATOLOGIST,  
ST. LUKE'S HOSPITAL**



### Safe summer sun

There's nothing like being outdoors and feeling the warmth of the sun on your skin, especially after months of staying home during the pandemic. But, before you head out for fun in the sun, it's important to protect your skin. Harmful UVA and UVB rays are strongest in the spring and summer and can

increase the risk of all types of skin cancer. Dr. Anna Clark, a board-certified dermatologist located at St. Luke's, discusses how to protect your skin this summer without sacrificing outdoor time.

### What can you do to protect your skin while enjoying outside activities?

Outdoor activities have become even more important to us over the past year, and I never want to keep people from enjoying the things they love. The highest risk time of day for sun exposure is between 10 a.m. and 2 p.m., so limit outside activities during this time. Wide brimmed hats and sun protective clothing are great and are becoming more widely available. Any skin not covered by clothing or hat should be covered with sunscreen. Reapply your sunscreen every 2 hours. Do not forget to protect your lips and eyes! Make sure to apply lip balm with at least SPF15 and wear sunglasses.

### What is the best type of sun protection?

The best type of sun protection is sun protective clothing (clothing with UPF rating) and wide brimmed hats in combination with sunscreen. I recommend broad spectrum sunscreen with SPF 30 or higher. A common mistake is not applying enough sunscreen. An adult should be using enough sunscreen to fill a shot glass for face

and body. A baseball hat is better than no hat, but remember to put sunscreen on your ears and the back of neck when exposed. Seek shade when possible.

### I got a sunburn. What do I do now?

Prevention is key, but there are some things you can do for the pain of a sunburn and to improve healing. A fragrance-free gentle moisturizer should be applied regularly to the skin after a sunburn. You can use products with aloe vera. Avoid products like Neosporin or benzocaine as they can cause an allergic reaction. Drink plenty of water because sunburns can lead to dehydration. For pain and swelling, consider taking ibuprofen or aspirin if these are safe medications for you. Once you are sunburned, it is incredibly important to avoid further sun exposure with strict avoidance and clothing. If you experience severe pain or suspect infection, call your dermatologist.

### What are some ways I can help prevent skin cancer?

Protecting your skin from the sun is the cornerstone of skin cancer prevention. Avoid tanning beds, because even one indoor tanning session increases your risk of skin cancer, including melanoma. Getting a "base tan" increases risk of skin cancer and does not protect you from sun damage. Schedule a full body skin exam with a board-certified dermatologist and follow up on a regular basis depending on your individual risk. Ask family members if they have a history of melanoma or other skin cancer so you can tell your dermatologist. Learn how to do a self skin exam and perform it once a month. Check out [aad.org](http://aad.org) for more information.

*Dr. Anna Clark treats patients of all ages at her practice, Specialists in Dermatology, located at St. Luke's North Medical Office Building, 222 S. Woods Mill Rd., Suite 480 North. To request an appointment with Dr. Clark, please call 314-576-7343.*

## The beauty of **at-home** skincare

**L**et's face it: Wearing a mask, coupled with the stress and uncertainty of the pandemic, can take a toll on your skin. Maybe you've been noticing "maskne"—acne breakouts in the mask area of your face—or just a general complexion dullness.

A salon facial is one option for rejuvenating your skin. But you can also duplicate some of the benefits of a professional treatment on your own. "There are many things you can do yourself to cleanse, exfoliate and nurture your skin," says Jessica Marie, owner of the Jmarie Skin Studio in Longmont, Colo.

### Mix up a multitasking mask

Whether you want to look your best on Zoom video calls or get your seasonal glow on, a mask is a major part of a professional facial. To recreate the experience at home, raid your kitchen.

"You can make a great mask from simple ingredients," says Marie, who recommends blending half of a mashed banana with 1 tablespoon plain Greek yogurt, 1 teaspoon honey and the juice of half a lemon.

Apply to your face and leave on for 20 to 30 minutes.

"Bananas have potassium and vitamin A, which makes them a natural exfoliant," she explains. "The yogurt and honey have antibacterial properties, which helps fight acne. Yogurt is also an excellent humectant, which helps lock in moisture, and lemon juice is an antioxidant that helps even out skin tone."

You can apply this mask two or three times per week, or even more often. "I mask every night while I'm making dinner for my family," Marie says. "The nice thing about kitchen counter beauty is you can't really overdo it because it's mild."

### Lighten up dark circles

To reduce under-eye dark circles, make a matcha green tea eye mask: Mix aloe powder, aloe green tea powder and a small amount of aloe juice (available online) into a paste. Pack the matcha mixture under your eyes for 10 to 20 minutes.

"Matcha green tea is a super antioxidant," Marie says. "Its main function is to eradicate free radical damage to brighten sunspots, but it also helps improve circulation."

### GREAT GADGETS:

#### The ultrasonic spatula

If you're using conventional skincare products such as cleanser and wrinkle-fighting serums, check out the ultrasonic spatula. It has a smooth side and a scraper side, uses vibration to exfoliate and softens blackheads and whiteheads.

"You can pick a great one up [online] for around \$30," says Ella Cressman, a licensed aesthetician in Colorado.

"To exfoliate, apply cleanser and then drag the scraper edge of the device along your skin," Cressman says. Be careful not to use too much pressure. After rinsing, apply your favorite antioxidant serum (she recommends Lira Clinical Mystiq Infused C Serum). Flip the device over, and use the smooth side to infuse the serum into your skin before applying a nighttime moisturizer.



# SCREEN TIME

## Getting back to routine checkups and tests

By Sandra Gordon

**A**s normal life begins to resume this year, it's time to start playing catch-up on medical checkups and preventive screenings that you may have had to postpone.

Routine screening tests play a major part in your annual doctor's visit for good reason. These tests could save your life by detecting cancer in its early, most treatable stages and preventing heart disease, stroke and other serious health conditions from sneaking up on you.

But if you're like many people, you and other family members are overdue for recommended health screenings, such as Pap tests, colonoscopies and mammograms. In fact, the incidence of six cancers (breast cancer, colorectal cancer, lung cancer, pancreatic cancer, gastric/stomach cancer, and esophageal cancer) fell 46.4 percent from March 1 to April 18, 2020, compared with the same time period in 2019, according to a recent study in *JAMA Network Open*. While that statistic may seem like good news, it's not.

"It signals that fewer people were being screened for cancer," says Dr. Harvey Kaufman, senior medical director at Quest Diagnostics in Secaucus, N.J., the study's lead author. "The longer people wait to be screened, there will be a certain percentage who will have more advanced disease that will require more aggressive therapy."



You might feel fine, but that doesn't make screenings any less important.



Health screenings can help spot potentially deadly conditions before they become life-threatening. Although cancer incidence statistics have since rebounded, Quest Diagnostics' database indicates they're still down 20 percent. Overall, "you want to get screened so that if something is found, you can get cured. It's that simple," Dr. Kaufman says.

### Playing catch-up

You might feel fine, but that doesn't make screenings any less important. Everybody should be screened for cancer on an age-appropriate basis, for example, even if the disease doesn't run in your family.

Here are six recommended screening tests that can help you stay healthy. Some of these tests are performed right in your primary care provider's office. For others, you may need to see other doctors.

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✔ **Blood pressure.** Nearly half of all Americans over 20 have chronic high blood pressure—130/80 or greater. Getting your blood pressure checked, and changing your lifestyle or using medication if necessary, can reduce your risk of stroke and heart disease.

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✔ **Cholesterol.** This simple blood test—after an overnight fast—measures levels of HDL, LDL, and triglycerides. These fats in your blood can affect your risk of heart disease and stroke.

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✔ **Blood glucose.** This simple blood test helps detect type 2 diabetes and prediabetes, which can increase the risk of heart disease and other complications.

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✔ **Pap test.** As part of a pelvic exam, this test takes a sample of cells from the cervix to check for cervical cancer. Cervical cancer and the beginning stages of the disease can be treatable if caught early.

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✔ **Mammogram.** A breast X-ray can find breast cancer in its early, most treatable stages. An annual screening mammogram is recommended for women ages 40 to 54 of average risk. If you're 55 and older, switch to mammograms every 2 years, or you can continue yearly screening.

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✔ **Colonoscopy.** During this test, the doctor will examine your colon, looking for signs of cancer and small growths that can become cancerous over time, which can be removed during the test. The American Cancer Society recommends starting colorectal cancer screening at age 45.

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To find out which screening tests you might need now, visit <https://healthfinder.gov/myHealthfinder/> and talk to your doctor about a schedule that's right for you, based on your age, gender, health habits and other factors.

Overall, now is a great time to resume taking the best care of yourself by scheduling a checkup. "Women tend to be the caregivers in their nuclear and extended family, and they often put themselves last, to their own peril," Dr. Kaufman says. "If you don't get the screening tests you need, you're putting yourself in a vulnerable position, and everyone who depends on you."



### Remote monitoring

Physician's offices and screening facilities have implemented COVID-19 safety precautions, such as wearing masks, taking temperatures, social distancing in the waiting room and texting your arrival from the parking lot to shorten waiting room time.

"But if you're not comfortable going into your doctor's office yet, at least get a telemedicine visit in to review your chart and get a prescription for a mammogram or colonoscopy, if you need one," says Dr. Natasha Fuksina, a board-certified internal medicine primary care physician in Newark, N.J. "Then, when you feel comfortable, call imaging facilities to schedule those tests."

You can also take some screening tests remotely. If you're due for a colonoscopy, for example, ask your doctor about the at-home fecal immunochemical test (FIT). FIT checks for hidden blood in the stool, which can be an early sign of cancer. If your FIT is negative, you may be able to avoid a colonoscopy.

# YOU ARE MORE THAN YOUR NUMBERS

When it comes to our health, there are many things we can measure – heart rate, steps taken, BMI, calories, blood sugar, cholesterol, blood pressure and more. While knowing our health numbers is important to making sure we are within normal ranges to stay healthy, there is more to achieving wellness than the numbers on our chart.

## **What is Wellness?**

When we think of wellness, we often think of being free from illness. But wellness is also about being proactive about caring for ourselves and making choices to ensure we are living as healthfully and happily as possible.

After 18 months of pandemic living, we have all heard about the importance of self-care, but what does that really mean?

Let's take a deeper look at the eight elements of wellness, tips to improve our overall health and suggestions for when to seek additional help.

**1. Emotional** – According to the Substance Abuse and Mental Health Services Administration (SAMHSA), emotional wellness is the ability to cope effectively with life and build satisfying relationships with others. To maintain or improve your emotional health:



- Engage in regular leisure and recreational activities.
- Stimulate your senses – listen to music, eat your favorite food, light your favorite candle, play with your pet, watch your favorite movie or the sunset.
- Develop skills to help you learn from life experiences.
- Cultivate your friendships.
- Tap your Employee Assistance Program, your primary care physician, or a mental health professional if you are feeling overwhelmed.

**2. Environmental** – Creating pleasant, stimulating environments that support your well-being and safety.



- Keep your home and work areas clean and free of clutter.
- Raise your awareness of your impact on the Earth – produce less waste, recycle, and pick up litter in your neighborhood.
- Unplug and spend time outside every week if not more often...biking, walking, gardening, etc. Spending time outside calms us and gives us energy.

**3. Financial** – Having a feeling of satisfaction about your financial situation.



- Understand how to responsibly handle your money.
- Avoid financial stress by anticipating expenses.
- Use online apps to track your spending.
- Conduct an insurance review to make sure your health, home and family are protected.
- Take advantage of your employer's 401(k) benefits administrator or consult with a financial advisor to make sure you are building your nest egg.

**4. Intellectual** – Recognizing your creative abilities and finding ways to expand your knowledge and skills.



- Explore educational opportunities.
- Stimulate your brain by doing puzzles, learning a new language or playing an instrument.
- Be curious and expand your knowledge by reading or participating in cultural events.

**5. Occupational** – Taking satisfaction in your work.



- Balance work and leisure time.
- Cultivate relationships with your co-workers.
- Find work or projects that align with your values, skills, and interests.

**6. Physical** – Keeping your body healthy and seeking care when needed.



- Eat a nutritious diet that includes lean proteins, good fats, whole grains, 5 servings of vegetables and fruits a day and minimal added sugars.
- Stay active – aim for at least 150 minutes of moderate activity per week.
- Get enough sleep – most adults need 7 – 9 hours a night.
- Maintain a healthy weight.
- Keep regular check-ups and screenings and make an appointment with your doctor if you notice anything unusual. If you don't have a primary care doctor, give us a call at 314-205-6060.

**7. Social** – Building healthy relationships.



- Create a support network.
- Develop intimate relationships.
- Strengthen bonds with friends and family.
- Deal with any conflicts appropriately.

**8. Spiritual** – Developing values and beliefs that help you find meaning and purpose in your life.



- Keep a journal. Writing regularly can help clear your mind and keep you accountable to the goals you've set.
- Practice religion if you choose.
- Dedicate a small chunk of time each day to reflect, meditate or pray.

Want a “tune up” of your nutrition and lifestyle habits? Need help achieving and maintaining a healthy weight? Whether you have 15, 50 or 100 or more pounds to lose, St. Luke's offers a full spectrum of weight loss and weight management options. Visit [stlukes-stl.com/weightloss](https://stlukes-stl.com/weightloss) for more information.

St. Luke's also offers a wide variety of classes to help you maintain your health and wellness. Visit [stlukes-stl.com/events](https://stlukes-stl.com/events) for a full list of our programs.



Three-time Olympic champ

# Misty May-Treanor:

*'I've always been a risk taker'*

By Elizabeth Brewster

**W**hen Misty May-Treanor sets out to do something, she doesn't play around. After dominating the sport of beach volleyball for much of her life, the 43-year-old mom of three dove into new challenges as the pandemic sidelined her regular routines.

"I'm kind of enjoying my time away from the volleyball scene. I haven't touched a volleyball since giving my last [coaching] lesson in October," says May-Treanor, who won Olympic gold medals for beach volleyball in 2004, 2008 and 2012 with Kerri Walsh Jennings, and then coached volleyball and beach volleyball for four seasons at Long Beach City College in California. "I got a personal training certificate from NASM [National Academy of Sports Medicine] in October, and that's when I took the leap. I've always been a risk taker—I think I get it from my mom."

May-Treanor now coaches two mornings a week at an Orangetheory Fitness Center near her home in Orange County, Calif. "I enjoy it because I've been a member. This was new for me, and I'm enjoying that newness. You just keep learning," she says.

PHOTO BY ANDREA MEAD CROSS



PHOTO BY ANA BRANDT | ANABRANDT.COM

### Active duties

May-Treanor has been an avid learner since she started her volleyball career at age 8, playing in a beach volleyball tournament with her dad, who was a member of the 1968 U.S. men's national volleyball team. She was chosen by *USA Today* as the country's top high school girls' volleyball player in 1994. After a stellar college career, May-Treanor began competing on the international beach volleyball tour, first qualifying for the Summer Olympics in 2000. She retired from competitive play in 2013 after winning her third straight gold medal at the 2012 London Olympics, along with 109 career tournament victories.



"This is the longest I've ever gone without playing volleyball, but I'm enjoying doing other things," she laughs. She and her husband, former Major League Baseball catcher Matt Treanor, spend time golfing and playing tennis, and their three young daughters and three dogs also keep her in motion, she says.

"My 3-year-old [twin daughters] just started dance and do swimming, and our 7-year-old is into gymnastics, dance and swimming," says May-Treanor. "We do a lot of outdoor stuff too, since the parks are open and we can go walk on trails.

**"With kids, it's the journey. You enjoy each day as they learn something new, and you don't expect them to learn everything right away."** – Misty May-Treanor

It's a great stress relief just to get outside—the fresh air is so good for you. We try to go to new parks every weekend and let the kids run around."

### Fueling up

Having the time to cook meals at home has been an unexpected pandemic pleasure for the family. "We try to eat healthy, because it's so easy to be snacking whatever you can get your hands on [at home]," says May-Treanor. "Cooking at home has been really fun—we have time to try new recipes, and cooking makes it easier to know what we're putting into our food."

May-Treanor is a firm believer in hydration, and she says she finds it more difficult to drink enough water when not working out at a gym on a regular schedule. "When you're not drinking as much water, you start to feel it in your joints and after your workouts," she says. "I do drink a lot of coffee—with three kids you live off the coffee!" Her girls, she adds are "good water drinkers" who consume limited juice and milk and no soda.

### Life lessons

May-Treanor says she's not sure yet how she will reshape her life as things ease back to normal post-pandemic. "If [professional volleyball] picks up again and is televised, I hope I can do some commentating," she says. "But I don't see myself traveling to coach volleyball. I'm just not sure if I'll step back in the gym."

She's dedicated to spending time with her three daughters, she says, and has found that her volleyball career imparted lessons that come in handy as a mom.

"I've always had pretty good patience, and you learn through sports that there's ups and downs, and you have to look at things from different perspectives," she says. "Each of my kids learns differently, and just like with coaching volleyball, I have to speak to each one differently or explain things differently to each of the girls.

"With kids, it's the journey," she adds. "You enjoy each day as they learn something new, and you don't expect them to learn everything right away."



# DRINK UP: Satisfy your thirst with **fruity** **flavors**

By Bev Bennett

**S**taying adequately hydrated is one of the most important things you can do for your wellbeing, but it can be challenging. You may not be fully aware of the importance of fluids in your diet. Or you may find guidelines confusing. Or perhaps you think that water—the most frequently recommended beverage—is boring.

Overcoming these obstacles is worth the effort, though. “Appropriate hydration helps us to perform optimally but also to stay safe and healthy,” says Gabrielle Giersch, ORISE postdoctoral fellow supporting the U.S. Army Research Institute for Environmental Medicine in Natick, Mass. Fluids protect the body’s core temperature and keep the heart functioning properly, adds Nancy Z. Farrell Allen, a Virginia registered dietitian nutritionist and a spokesperson for the Academy of Nutrition and Dietetics.

## How much to drink

You may have seen varying recommendations on how much liquid to consume every day, and that’s because the requirements are unique to you.

“There are many factors that affect hydration needs,” says Rahaf Al Bochi, a registered dietitian nutritionist

PHOTOGRAPHED BY CHRISTINE PETKOV

in Atlanta and a spokesperson for the Academy of Nutrition and Dietetics. “These include activity level, body size and composition, whether pregnant or breastfeeding, or the climate you live in.”

Allen recommends using your weight as a guide. “A good rule of thumb is to consume half your body weight in ounces of water,” she says. For example, if you weigh 130 pounds, your goal should be 65 ounces, just over eight 8-ounce glasses of liquids a day. If that’s more than you’re ready to swallow, Allen suggests starting with an “absolute minimum” of one-fourth your weight, or 32.5 ounces if you weigh 130 pounds.

If you don’t want to face the math, “in everyday life—such as being at work—drinking whenever you’re thirsty is good enough to maintain hydration when you’re not exercising,” says Giersch.

## Exercising your options

Your body requires more fluids when you exercise. “Just consuming an extra glass or two of water after a tough workout, along with the amount you’d normally consume, would likely be good enough to rehydrate for most people,” says Giersch.

Down a glass of water before and after biking or running for an hour in the heat, and pack a water bottle to consume during your exercise regimen, says Giersch.

If you’re still unsure of your needs, check your urine. “Ideally, you want to aim for a light pale color, which would indicate optimal hydration,” says Al Bochi. A darker, orange color signals the need for more fluids.





## Hydrating when you have incontinence concerns

You may be tempted to reduce your intake of fluids if you're worried about urinary leakage—don't, says Steven G. Gregg, executive director of the National Association for Continence in Charleston, S.C.

Instead, he recommends becoming smart about what works for you. You may find that some beverages or foods, such as caffeine, alcohol, carbonated soft drinks, and citrus fruit and drinks, can trigger the urge to go. In that case, practice moderation, says Gregg. A thin slice of lemon in a glass of water probably won't bother you, but a quart of lemonade might.

For diet tips, visit the National Association for Continence website at: [www.nafc.org/diet-habits-for-bladder-health](http://www.nafc.org/diet-habits-for-bladder-health).



## Recipes

### 3 tips for making fruit-infused water

**1** Basic kitchenware, such as a teapot, a quart-size measuring cup and a strainer, are all the preparation tools you'll need.

**2** Slice or lightly mash fruit before adding to water in a pitcher or large glass jar. It takes about four to six hours for the fruit flavors to be fully released.

**3** Remove the soaked fruit before serving. (You can eat the fruit if you like, but it will taste bland.) Consume infused water within a day of preparation for optimal flavor.

### Blueberry Lemon-Lime Water

2 teaspoons lemon juice

2 teaspoons lime juice

½ cup fresh blueberries, lightly mashed

4 cups water

Combine lemon juice, lime juice and blueberries in a pitcher. Add water and refrigerate at least 4 hours. Strain out blueberries.

Makes 4 (8 ounce) servings.

### Jazz it up

Although none of the experts suggest sugar-sweetened beverages, and all advise limiting caffeine, you do have options other than plain H<sub>2</sub>O. “Infusing water with fruit or herbs is a great way to level up plain water,” says Al Bochi. “For example, you can add lemon wedges, strawberry pieces, cucumber slices or peppermint leaves.

“You can also use tea bags or herbal tea and infuse it for a cold iced tea beverage,” she says. “Tea, such as green tea, contains antioxidants that can help repair damage from free radicals and lower the risk for chronic disease.”

### Strawberry and Mint Iced Green Tea

3 bags green tea

4 cups water, at a simmer

½ cup sliced fresh strawberries

6 to 8 large mint leaves

Ice cubes (optional)

Place tea bags in a large teapot or heatproof container. Add hot water and set aside 5 minutes. Stir. Remove tea bags. Add strawberries and mint to tea. Cover and refrigerate at least 4 hours.

To serve, strain out strawberries and mint. Add ice cubes, if desired.

Makes 4 (8-ounce) servings.

Note: If your teapot is small, steep the tea in 1 or 2 cups simmering water. Remove the tea bags. Pour the tea into a large pitcher and add remaining water, strawberries and mint.





## Mindfulness and migraines

Migraines bring intense pain that's often treated with prescription medications. Drug-free relief may be possible, however, through mindfulness-based stress reduction, a practice that teaches moment-to-moment awareness through meditation and yoga.

Researchers divided 89 adults who experienced migraines into two groups. One group received headache education that included triggers, stress and treatment approaches in an eight-week program. The second group followed a curriculum of mindfulness meditation and yoga and was encouraged to practice 30 minutes a day at home.

While both groups reported fewer days with migraines, the mindfulness participants also showed improved quality of life and lessened disability, according to a recent study published in the journal *JAMA Internal Medicine*.

## The power of positive support

Validating the feelings of an upset loved one can go a long way toward improving his or her mood. The opposite is also true, report researchers in the *Journal of Positive Psychology*.

People who aren't shown support have a harder time returning to a positive frame of mind, according to the study. More than 300 college students were asked to think and write about a time when they felt intense anger and then talk about it, which resulted in a loss of positive emotions for all the students. Researchers responded by either supporting the students' feelings or invalidating them.



Those who heard messages such as "I understand why you feel that way" had their positive frame of mind return, while those who were invalidated with "Why would that make you so angry?" generally felt even worse. So the next time a friend confides her distress to you, help her regain her equilibrium by expressing your support with empathy.



## Mediterranean diet don'ts

Following a Mediterranean diet rich in vegetables, fruits, legumes, fish and whole grains may slow cognitive decline in older adults, suggests ongoing research. But adding fried foods, processed meats, refined grains and sugary sweets—elements of a Western diet—to that healthful meal plan may reduce its impact, suggests a study in the *Journal of the Alzheimer's Association*.

Researchers observed the diets of 5,001 adults over age 65 for almost 20 years, including cognitive assessments of the volunteers and food consumption questionnaires every three years. The study participants who experienced slower cognitive decline during the follow-up years were those who most closely adhered to the Mediterranean diet while limiting their intake of Western-diet foods. Those who added more Western-diet foods didn't see beneficial effects.

## Hit the road for happiness

Getting away from home post-pandemic could improve your mood, according to a study involving 500 adults published in the journal *Tourism Analysis*.

Those who reported regularly traveling at least 75 miles from home also reported being about 7 percent happier when asked about their overall state than those who rarely or never take trips. Participants who read tourist information and discuss plans with friends are more likely to travel than those who aren't constantly thinking about their next trip.

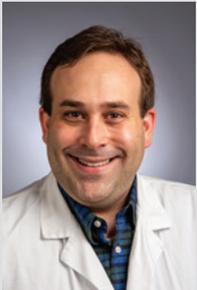
Although travel isn't as important as work, family or friends for wellbeing, enjoying new experiences does add to self-reported life satisfaction, say the researchers.



# Looking for a **DOCTOR?**

Contact St. Luke's Physician Referral Service at 314-205-6060 or visit [doctors.stlukes-stl.com](http://doctors.stlukes-stl.com).

## FAMILY MEDICINE



**Bryan Duepner, DO**  
Westglen Family Physicians  
225 Clarkson Rd.  
Ballwin, MO 63011  
636-685-7715

Dr. Duepner provides comprehensive primary care for patients of all ages. His goal is preventing disease with lifestyle modifications and personalized treatment. He values getting to know his patients.

## INTERNAL MEDICINE



**Annamarie Goldstein, DO**  
Premier Medical Physicians  
2315 Dougherty Ferry Rd., Suite 109A  
St. Louis, MO 63122  
314-729-1725

Fenton Family Physicians  
774 Gravois Bluffs Blvd., Suite B  
Fenton, MO 63026  
636-685-7734

Dr. Goldstein provides comprehensive primary care, with a special interest in preventative medicine. She believes that health and wellness is a partnership between the doctor and patient through prevention, health lifestyle and disease treatment.

## CARDIAC ELECTROPHYSIOLOGY



**Konstantinos Kossidas, MD**  
St. Louis Electrophysiology Specialists  
121 St. Luke's Center Dr., Suite 404  
Chesterfield, MO 63017  
636-685-7738

Dr. Kossidas is a board-certified cardiac electrophysiologist, specializing in performing complex ablations for heart rhythm disorders including atrial fibrillation and ventricular arrhythmias. He believes in a personalized approach with close attention to each patient's values. He offers services in English and Greek.

## UROLOGY



**Cathy Naughton, MD, FACS**  
Urology Specialists of St. Luke's  
226 S. Woods Mill Rd., Suite 52 West  
Chesterfield, MO 63017

2355 Dougherty Ferry Rd., Suite 310  
St. Louis, MO 63122

636-685-7830

Dr. Naughton is a board-certified urologist, specializing in all treatment options of male erectile dysfunction, with specialized training in minimally invasive penile implant surgery. She offers neuromodulation therapy and other treatment options for overactive bladder, as well as a minimally invasive procedure for enlarged prostate.

## VASCULAR SURGERY



**Brian Peterson, MD, FACS, FSVS**  
St. Luke's Heart and Vascular Institute  
222 S. Woods Mill Rd., Suite 550 North  
Chesterfield, MO 63017

2355 Dougherty Ferry Rd., Suite 310  
St. Louis, MO 63122

314-434-3049

Dr. Peterson is a board-certified vascular surgeon. He uses a variety of surgical and minimally invasive procedures to treat patients with abdominal aortic aneurysms, carotid artery disease, peripheral artery disease and other arterial conditions. Dr. Peterson also treats the full spectrum of venous disorders.

## HEMATOLOGY/ONCOLOGY



**Meera Rana, MD**  
St. Luke's Cancer Center  
232 S. Woods Mill Rd., Suite 330 East  
Chesterfield, MO 63017  
314-205-6737

Dr. Rana is a board-certified hematologist and oncologist, treating the entire spectrum of cancer and blood diseases. Her clinical interest include solid tumors of the breast, lung and gastrointestinal region. Her approach is to deliver a tailored care plan focused on the patient. Dr. Rana is available for both inpatient and outpatient consultations.



# WHEN IT COMES TO WEIGHT MANAGEMENT, ONE SIZE DOES NOT FIT ALL.

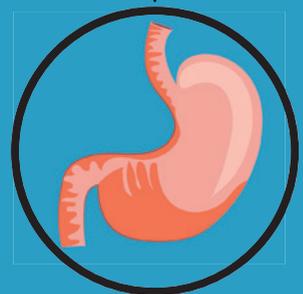
Whether it is 15 or 100 lbs that you want to lose, St. Luke's network of care offers a full spectrum of weight loss and management options. Our experts can help you improve your health and live your best life.



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