

Glendale Adventist Medical Center

Adventist Health

HQ

HEALTHLINE QUARTERLY

GLENDALEADVENTIST.COM
AN AWARD-WINNING PUBLICATION

W I N T E R 2 0 1 4

GAMC EVENTS

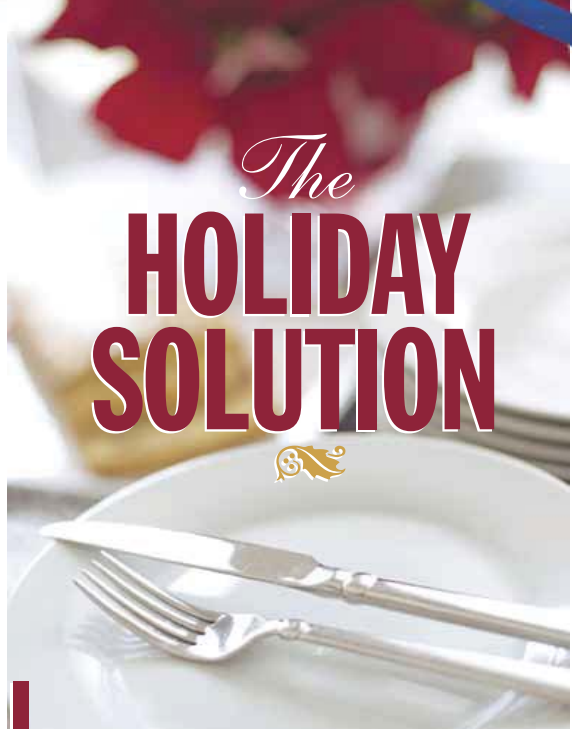
MANAGE YOUR HEALTH
With MyAdventistHealth, you can manage your health care 24/7—easily, accurately and securely.

- Access your health records—such as of procedures, lab and test results, immunizations, medications and allergies—in one place.
- Request to schedule, reschedule or cancel appointments anytime, even when we're closed.
- Send a message to your doctor for health advice.

For information on MyAdventistHealth, call **(818) 409-8100**.

DIABETES COMMUNITY EDUCATION CLASS
First Tuesday of each month, 1 to 2 PM. Learn about how diabetes develops, healthy eating strategies, food groups, portion sizes and blood glucose monitoring.
Call **(818) 409-8100** to reserve a space.

JOIN US ONLINE Visit us at [facebook.com/GlendaleAdventist](https://www.facebook.com/GlendaleAdventist) or follow us on Twitter at twitter.com/GAMCHealth. Share what GAMC means to you and your family, and get our latest news and updates.



If you've ever felt sluggish—or stepped on a scale—after a big holiday meal, then you know that overindulging on food doesn't make the season any more special. ♦ You don't

have to completely avoid the pie and stuffing to look and feel better. "Staying on a healthy track during the holidays is all about making wise choices," says Emil Avanes, MD, internal medicine physician at Glendale Adventist Medical Center (GAMC) and a healthy-weight advocate who runs several weight-loss programs for his patients. "Enjoy your favorite holiday foods in moderation—and don't stop moving!"
Here are a few of Dr. Avanes' suggestions:

- Alternate high-calorie drinks with glasses of water to help fill your stomach and stay hydrated. Dilute eggnog with low-fat milk to get the flavor with fewer calories. Call it rule No. 1 to drink a cup of water before every meal.
 - After eating, focus on non-food activities, such as conversation or games. Encourage the tradition of taking a walk after a holiday meal. "If you're already on an exercise regimen, raise the bar and set new goals!" Dr. Avanes encourages. "Not only will regular exercise help you feel better; it will help keep you pumped up to maintain your healthy habits and strive for optimal health through the holiday season."
 - In place of butter, try cinnamon-flavored applesauce.
 - Use vanilla, almond or peppermint extract to replace sugar.
- "If you do end up making an unwise choice or two during the holidays, don't beat yourself up," says



Emil Avanes, MD

BAKING TIPS What are the holidays without some sweet treats? To help keep calories and fat at reasonable levels, consider substituting healthful ingredients in dessert recipes. For example:

- Replace chocolate chips or

Dr. Avanes. "Dust yourself off and get back on the horse. If you haven't already been following a diet and exercise regimen, see a doctor—she or she can recommend the safest, most effective way for you to get healthy through diet and exercise."

'Tis the season for weight goals

An upcoming wedding. A looming high school reunion. Swimsuit season. All are powerful motivators if you're trying to lose some weight. Holiday parties, rich desserts and heaping buffet tables, on the other hand, can seriously undermine your willpower to shed extra pounds. In fact, most Americans gain a couple of pounds during the holidays—and, unfortunately, don't lose them after the season passes. Over the years, these pounds can add up.

A good weight goal for the holiday season: Stay at the same weight you were before the festivities began. Although it's not a great time to try to lose weight, you don't want to gain either.

To help stay steady, keep to a regular eating schedule. Don't skip meals in anticipation of a large meal later—it's a recipe for overeating. It's especially important to eat breakfast. Doing so will help you eat less throughout the day.

Source: Academy of Nutrition and Dietetics

INSIDE

- 3 HEART ATTACK AN INSIDE LOOK AT DIAGNOSIS
- 6 MIGRAINES WHAT WOMEN NEED TO KNOW

Try these 14 tips for a happy and healthy 2014!
Turn to pages 4 and 5.



MIGRAINES

WHAT WOMEN NEED TO KNOW

MIGRAINES ARE A PAIN to anyone who gets them. But they can be particularly so to women.

Why? “Women are three times more likely than men to get migraines,” says Grigor Harutunian, MD, neurologist and headache specialist at Glendale Adventist Medical Center (GAMC). “These intense headaches also tend to be more painful and last longer in women.”

In fact, migraines are one of the leading health problems affecting women, according to the Migraine Research Foundation.

That’s why learning about migraines is important.

NOT A SIMPLE HEADACHE Some people get migraines once or twice a week. Others experience them much less often. The headache can last from a few hours to several days.

That’s a long time to have the severe, debilitating pain of a migraine and the possible side effects that can accompany it, such as nausea; vomiting; and sensitivity to light, sounds or both.

Migraines often occur on just one side of the head. And about 1 in 5 people who get migraines will have what’s called an aura shortly before the attack.

Symptoms of an aura include seeing flashing lights or blind spots and having a feeling of numbness or tingling in the face or hands. Women are typically less prone than men to having migraines with an aura.



Grigor Harutunian, MD

RELIEF IS POSSIBLE “One reason women get more migraines than men do may involve hormones,” says



Dr. Harutunian. “The headaches often begin around the time of menstrual periods.” Pregnancy and menopause can also cause migraine symptoms. For this reason, an estrogen patch or estrogen pills may be used to help prevent migraines or reduce symptoms once one starts.

“If your migraine pain is mild, over-the-counter, non-steroidal anti-inflammatory medicine, such as aspirin or ibuprofen, may relieve your symptoms,” says Dr. Harutunian. “If those don’t work, see your doctor. He or she may be able to recommend a prescription medicine.”

For example, medicines called triptans and ergot derivatives are used to prevent migraines and to ease symptoms. Some antidepressants can work to prevent migraines, as can some heart medicines and antiseizure drugs.

KNOW THE TRIGGERS According to Dr. Harutunian, migraines often have specific causes, or “triggers,” including:

- Allergies and allergic reactions
- Bright lights, loud noises and certain odors or perfumes

- Physical or emotional stress
- Changes in sleep patterns or irregular sleep
- Smoking or exposure to smoke
- Skipping meals or fasting
- Alcohol
- Menstrual cycle fluctuations, birth control pills or hormone fluctuations during menopause onset
- Tension headaches
- Foods containing tyramine (red wine, aged cheese, smoked fish, chicken livers, figs and some beans), monosodium glutamate (MSG) or nitrates (like bacon, hot dogs and salami)
- Other foods such as chocolate, nuts, peanut butter, avocado, banana, citrus, onions, dairy products, and fermented or pickled foods

Keeping a headache diary can help people with migraines identify triggers and avoid them.

Get more help managing migraines at migraineresearchfoundation.org.



Additional sources: National Headache Foundation; Office on Women’s Health

TOP-OF-THE-LINE CARE FOR YOUR EYES

Introducing new options in advanced ophthalmology surgical services at GAMC

ACCORDING TO the National Institutes of Health, by age 80 more than half of Americans either have a cataract or have had cataract surgery. Cataracts are the leading cause of vision loss worldwide, according to the American Academy of Ophthalmology. They are not preventable, but they are treatable.

People with cataracts and other eye problems have new options at Glendale Adventist Medical Center. The hospital has added ophthalmology procedures to its array of advanced surgical services. It is already attracting specialists trained in the latest technology designed for eye surgery, from cataract removal to more complex procedures.

SAFER, MORE RELIABLE OPTIONS “Our new state-of-the-art Alcon INFINITI® phacoemulsification system has improved the safety and reliability of cataract surgery, leading to better visual outcome for patients,” says Kathleen Dennis-Zarate, MD, one of the ophthalmologists

performing surgeries in this new service. “We are able to make smaller incisions, minimizing trauma to the eye and subsequent postoperative astigmatism. The Alcon system is more efficient at removing the cataract, minimizing the time and energy spent to remove the cataract and contributing to faster and better recovery for our patients. Our new, premium intraocular lenses for astigmatism and presbyopia have also improved uncorrected vision, minimizing the need for glasses after surgery,” she adds.

In addition to cataract surgery, GAMC offers other types of ocular surgery, such as strabismus surgery, glaucoma filtering procedures and removal of pterygium, which is a benign growth that can occur in the eye.

OPHTHALMOLOGY SERVICES GAMC’s services include the following:

- Alcon’s INFINITI Vision System provides customized cataract surgery. It gives the surgeon more control,

yielding better surgical outcomes and safety than with traditional cataract removal technologies. In addition, phacoemulsification, also known as small-incision cataract surgery, is performed. A small incision is made on the side of the cornea, and a small probe is inserted to create waves that break up the lens, which is then suctioned out.

● The LuxOR™ Ophthalmic Microscope is the first technology to deliver easily accessible microscope feedback to the surgeon, providing unprecedented detail recognition and contrast in every phase of cataract surgery.

● The CONSTELLATION® Vision System delivers excellent illumination for visualizing tissues.

If you’re in need of a GAMC ophthalmologist, call (818) 409-8100.



Kathleen Dennis-Zarate, MD