



YOUR HEALTH AND WELLNESS NEWSLETTER

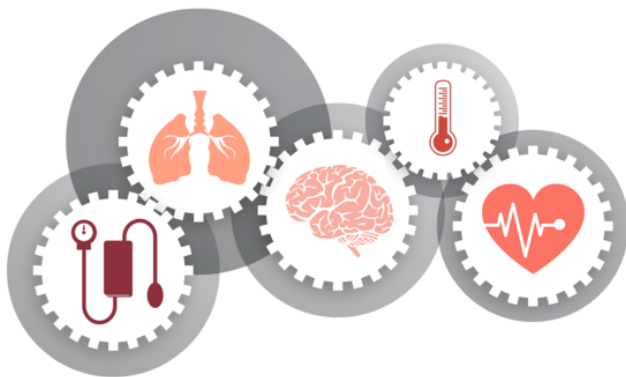
DECEMBER 2019 VOLUME 2 ISSUE 9

Know Your Baseline

What's in it for you?

What's your health baseline? Things like blood pressure, heart rate, respirations, temperature, weight, blood sugar levels, cholesterol levels help determine when you are outside of your healthy range. Your lifestyle choices, family history, and current level of health help determine your risk factors. Lifestyle choices may include how you choose to manage stress. For example, do you indulge in alcohol or do you do yoga? Do you make healthy food choices or eat fast food? Do you have a regular routine that includes quality sleep and regular exercise? While positive lifestyle habits help prevent many diseases from occurring, we can't beat genetics. Keeping in check with your health baseline is considered preventative. We can do all the right things and still be at risk for health incidents.

Unfortunately, heart disease is a leading cause of death in both men and women across the United States. It is known as the "silent killer". Did you know that you can have high blood pressure and not even know it? Over time high blood pressure damages your kidneys and leads to development of health consequences, such as stroke. According to the CDC, stroke is the fifth leading cause of death. In addition, uncontrolled blood sugars can also be silent and over time will damage kidneys, destroy vision, and damage peripheral nerves. Let's be honest, because of the advanced life saving measures that we have in the United States, we are living longer. We are also living longer with chronic illness.



COMMUNITY EVENTS NEAR ROCKFORD

Ugly Sweater Day LBBRG

12/9/19 All Day

Wear your ugly sweater to the clinic, savor a cookie, and decorate an ornament.

Wheeling Warriors Meetup LBBRG

12/19/19 12:00-1:00 PM

Christmas & New Year's Break

Office Closed

12/24/19-12/25/19

12/31/19-01/01/20

Caregiver's Series

March 2020, more

information to follow

Know Your Baseline (continued)

In this case it's not about seeing how many years you can get by, it's about quality. The question remains do you want to live a quality life or do you want to wait and see what happens?

Knowing your own health baseline empowers you to advocate for yourself. It helps those around you understand how to help care for you. It helps you to figure out what works and what doesn't. It helps you determine how to get back on track after experiencing illness or health incident along the way. It also helps you create goals to enhance quality of life.

For those that have already encountered a life changing injury or disease, whether at birth or later in life, knowing your health baseline is that much more important. Not only are there greater risk factors, but we currently live in a world of constant change, where there is less provider time and therefore less chances of provider's knowing their patients head to toe. The responsibility falls in the individual's hands and those directly caring for the individual.

Having already encountered an injury/disease that directly impacts the ability to move around freely, puts the individual at risk for inactivity, predisposing the individual even more to health risks such as heart disease, diabetes, stroke, and infection. Once an individual experiences a stroke, their risk for another stroke is much greater. Regular monitoring of vital signs is a way of knowing if

something is off and needs medical attention.

For example, an individual with a spinal cord injury may be at risk for experiencing autonomic dysreflexia, which can be life threatening, if not treated. There are many things that can trigger an onset of autonomic dysreflexia, resulting in significant fluctuation of blood pressure. In this case, monitoring blood pressure on a regular basis is especially important.

Many medications can affect vital signs: blood pressure, heart rate, ability to experience a fever, respirations. Knowing these things and regularly checking these can give you a heads up of when you should alert your doctor so your doctor can determine if changes need to be made.

Each person's health status, risk factors, and lifestyles are different and therefore there is not a "one size fits all" method. Understanding your risk factors, monitoring, and keeping regular communication with your healthcare provider/team can help determine what your health baseline is and what you need to do to keep your health at baseline. It is important to keep an open dialogue with your provider and healthcare team to determine how often you should be monitoring and how often you should follow up. In this way, you may prevent multiple emergency room visits and hospitalizations. It can lead to a better quality of life, where you feel more in control of your life.

COMMUNITY EVENTS FOR TC

PWR! Class LBBRG

Weekly Thursdays
4:00-5:00 PM

Wellness Exercise Class LBBRG

Weekly Tuesdays
2:00-3:00 PM

Ugly Sweater Day LBBRG

12/10/19 All Day

Caregiver's Table LBBRG

12/17/19 4:00-5:00 PM

Fun and Games LBBRG

12/17/19 4:00-5:00 PM

PNN Support Group

12/3/19 6:00 PM Foster
Family Community
Health Center

TBI Support Group

12/10/19 5:00 PM Foster
Family Community
Health Center

Susan Mast ALS

Bethlehem Lutheran
Church
12/11/19 2-3:30 PM

GT Stroke Club

Presbyterian Church
12/11/19 2:30-4:30 PM

Amputee Support

Group Disability
Network of Northern MI
12/11/19 5:45-7:00 pm