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SWOSU BULLDOG WELLNESS

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# July 2017

SWOSU Bulldog Wellness Committee

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# SWOSU

## BULLDOG WELLNESS

July 2017



### What are the most important stroke risk factors for women?

The major ones are shared by both

genders—high blood pressure, diabetes, high cholesterol, smoking, being overweight and lack of exercise. However, women have unique risk factors, too...

- Women who take birth control pills or are pregnant are at higher risk of developing blood clots that can lead to stroke. While there are many variables involved, there may be a doubling or tripling of risk.
- Lower estrogen levels after menopause may also be a factor—one study found that women who experience early menopause (before age 42) had twice the stroke risk as women who experienced menopause from age 42 through 54. Semi-synthetic hormone replacement therapy that includes progestin and conjugated equine estrogens also may slightly increase stroke risk, depending on the age at which a woman starts taking it and other factors.
- Women are much more likely to get migraines than men, and that can be another risk factor. In particular, people who suffer migraines with aura have more than twice the risk for stroke than people who don't have this type of headache.

For both men and women, eating a healthful diet that includes fruit, vegetables, whole grains, dairy and at least two servings of cold water wild-caught

fatty fish (such as salmon) twice a week and getting 30 minutes of moderate exercise on most days will go a long way in helping to prevent stroke.

*Suzanne Steinbaum, DO, attending cardiologist and director of Women's Heart Health, Northwell Lenox Hill Hospital, New York City*



### Do you complain too much?

**Make an effort to sound more upbeat.** Rather than recount your day in a way that makes it seem frustrating and painful, put a positive spin on it. *Example:* Simply ending an anecdote about a tough day at the office with “Everything’s so much better now that I’m home with you” turns a complaint into a compliment for your spouse.

### Think twice about voicing a complaint about something that your listener can't correct.

There's an old joke about the mother who gives her son two ties for Christmas. When he puts one on, she asks, “What’s the matter? Don’t you like the other one?” When we put friends and loved ones in no-win situations, we damage our relationships.

**Phrase a complaint so that it sounds like a shared problem,** not an accusation, when you absolutely must complain about the behavior of someone close to you.

*Example:* Rather than, “I’ve told you a million times to pick up your laundry and you still don’t do it,” try, “If you pick up your laundry, we can get started on the wash so that we won’t have to be bothered with it this weekend.”

## Move of the Month

### 30-second neck stretch



Watch the video

Sit up with your back straight, and look straight ahead. Slowly lower your chin toward your right armpit. Hold for 10 seconds. Return to center, then repeat on the left side.

### Recipe of the Month

#### Healthy Chipotle Beer & Butter Shrimp Foil Pack

##### Ingredients:

- 1 1/4 pounds peeled and deveined large shrimp
- 5 garlic cloves, smashed
- 2 teaspoons chipotle hot sauce, (plus more to taste)
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 1/4 teaspoon ground coriander
- 3/4 teaspoon kosher salt
- 1/2 cup Mexican-style lager, such as Corona
- 2 tablespoons unsalted butter, cut into pieces
- 1 lime, halved
- 1/4 cup chopped fresh cilantro leaves
- 2 cups cooked rice

Prepare a grill for medium heat. Lay out a piece of heavy-duty foil 12 inches by 18 inches. Fold the four sides up to create walls and spread the shrimp in the center of the foil. Toss the shrimp with the garlic, chipotle sauce, cumin, oregano, coriander and salt. Pour in the beer. Dot the butter pieces on top. Cover with another large piece of foil and crimp and fold the edges together to seal tightly.

Transfer the foil pack to the grill, close the lid and cook until the shrimp are pink and cooked through, 4 to 6 minutes. Remove from the heat and let sit for a few minutes. Carefully tear the packet open, being careful not to let the escaping steam burn you. Squeeze lime juice over the shrimp and sprinkle with cilantro. Serve the shrimp with the rice and pass extra chipotle hot sauce on the side.

*Per Serving Calories-300, Total Fat-8 grams, Saturated Fat-4 grams, Carbohydrates-32 grams, Dietary Fiber-1 gram, Protein-22 grams, Sugar-1 gram, Cholesterol-195 milligrams*

**Never complain to family members the minute they get home.** They will start to dread walking through the door, and because their minds might still be elsewhere when they first get home, such complaints are more likely to be ignored. Give your loved ones at least 15 minutes to relax, then ask if there is anything you can do for them before raising the problem.

*Alice Aspen March, Los Angeles-based creator of The Attention Factor! Workshops, which help participants get and give life-enhancing attention. TheAttentionFactor.com*



### A nap after lunch makes you smarter!

Afternoon naps are no longer guilty pleasures. New research finds that a post-lunch snooze, if it's not *too* long, is very good for the brain...especially if you're older. Smart napping might even keep your mind younger.

**Study:** American researchers studied 3,000 Chinese adults age 65 and older. They were asked to recall their post-lunch napping (if any) over the previous month and were then classified as non-nappers, short nappers (less than 30 minutes) moderate nappers (30 to 90 minutes) and long nappers (more than 90 minutes). They were all given cognitive tests that included basic math, memory exercises and copying drawings.

**Results:** While 60% of the subjects regularly took post-lunch naps, not all had cognitive benefits. The sweet spot for optimal performance on brain function tests was a *moderate* nap of more than 30 but less than 90 minutes. They did better on the cognitive tests than non-nappers, shorter nappers and longer nappers. Second best were the shorter nappers, who had better cognitive test scores than either non-nappers or long nappers.

**Surprising finding:** Compared with non-nappers/long nappers, the moderate nappers performed on cognitive tests like people who were *five years younger*. If you can swing it, take a 30-to-90-minute snooze after lunch—your brain will thank you!

*Source: Junxin Li, PhD, Center for Sleep and Circadian Neurobiology, Perelman School of Medicine, University of Pennsylvania, Philadelphia. Co-author of the study "Afternoon Napping and Cognition in Chinese Older Adults: Finding from the China Health and Retirement Longitudinal Study Baseline Assessment," published in Journal of the American Geriatrics Society.*