



Let's Get Ready for Summer

Give yourself a boost to welcome back the season with open (and toned) arms.



By Amanda Lloyd

Taking time out to eat healthy and exercise can seem fruitless as many women go through their busy day. Going to work, shuffling kids to various activities, taking care of other relatives and maintaining a household becomes first priority. With the upcoming season of summertime clothes and family vacation, this might be a great time to focus on you.

Boost Your Nutrition

When it comes to cutting back on excess calories while also maintaining a busy lifestyle, it's best to be intentional. "Healthy living doesn't happen by accident," says Melody Just, a registered diet technician at the North Royalton Family YMCA.

"Take a little time to plan your weekly meals, snacks and the activity calendar," she says. "Keep a weekly grocery 'needs' list with routine healthy staples to stock. Have a shopping plan that is healthy but also permits flexibility and variety. Even if you choose fast food, be aware of your menu choices. Every fast food menu has healthier options. Skip the mayo, extra cheese and oily sauces."

"The most important thing you can do now to get ready for summer is to start making good food choices and cut back on excess calories," says Laurie Cingle, M.Ed., fitness success coach and leadership team member at Akron General Lifestyles-Green.

Healthy Moving

Cardiovascular activities include walking, biking, skating and stair climbing. Strengthen your muscles with weight training or calisthenics using just your body weight. Stay strong and flexible by participating in yoga or stretching.



Spring Clean:

If you are like the average American household, you have amassed a collection of unorganized stuff, tucked away in piles or behind closed doors to deal with "later." Transform that chaos now and set the stage for less mess in the future. Here's how to keep the disorganization at bay.





Mixed Berry Smoothie

Courtesy of Family Features

Whether eating together as a family, or enjoying breakfast on-the-go, it's easy to boost the nutritional value of morning meals by incorporating foods with whole grain, protein and fiber. So jump-start your day with a nutritious breakfast that will provide lasting energy and help keep you satisfied. The benefits really stack up — from lower levels of stress and fatigue, to helping you maintain a healthy weight. Yield: Makes 4 servings

Ingredients:

- 1/2 c. Honey Bunches of Oats cereal
- 2 c. cold fat-free milk
- 6 oz. container strawberry low-fat yogurt
- 1 package. (4-serving) strawberry gelatin
- 1 c. frozen mixed berries

Preparation:

1. Place all ingredients in blender; cover.
2. Blend on high speed for 15 seconds or until smooth.
3. Serve immediately.

Group exercise will not only burn calories, but will also boost your self-esteem while you're at it.

Choose activities that you enjoy and participate in them consistently — that's the key. "Clients I work with are most comfortable exercising with people who are similar to themselves and have similar fitness goals," Cingle says.

Many devices to keep you on track, such as Jawbone UP, Fitbit, Nike+ FuelBand, Samsung Galaxy Gear and Fitbug Air, will count your steps and track your sleep. Some will give you the option to enter in foods or use a smartphone camera to take a photo of the UPC label of the item. Some devices also send weekly progress updates via email from the manufacturer so you can look back at your progress over time.

"The benefit of any application or device that tracks activity and food intake is motivation and feedback," Cingle says. "If these tools help to motivate someone to stick to their plan, I'm all for it."

Feel Good Together and Go Outdoors

When it comes to making the most of your family time, Just, who also teaches fine arts and family programming at the North Royalton Y, says, "Be intentional, but make it fun. In all healthy living is a good dose of enjoyment.

"A hiking trip is exercise, but also a great way to spend time with a friend or family member 'unplugged,'" she adds. "Tease your toddler about the benefits of eating greens when you see monkeys eat at the zoo."

Unclutter Life



Don't buy things you don't need. *Be wary of accumulating "aspirational clutter" — things you plan to use some day, but never quite get around to using. Though tempting, also avoid freebies and gifts with purchase that you don't really need.*

Create zones. *Make a space for everything. Your entryway can become a repository, so sort mail immediately, hang coats rather than draping them on furniture and use a shoe bin or tray to organize pairs. In the bedroom closet, use vertical space to create additional storage with organizing units.*

Reset yourself. *Every night before you turn in, take a few moments to put things where they belong. This gives you a fresh, stress-free start in the morning and peace of mind knowing where everything you need is located.*

Turn clutter into cash. *Motivate yourself to de-clutter by making money on your unused and unwanted possessions. You can sell gently used clothing to local consignment shops, or donate to Goodwill, Salvation Army or another nonprofit organization. Remember to get a donation receipt, because you may be able to take a tax deduction.*

Source: Family Features - ClosetMaid



Achieve lasting bladder control ...

Leave the Constant Worry Behind

If you've tried treatments that haven't been successful, don't lose hope.

Living with a bladder control problem is not easy. When you can't find an effective long-term treatment, it's hard to stop worrying about when your next embarrassing accident could happen.

Schedule an appointment today to find out if Medtronic Bladder Control Therapy could eliminate or reduce your bladder control problem by calling 330-535-5177.

Co-sponsored by Medtronic and:



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InterStim Therapy for Urinary Control treats urinary retention (inability to completely empty the bladder) and the symptoms of overactive bladder, including urinary urge incontinence (leakage) and significant symptoms of urgency-frequency. It should be used after you have tried other treatments such as medications and behavioral therapy and they have not worked, or you could not tolerate them.

You should have a successful trial assessment before receiving InterStim Therapy. You cannot have diathermy (deep heat treatment from electromagnetic energy) if you have an InterStim device.

InterStim Therapy is not intended for patients with a urinary blockage. Safety and effectiveness have not been established for pregnancy and delivery; patients under the age of 16; or for patients with

neurological diseases such as multiple sclerosis.

In addition to risks related to surgery, complications can include pain at the implant sites, new pain, infection, lead (thin wire) movement/migration, device problems, interactions with certain other devices or diagnostic equipment such as MRI, undesirable changes in urinary or bowel function, and uncomfortable stimulation (sometimes described as a jolting or shocking feeling).

This therapy is not for everyone. Please consult your physician to decide whether InterStim Therapy is right for you. A prescription is required. For further information, please call Medtronic at 1-800-328-0810 and/or consult Medtronic's website at www.medtronic.com.

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As you begin to spend more time outside (and as the temperatures rise), staying hydrated is crucial. And, when you or your little ones need an extra boost of energy to get through the last inning or to hold over until dinner, opt for citrus.

"Citrus is an excellent way to both energize and hydrate at the same time — particularly oranges, grapefruits and tangerines. These are packed with vitamin C and boost immunity," Just says. "If you are not a citrus fan, strawberries and kiwi are also good. Frozen fruit pops or fruit and yogurt pops are easy. The yogurt pops provide protein along with an energy source."

Between sun exposure, pool water and the beach, warmer weather can be rough on your hair and skin.

"Get your hair trimmed regularly to reduce split ends, and if you swim in a chlorinated pool, it's important to get a Malibu Treatment, which will help remove the chlorine buildup from your hair," says Lucy Tamburro-Frierson, master stylist at Tryst Salon and Spa in Mentor.

"Prepping your skin for the summer should be everyone's top priority," says Shelby Nicoletti, esthetician at Tryst Salon and Spa. "A hydrating facial will remove all the dry and dead skin cells from the winter, giving you a fresh start to the summer."

Nicoletti also suggests, "No one should leave the house without a good SPF on their skin to protect it from the harsh UV rays that cause early aging and will give your skin a healthy glow with or without makeup."

"When you want to maintain something," Just says. "It needs to be more than a discipline; it must bear fruit that brings life. The reward makes it worth doing again and again." 🍓



If you would like a free copy of "The Accidental Sisterhood: Take Control of Your Bladder and Your Life" by Ray A. Bologna, M.D., email drbbologna@gmail.com. Your email will not be shared.



Get Your Body Back After Baby

Now that you've had the baby, you are ready to feel more physically fit, more confident and better than ever. So, where do you start? It is a combination of eating well and establishing a consistent exercise routine. The most basic formula for anyone trying to lose weight is calories in (what you eat) must be less than calories out (what you burn/your metabolism). Ask your doctor how many calories you need each day. A healthy diet with daily exercise will help you shed those extra pounds.

Remember, your body needs time to recover from childbirth. If you lose weight too quickly, it could take longer for you to recover. Allow yourself until your six-week checkup with your doctor before trying to start a weight-loss routine. If you are breastfeeding, wait until your baby is at least two months old before you try to lose weight.

To help get you started, here are some tips from the fitness professionals at LifeWorks of Southwest General, the hospital's premier health and fitness center.

Nutrition *(focus on healthy eating)*

- Drink plenty of water—it is recommended to have eight glasses of water each day
- Avoid fast food, artificial sugars and lessen processed foods
- Avoid mindless snacking
- Do not skip breakfast — if you are in a hurry, grab a piece of fruit, a low-fat breakfast bar, low-fat yogurt, a bagel with peanut butter, or a piece of cheese and a whole grain roll
- Limit your intake of caffeinated beverages — too much caffeine can cause dehydration, headaches, stomach distress and difficulty sleeping
- Pack healthy snacks to munch on for quick energy, such as bananas, raisins, string cheese or dried fruit

Exercise *(consult with your physician prior to beginning any exercise program)*

- To start exercising, commit to twice a week. Once you have established an exercise routine, you can increase to three or four times a week.
- Don't overdo it. A walk around the neighborhood is beneficial for both mom and baby.
- Strength training is as important as cardio. Have a fitness professional help design a program that is right for you, and start off with strength training twice a week.
- Schedule your exercise as if it is an important date — no standing yourself up.
- Get a workout buddy — it's easier to go through it together
- Join an exercise class — this will make it fun and motivating

LifeWorks of Southwest General. Visit Lifeworksfitness.net to learn more.

Bladder Issues After Pregnancy

By Ray A. Bologna, M.D.

Do you have to squeeze before you sneeze? You are not alone. During pregnancy and after delivery, bladder control problems are common. In fact, one out of every three women struggle with these problems. The good news is, there are many options.

Bladder Issues Begin

During pregnancy, the baby presses down on the pelvic floor muscles, the bladder and urethra (the tube you urinate through) and can weaken your bladder control. After childbirth, the pelvic floor muscles need time to recover. For many women, their pelvic floor support and bladder control will return by six weeks; however, for others it doesn't return to normal.

There are two common bladder control problems. Stress urinary incontinence is leakage when you cough, sneeze, exercise or jump on a trampoline. The urinary frequency, urgency, urge incontinence or over-active bladder involves voiding frequently, getting up at night and/or leakage on the way to the bathroom.

Getting Help

There are ways to retrain the bladder and pelvic floor muscles. Education and knowing there are options for treatment is important.

For bladder control issues after pregnancy, there are conservative therapies. Pelvic floor exercises can strengthen the muscles and help you regain control. You can learn to do pelvic floor therapy on your own, from your health care provider or with the assistance of a specially trained physical therapist. If time and conservative efforts are not helping, there are minimally invasive treatment options.

These options include medications, Botox and InterStim therapy (a pacemaker-like unit for bladder and bowel control). For stress incontinence, there are office procedures and minimally invasive surgeries.

Remember, you are not alone. You can read about pelvic floor therapy and treatment options in my book, — *Ray A. Bologna, M.D., MBA chairman and program director, Department of Urology Akron General Medical Center, 320 W. Exchange St., Akron, 330-535-5177*