

A *free* AIKEN REGIONAL MEDICAL CENTERS
WOMEN'S HEALTH INITIATIVE

ISSUE 2



SUMMER 2019

QUARTERLY

**MULTITASKING ...
IS IT PRODUCTIVE?**
Why some say no

**FINDING TIME
FOR YOURSELF**
Helpful tips

GREEN BEAUTY BOOM
What you need to know about this trend

Don't miss out! Join *we* today.


we
Women Enlightened
FOR BETTER HEALTH

Ashlee Brewer



welcome

Women Enlightened

FOR BETTER HEALTH

*“I love how summer
just wraps its arms
around you like a
warm blanket.”*

— KELLIE ELMORE

Dear *we* community,

Summer is here! This means longer days, trips to the beach, the fun of baseball games and days on the lake. And let's not forget outdoor workouts, family picnics, delicious fruits and vegetables, and the warmth of the sun on our skin ... well protected by sunscreen, of course!

With more hours of daylight, we have more time for healthy outdoor activities like riding the trails, walking the dogs or jogging before work. Planning healthy meals with loved ones, whether an outdoor feast or gathered around the kitchen table, can help meet your fitness goals as well as bring everyone closer together. Sharing good times with family and friends can contribute to good health as much as getting enough sleep, eating well and exercising.

we is all about putting your health and well-being first. Sometimes it's easy to get caught up in the rush of work, home, family and never-ending daily activities. We think we can “multitask” and get it all done, but, as you may learn, multitasking can actually make you less productive.

Another topic I'm very excited about is the “green beauty boom.” What you put on your skin can affect your overall health, and now with so many non-toxic beauty products to choose from, we're providing some smart dos and don'ts to help you navigate this exciting new world of cosmetics.

Keep in mind as you enjoy the beautiful summer ahead, we're always here to provide support and encouragement in your pursuit of wellness and a healthy lifestyle. Here's to your best summer yet!

Yours in sisterhood,

ASHLEE BREWER

DIRECTOR OF MARKETING, AIKEN REGIONAL

we CALENDAR OF EVENTS

NEW *we* MEMBER ORIENTATION

We want to make sure you understand all the benefits of the program. That's why we encourage you to attend a New Member Orientation. If you are new to *we* and have not attended orientation, mark your calendar to attend an upcoming session, which includes lunch and a tour.

Visit aikenregional.com/nmo for upcoming dates.

SENIOR WELLNESS BREAKFAST

Get your day off to a healthy start with breakfast and an engaging discussion.

Topic: Colon and Rectal Health

Speaker: Kerry Hammond, MD

Date: Friday, September 13

Time: 9 – 10 a.m.

Location: USC Aiken

Alan B. Miller Nursing Building, Room 120
471 University Parkway, Aiken, SC 29801

Register at aikenregional.com/seniorwellness.

we EVENTS RECAP



CINCO DE MAMMO

Aiken Regional offered 3D mammograms for its employees, along with their family and friends, as part of an inaugural Cinco De Mammo event held at the Breast Health and Imaging Center Saturday, May 11. Attendees were treated to Mexican fare and mock-margaritas.



ALL THINGS KIDS

All Things Kids: Bump, Baby & Beyond Exhibition welcomed over 300 attendees Saturday, March 30 at the Aiken County Family YMCA! Both children and adults alike enjoyed activities, screenings, and prizes all while meeting staff from Aiken Regional.

All Things Kids is presented by your Caring for Carolina & Children's First Partners Aiken Regional Medical Centers, Bath Fitter®, Bridgestone® and WJBF News Channel 6.

AHA'S CSRA HEART WALK

On March 9, Aiken Regional participated in the American Heart Association's CSRA Heart Walk to raise awareness and funds for cardiovascular disease and stroke. Multiple fundraising teams from the hospital walked and the Aiken Regional team handed out water bottles, fruit and other healthy snacks to participants.



Can **MULTITASKING** actually make you less productive?

.....
*“So much to do ...
so little time!”*
.....

We’ve all heard people say it, and you’ve probably said it yourself more than once. And the solution? Well, I’ll just multitask! ►

Sure, I can reply to this email while I'm on a conference call. Of course, I can listen to my child tell me about her day while planning that birthday party. Wait. Or maybe I can't. Maybe that popular term — "multitasking" — is a myth. Maybe the more I spread my concentration, the thinner it gets ... until it breaks.

According to research, multitasking can affect the brain and nervous system in a negative way, states Candace Waters, FNP-BC, of Aiken Regional Medical Centers. "The brain has a divide-and-conquer function with tasks," she says. "One half of gray matter cells are attentive to tasks and really cannot handle more than two complex tasks at a time. When multitasking, brain activity slows, productivity and efficiency decrease, and we become irritable with lack of focus."

Constant multitasking can also affect heart health as a result of restless sleep, fatigue and chronic stress, leading to higher blood pressure and increased heart rate, states Janet Utz, MD, cardiologist at Aiken Regional Medical Centers. "When we're highly stressed, we don't always make wise decisions about food, exercise, sleep and downtime," Dr. Utz says. "We may not take medications consistently or see a doctor when we should." She adds, "The cardiovascular system can become an unwitting

victim of the poor lifestyle choices we're making when we attempt to multitask."

Waters has some suggestions that can help make constant multitasking unnecessary. "Stay on target with one task at a time. Prioritizing quality time with family and friends is therapeutic," says Waters. "Equally important are healthy food, enough water, physical activity and adequate sleep. Decreased screen time with electronic devices allows the brain to reboot and refresh. Dishes and dust can wait, but emotional bonding cannot."

Getting into the habit of organizing your time so you don't need to do several things at once takes practice, but it can be mastered. Make lists. Estimate the time needed for each task and decide realistically how many tasks you can finish in one day. Plan ahead.

Find a place with minimal distractions to do tasks that require deep thought and concentration — you'll finish them faster.

"Multitasking is not healthy for body, soul and spirit," Waters concludes. She says that a well-known Serenity Poem can offer insight:

Grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference!

Is it okay to *put yourself first?*

You're busy taking care of everything in your life, but it's important to do these things for you, too.

Prioritize "me" time. We're all so busy being busy that we forget we need time for ourselves. Carve out time in your day to exercise, write in a journal or listen to music. Stop burning the candle at both ends so you can sleep more.

Cut yourself some slack. We tend to be much harder on ourselves than we are on others. Set more realistic goals and let yourself enjoy a sense of accomplishment rather than always feeling like you're not quite getting it done.

Enjoy a vacation splurge. You know how there are certain things you only do on vacation? Stop waiting. Find ways to fit the things that bring you joy and help you relax into your everyday life.

Meditate. You may be surprised by what a few minutes of clearing your mind can do for your soul. Find a quiet place and just sit, clear your head and focus on your breathing. It may take some practice to get rid of those distracting thoughts, but it's worth it.

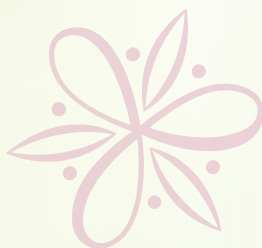
Talk it out. When you are feeling stressed, sad or angry, talk to someone. You may get some good insight or advice — or the conversation may simply give you a way to unload bottled up emotions. Either way, you'll likely walk away feeling better.

To read full article, visit aikenregional.com/youfirst.

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The “green beauty” boom ...

What you need to know about this growing trend



Not so long ago, you could only find “green beauty” products — personal care products using natural ingredients — on the shelves of health stores, farmers’ markets or specialty shops.

Today, the natural personal care market is booming, in part because consumers have become more aware of the chemicals used in traditional products, so they look for products that are natural and safe. But what do “natural” and “safe” really mean?

There’s a lot to learn about green beauty, and there are no specific definitions for many of the terms used. Green beauty products can include green tea, beeswax, coconut oil, almond oil, aloe and chamomile. Green beauty products tend to provide better quality because of the amount of active natural ingredients, compared to traditional beauty products that contain water and chemicals mixed in with a few natural products.

“As the largest organ in the human body, the skin absorbs whatever is applied to it and transfers it to

the bloodstream,” explains Cindy Besson, MD, OB/GYN at Aiken Regional Medical Centers.

Because of this, Dr. Besson stresses the importance of quality ingredients in skin care and cosmetic products. She advises that, “Although everything synthetic is not always bad,” it is wise to research the results of tests, if they are available, on products that are applied to the skin.

Dr. Besson suggests taking a look at safecosmetics.org, a website that works to eliminate dangerous chemicals linked to adverse health impacts from cosmetics and personal care products. Learning what to look for and what to avoid will help you decide what to buy and use on your skin.

Need help finding a doctor? Visit aikenregional.com/directory.

Green beauty buzzwords

Here’s a quick take on what some commonly used beauty terms are meant to signify. Check your favorite products to see if claims like those made below are certified by a reputable regulatory body.

Natural – made with ingredients sourced from nature that are minimally modified and contain no synthetic ingredients

Clean – formulated without harmful or irritating ingredients

Organic – produced without harmful pesticides

Vegan – contains no animal-derived ingredients

Cruelty-free – developed without testing on animals

Eco-friendly – contains ingredients that are ethically sourced and packaged

Make your own masks

Skip the trip to the spa by whipping up two homemade self-care essentials. It's easy to transform a few common kitchen ingredients into these all-natural treatments.

Homemade skin mask

For dry hands, try using this homemade skin mask a few times a week.

Ingredients

- ☐ 4 small potatoes, peeled, cooked and mashed
- ☐ 1 ounce (30 ml) heavy whipping cream
- ☐ 1 tbsp olive oil
- ☐ 1 tbsp lemon juice
- ☐ 10 drops (0.5 ml) vitamin E

Instructions

1. Mix all ingredients well until a paste is formed.
2. Spread the mask on your hands and apply to your face. Rub well to help the fats from the cream and oil penetrate the skin. Let sit for 20 minutes then rinse with warm water.

*Natural Beauty Alchemy (The Countryman Press, 2015),
by Fifi M. Maacaron*

Homemade face mask

Tighten and refresh your skin with this all-natural face mask.

Ingredients

- ☐ 1/2 cup hot water
- ☐ 1/3 cup oatmeal
- ☐ 2 tbsp plain yogurt
- ☐ 2 tbsp honey
- ☐ 1 small egg

Instructions

1. Combine 1/2 cup hot—not boiling—water and 1/3 cup oatmeal.
2. After the water and oatmeal have settled for 2-3 minutes, mix in 2 tablespoons of plain yogurt, 2 tablespoons of honey and one small egg white.
3. Apply a thin layer of the mask to your face, let it sit for 10-15 minutes, then rinse with warm water.

*"13 Must-Follow Recipes for the Perfect Homemade Face Mask"
(Reader's Digest)*

Pearl HEALTH INCENTIVE PROGRAM

The Pearl Health Incentive Program promotes empowerment and personal responsibility. It is available to *we* members who complete the attached registration form and make an annual donation of \$20 to CanHope.

The Health Services Guide in your *we* new member packet provides an extensive list of available services at Aiken Regional Medical Centers. When you become a member of the Pearl Program, you will be given a screening booklet to track your health goals.

You will have the opportunity to complete five health services within a year of enrollment. After completing and documenting five services in your book, such as screenings, tests or physician visits, you will receive a certificate of completion, which you may redeem for a genuine pearl.

NAME

EMAIL ADDRESS

MAILING ADDRESS

PHONE NUMBER

Be sure to include a check or money order for your \$20 donation payable to: **CanHope**

Mail to:

we - WOMEN ENLIGHTENED
FOR BETTER HEALTH

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