



MIGRAINE-FRIENDLY EXERCISE TIPS

How to Minimize Attacks During Workouts



1.) ENSURE PROPER DIET

Don't exercise on an empty stomach. This can lead to a further drop in blood sugar, which can directly trigger attack. Have a meal about one and a half hours before you get into the gym.

2.) HYDRATE

Dehydration is a known trigger for migraines. Since working out can dry you out, it's absolutely essential that you emphasize drinking water before and after your sessions.



3.) SCALE UP

To those newer to regular exercise, one of the biggest mistakes you can make is jumping into a full routine without properly scaling up. Start off with more moderate activities.

4.) WARM UP

Spend at least 10 to 15 minutes getting yourself warmed up. This should include activities that raise heart rate and breathing, like jumping jacks, as well stretches (which you should also do following workouts).



If you're struggling with migraines, the team at Migraine Treatment Centers of America can help. Learn more about what they do by calling (855) 300-6822 today!



MIGRAINE
TREATMENT CENTERS OF AMERICA
by Nobilis Health



MIGRAINE-PROOFING YOUR HOME

5 Tips for a Trigger-Free Living Space



DIM THE LIGHTING

Certain kinds of lighting bring on attacks, especially if it's bright or flickering. It's a good idea to replace all fluorescent bulbs, choose dimmer options, or use green-tinted bulbs. Keep sunglasses handy.



INVEST IN SOUNDPROOFING

Sounds—especially loud or repetitive ones—can also be triggers. Consider soundproofing by using heavier curtains by windows, getting houseplants, and installing carpeting.



FILTER THE AIR

Those that have allergies or hay fever are more prone to migraine. Air filtration systems at home can get rid of airborne allergens, and make sure to vacuum carpets and upholstery often.



RID THE HOME OF SMELLS/ODORS

Strong fragrances and odors are triggering, so it's a good idea to keep the home a scent-free space. This may mean not storing strong-smelling chemicals and asking visitors not to wear heavily-scented perfumes.



MAKE THE BEDROOM SLEEP-FRIENDLY

Disruptions in sleep can also be triggering, so do everything you can to make your bedroom a good environment for rest. Use soft-lighting there, keep water handy, and stick to a regular sleep schedule.

If you suffer from chronic migraines, the team at Migraine Treatment Centers of America can help. Learn more by calling (855) 440-5606 today!



MIGRAINE
TREATMENT CENTERS OF AMERICA
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Taking Care of Cravings

5 TIPS TO STAY ON TRACK



DISTANCE YOURSELF

Figure out a way to separate yourself from the craving. This could be something as simple as taking a walk or hopping into the shower. Others suggest trying chewing gum when you feel hungry.

STAY HYDRATED

Your body will often confuse hunger or craving for a certain food with thirst. If you're feeling drawn to a problematic meal or snack, try drinking a tall glass of water and wait a few minutes.



PLAN AHEAD

Plan each week's meals in advance. Not only will you have a better means of ensuring that you get the nutrition and nourishment you need, but you'll reduce the chance of veering away from your established diet.

DON'T GO HUNGRY

Ensuring that you're never completely "starving" is a great way to keep you on your dieting track. Carry healthy snacks with you, so that you're not tempted to stop for fast food or junk food that's quickly available.



DE-STRESS

Stress can raise the amount of cortisol in the blood, which is linked with weight gain. Find ways to healthily manage stress. For some, working out or taking part in team sports can be a great help, while others may opt for yoga or mindful meditation.

If you're interested in learning more about weight loss surgery and related procedures, talk to a Patient Care Manager at Evolve. The team at these outpatient clinics specializes in helping people achieve the weight loss goals they want and need. Learn more by calling (888) 202-0698 today!

WEIGHT LOSS SURGERY

IN THE USA

THE BIG PICTURE



69% of US women are overweight or obese.

75% of US men are overweight or obese.

158k

weight loss surgery performed in 2011.



288k

such procedures performed in 2017.

POPULAR PROCEDURES

59.39% of patients in 2017 opted for gastric sleeve.

17.80% went with gastric bypass.

2.75% chose the most recently developed option, gastric balloon.



COSTS & BENEFITS

\$11.5k-\$26k

estimated average range of costs in the US.

\$2,765

estimated average individual productivity gain.



89% of post-surgical patients see a longer lifespan.

92% reduction in mortality from type II diabetes.

Learn more by calling (888) 202-0162 today!

evolve
by Nobilis Health

HIP FRACTURES

Breaking Down the Numbers

300,000

Number of older people hospitalized with hip fracture.

75%

Approximate percentage of hip fractures experienced by women.

500,000

Expected number of injuries among those 65 or older by 2040.

95%

Percentage of hip fractures due to falls.

12-17

PERCENT

Percentage of hip fracture patients who die within a year of injury.

50

PERCENT

Percentage of patients must move to assisted living following issue.

70

PERCENT

Percentage who rely on walkers or other assistance to walk after treatment.

TREATMENT & RECOVERY

2-4
WEEKS

Amount of time pain medications will be needed after surgery.

12
WEEKS

Resumption of some exercise activities like cycling, walking, golfing within this time.



Time before full recovery from hip replacement.



95% of patients reporting pain reduction after surgery.

90-95%

Success rate within 10 years.

80-85%

Success rate after 20 years.



ONWARD
ORTHOPEDICS
by Nobilis Health

6 Tips for Helping Someone with **BACK PAIN**

1 EDUCATION

Caregivers and family members should learn as much as they can about what their loved one is going through. This will help you not only better understand what they're experiencing, but also aid your help in finding quality medical care.



2 ERGONOMICS

With only a little research, you can help ensure that your loved one's furniture properly supports their back. You may also want to ask them about their workplace as well, so it's equally ergonomic. Desks and chairs not designed to support the back can be corrected using specialized pillows or mats.



3 LISTENING

Perhaps the most important thing you can do for someone with chronic back pain is to be open to their experiences and not discount them. Try to be as supportive as you can, and be mindful of the difficulty they're going through.



4 TRANSPORTATION

Driving can be difficult for someone with back pain to maneuver. See if you can't persuade your loved one to "hand over the wheel" on occasion so you can take over some of that responsibility.



5 ARRANGEMENTS

Another idea is to re-arrange their home to minimize both strain and potential danger. This might include moving them to a bedroom on the first floor to avoid stairs, or rearranging kitchen items so they're no higher than the chest.



6 CHORES

You can assess what sorts of chores your loved one can do, and which are better left to someone with a stronger back. For instance, while a person experiencing pain can do as good a job as ever cooking, other tasks—like taking out the trash, mowing the lawn, or vacuuming—you might be able to do.



If your loved one is looking for treatment options for their back pain or discomfort, consider discussing the issue with one of North American Spine's dedicated Patient Care Managers. To find out more about treatment options, call them at (855) 807-7707.

North American Spine
by *Nobilis Health*