



Modern medicine, old-fashioned care.

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THE *Wellness* REPORT

Winter 2017

Your Core

Presenter:

Barbara Paschal

Retired Physical Therapist

December 5, 2017

1:00 – 3:00 pm

Olympic Medical Park

840 N 5th Ave, Sequim

Second Floor Conference Room

Refreshments Served

Please call Sara at

582-2850 to sign up.

Family and friends welcome....

About Barb Paschal

After 33 years as a Physical Therapist in Rehabilitation hospitals and in peoples' homes as a Home health Therapist I saw people of all ages (from 2 week old babies to people in their 90's) struggle with disabilities. What I found is that our bodies are amazing in their ability to heal and to accommodate parts that don't fully heal with other ways to live our lives fully. Without question we all have to work every day on our health and...it can be fun and is definitely worthwhile! I hope to enlighten and encourage you to come and learn more about your wonderful and essential Core!

See page 3 for more information.

2017 Holiday Schedule

The office of Sequim Medical Associates will be closed for the following holidays:

November 23th - Thanksgiving

December 25th - Christmas

January 1st - New Year's Day

We will be in the office for emergencies only on the following days:

November 24th - Day after Thanksgiving

If you have a medical emergency during this time, please contact the office at

(360) 582- 2850

and the answering service will forward you to the doctor on call.



*Tell us
how we're
doing...*

24 HOURS A DAY, 7 DAYS A WEEK...

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www.sequimmed.com

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APPOINTMENTS: (360) 582-2850
AFTER HOURS: (360) 582-2850 or (888) 810-3116 (urgent care)
FAX: (360) 582-2851
EMAIL: pam@sequimmed.com
REFILLS: CALL YOUR PHARMACY
EMERGENCY: **DIAL 911**

Update Medicare with Secondary Insurance

Please notify Medicare if you have a new or changed secondary insurance. That will enable them to coordinate your insurance claims. The number is 800-772-1213.

Leaving the Practice

Please send us a note to let us know if you are moving or leaving the practice so we may update our records. We will terminate our monthly fee at that time also but remember we are always one month behind in billing, so you may still have one more payment coming out. You may send a short note with the effective date or you can e-mail Kitty at kitty@sequimmed.com. Please call with any questions. 360-582-5542.



*And as always, our entertaining crew.
A spoonful of sugar helps the medicine go down.*



Creatures CAN Change Habits

Ever wish you could change a habit? You may want to start exercising, but it just doesn't happen. Or you make a New Year's resolution to stop eating junk food or to drink less alcohol. Initial efforts may work for a short time, but then you always seem to fall back into your old habits. Why is it so hard for us to change habits?

How is it then that some people can succeed in changing behaviors after years of failed attempts? What is different about the chain-smoker who quits smoking after decades? What happens in the overweight patient's mind when he successfully keeps off weight as opposed to the dozens of prior attempts when he gained it back again.

These questions are explored in Charles Duhigg's book "The Power of Habit: Why We Do What We Do in Life and Business." Studies in behavioral science have led to an understanding of some of the components of habits. Marketers have already applied this knowledge to successfully change consumers' habits without their awareness. Duhigg argues that you can use the same principles to transform your own life and be in control of your own habits. It may take some effort, and it helps if you understand how our brains work.

What is known about habits?

Our brains naturally create habit loops so that we can free our minds to focus on more challenging or new issues. You don't think about the order you do things, such as tying your shoes anymore. Maybe you did when you were first learning, but now it occurs automatically. Your body goes through the motions without requiring your focus or concentration.

This can have its down-sides too. Some of us go through our days on "autopilot," driven by habits in response to different cues. Rather than focusing on the moment we are currently in; our brains may be caught up in worries about the future or regrets about the past or dulled by passive and mindless activities.

At best, habit loops can free our minds to create and explore and experience new things. At worst, they can allow one to be *mindless*, the opposite of *mindful*.

The Golden Rule of Habit Change:

You cannot simply *eradicate* a habit. You must *replace* it. The neural pathways in the brain have been set and reinforced, and they will always be there. But you can create new pathways. An analogy is water flowing in a stream bed. The water erodes away the land, and that's where the water naturally flows. You can build a dam and divert the stream of water which will create a new stream bed. But if the dam breaks, water will go right back to taking its old path.

There are 3 components to a Habit:

(1) the cue or trigger 2) the habit loop itself, and 3) the reward.

For example, a chronic nail biter may feel a sensation such as tingling or an irritation at the tips of her finger—that is the cue or trigger. Biting causes a physical stimulus and brief sense of relief. The brain develops a craving, so that now, every time the tingling occurs, the brain craves the sense of relief. The habit of biting is compulsively driven by the craving for the reward which is the brief sense of relief. If the fingertip irritation occurs and she doesn't bite her fingers, then the craving escalates. Most people don't think about or recognize the initial cues or rewards for their habits, they just find themselves doing it.

In this example, by paying attention to the trigger and being able to recognize it, there is a moment where the nail biter can consciously do something else such as rub her arms or sit on her hands, which can bring on the reward of relief. By intentionally replacing the habit loop—same trigger, same reward, eventually that becomes the new habit, and she can stop the nail biting.

Some habits are complex and it's not always easy to figure out exactly what the trigger is. It can be even harder to then figure out what "reward" your brain is automatically craving. But you need to do that, so you can substitute a behavior that can provide a similar reward. It may take some introspection, self-observation and some trial and error to test your hypotheses. Duhigg gives more detailed instructions in the appendix of his book for how to go about changing a behavior.

Start small. It's not realistic to expect people to suddenly uproot all their ingrained behaviors. It may be good to list all the many things you'd like to change, but to try to do them all at once is more likely to fail. It's better to choose a single goal that is attainable and focus only on that.

It has been shown that changing one *keystone habit* can open the brain up to other possibilities and start a chain reaction of other changes leading to unanticipated benefits. For example, when people have the single goal of exercising more, they also tend to start eating healthier foods and spending less time watching TV, drinking alcohol or smoking cigarettes, even when they did not set out to do those things initially.

My Challenge To You:

Pick one thing you'd like to change—something attainable, reasonable (such as cutting out mid-afternoon junk food).

Week 1: count how many times you do the behavior. Pay attention to what the cue or trigger is each time you do it. (boredom? hunger? need for a break? energy boost?)

Have a plan. Decide upon an alternative behavior that results in a similar reward.

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For example, if you want to eat less unhealthy snacks, then have some healthy alternative snacks already convenient to grab.

Week 2: Recognize the cue or trigger.

When it occurs, grab the apple or yogurt that you set out ahead of time.

Eventually, you will be replacing one habit with another. and your brain will crave the new habit.

Belief—you must believe that change is possible. Communities create beliefs.

This is just one reason why groups such as Weight Watchers and Alcoholics Anonymous are so successful for many people. In addition to substituting habits with meetings, they provide supportive communities within which change is believed to be possible. It helps with one's resolve to have at least one other person support you in your belief and reinforce it. We are more likely to doubt ourselves if we don't see our beliefs mirrored back by another person.



Your Core... *By Barb Paschal retired Physical Therapist*

Your "Core" is actually all of the many muscles in your back connecting to your vertebrae and the abdominal muscles in the front of the body that connect to the pelvis and ribs. The Core is your body's foundation for all physical motion and stability. How you use it directly affects your Balance, your breathing, your strength, your energy, your flexibility and your joint health and potential pain and deterioration.

Sadly, most people think that if they do 10-20 sit-ups and walk the dog a mile they have done "enough". The good news is that there are easy and effective ways to have a better "core ability". The simple truth is that we have to be diligent with these concepts and exercises every day.

Most of us spend a great deal of the day a bit (or a lot) bent over our house and garden work, hobbies, books, computers, TV's etc. The key muscles not being used in the bent position are those that make your day more possible and less painful. These muscles we categorize as the Core muscles. They directly attach to more than 43 bones. They respond to easy daily exercises and better body mechanics immediately. You are never too old to get stronger! Come on Dec. 5th at 1 p.m. to learn more.

Chicken Minestrone Soup with Pesto

Ingredients

1 Tbsp olive oil
1 Bay leaf
1 small onion, chopped
2 cloves garlic, crushed
3 cups chicken broth
2 cups beef broth
½ cup diced tomatoes
1 inch piece parmesan rind
1 large carrots, peeled, cut into ½ inch pieces
1 large celery stalk, cut into ½ inch pieces
1 red potato, fist-sized, cut into 1 inch pieces
¼ lb green beans, cut into 1 inch pieces
1 large zucchini, cut into 1 inch pieces

1 cup chopped cabbage

1 15-oz. can white beans or cannellini, drained and rinsed

1 cup chopped rotisserie chicken

2 Tbsp pesto sauce

½ cup dried pasta (ditellante, shells or small elbow macaroni), cooked separately

Directions

Cook pasta in separate pot while doing the prep work. Heat oil in pressure cooker over medium-high heat. Add bay leaf and saute a few seconds. Reduce heat to medium and add onion and garlic. Saute until onion translucent. Add chicken and beef broth, diced tomatoes, carrots, celery, potatoes, green beans and parmesan rind. Salt and pepper to taste. Cook for 30 min or until veggies starting to soften. Add zucchini, cabbage and chicken and cook until veggies are all soft. Add white beans, cooked pasta and pesto. Simmer 10 minutes more.



Remember...

We're here to provide you quality healthcare. Part of our job is to educate and assist you with your health-care needs. Use the numbers below to get in touch with the people who can answer your questions.

Office 582-2850

Office Fax . . . 582-2851

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For nonurgent needs only

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8-12, 1-4
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