



Modern medicine, old-fashioned care.

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Modern medicine, old-fashioned care.

THE Wellness REPORT

Summer 2018

Reflections on Sleep

Presenter:

Usha Reddi, MD

Olympic Medical Physicians



*Treating sleep disorders
Establishing healthy sleep habits*

**August 23, 2018
1:00 – 2:30 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....

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

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

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OFFICE HOURS: MONDAY-FRIDAY 8:00 am to 4:30 pm
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FAX: (360) 582-2851
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REFILLS: CALL YOUR PHARMACY
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REMINDER: Just a friendly reminder
FEE INCREASE that the monthly fees were
IN JUNE increased effective June 1,
2018 and you should have
seen them on your July
statements. If you have any
questions regarding the
monthly fee, please call
Pam at 360-582-2850.

Biotin

Found in hair, skin and nail supplements

You may be taking Biotin as an over the counter supplement, and it is commonly included in multi-vitamins as well. Just 5-10 mg of Biotin can affect multiple laboratory test results. It can decrease Troponin I, a cardiac enzyme used to identify acute coronary syndrome, tumor markers, thyroid tests and many others. It is best to stop Biotin for at 2 days before checking labs.

Protime Clinic

NEW HOURS

Haley is now here
Monday, Wednesday and Fridays
from
8:00–12:30 and 1:00–3:00
582-2850

**We are finally seeing some new cards.
Please let us know
if you have received yours.**

New Card! New Number! Mailing in 2018

Current Medicare Card	NEW Medicare Card
MEDICARE HEALTH INSURANCE 1-800-MEDICARE (1-800-633-4275) NAME OF BENEFITARY JANE DOE MEDICARE CLAIM NUMBER 000-00-0000-A IS ENROLLED TO: HOSPITAL (PART A) MEDICAL (PART B) SIGN HERE <i>Jane Doe</i>	MEDICARE HEALTH INSURANCE Name/Number JOHN L SMITH Medicare Number/Numero de Medicare 1EG4-TE5-MK72 EFFECTIVE DATE 07-01-16 Entitled to/Es/Es derecho a: HOSPITAL (PART A) MEDICAL (PART B) Coverage starts/Cobertura empieza 03-01-2016 03-01-2016 Medicare.gov



Sleep—PART 2: How to Get More of It

How would you like a treatment that makes you both happier and healthier? What if it made it easier for you to learn new facts, improve your problem-solving abilities and make you more efficient? Sounds good, right?

Well, those are only some of the benefits of consistently getting a full, natural night's sleep. And it costs nothing and has no adverse effects. Our energy levels, our attitudes, our sense of well-being, and our physical performance are all improved by getting adequate sleep. Even our ability to fight off infections and to tolerate pain are significantly affected by the amount and quality of our sleep.

Yet our modern society undervalues the need for sleep. Many of us are chronically sleep-deprived, and we have little insight into how much this negatively affects how we feel and function. And many of us think we have insomnia when, in actuality, we have merely developed habits or behaviors that interfere with our ability to fall or stay asleep.

SLEEP HYGIENE refers to the actions we can take to promote a good, natural night sleep. Even if you just make one or two of the following changes to improve your sleep habits, you may feel more rested and notice significant benefits in your day-to-day life.

Go to bed and wake up at the same time every day. Sleep varies from person to person, but the vast majority of people need about 8 hours of sleep.

Avoid late afternoon naps if you have trouble falling asleep at night. A short-scheduled nap between mid-morning and mid afternoon can help “recharge the batteries” and give a second wind to many older patients. This is better than dragging through the day or falling asleep unpredictably.

Limit caffeine and other stimulants. Don't have caffeine after noon. Tea, coffee, sodas, energy drinks and chocolate all can have caffeine. Keep in mind that “decaffeinated” products are not “caffeine free” and can still contain a significant amount of caffeine. Oral decongestants such as pseudoephedrine (Sudafed) and phenylephrine can also interfere with sleep if taken late in the day.

Other medications that can interfere with sleep include diuretics, which cause you to get up to urinate frequently, and opioid pain medications.

Remove distractions. Remove cell phones, tablets, TVs and other distractions from the bedroom. If you are a “clock-watcher”, turn the clock so that it faces away from you. If furry friends tend to disrupt your sleep, it would be best if they were kept out of the bedroom during the night.

Wind down. Have a calming before-bed activity such as reading, listening to music or meditating. Let the day's concerns slip away. If your mind won't turn off, it may be helpful to briefly write down what you are thinking about so that you feel you can set it aside to be addressed tomorrow.

Don't try to force it. If you are having trouble falling asleep, get up and do something else that is not stimulating for 20 minutes, then go back to bed.

Make the bedroom comfortable. An uncomfortable bed can keep you from falling asleep. You also don't want it to be too warm, too cold, too noisy or too bright. Wearing an eye mask to block out light can make a big difference. Try ear plugs or “white noise” in the background if noise is an issue.

Make it cool. It's easier to fall asleep when it's a bit cooler at night. Set the thermostat lower in the evening. A warm bath in the evening is not only relaxing, but it causes your blood vessels to dilate and release heat, lowering your body temperature afterwards.

Make sure the lighting is right. Get out in the daylight or have bright indoor lights on in the morning. Avoid bright lights at night and late evening. If possible, use nighttime light settings on phones and computers. These emit less of the shorter-wavelength blue light which inhibit melatonin secretion.

Exercise. Getting at least 30 minutes of vigorous exercise on most days has been shown to improve sleep. But don't exercise too close to bedtime as that can interfere with sleep.

Avoid alcohol. Many people feel that alcohol relaxes them and helps them fall asleep, but it causes fragmented, less restorative sleep. There is also a tendency to wake up in the middle of the night as the blood alcohol level drops. You can verify this for yourself if you have an activity tracker that monitors sleep patterns. Even those without a FitBit may see a correlation with alcohol intake and fatigue the following day if they keep track.

Consider effects of food. It's difficult to go to sleep hungry. It's also difficult to sleep if you are too full. And lying down with a full stomach can cause GERD (gastroesophageal reflux disease) which may cause heartburn or coughing spells. If that occurs, try keeping your chest up on an incline, either by elevating the head of the bed or sleeping on a wedge cushion.

SLEEP MEDICATIONS

It is tempting to reach for a sleep medication with the belief that it will “knock us out”. But when these have been studied in clinical trials, they appear to have only modest effects on sleep at best. In one well-designed study, patients were found to fall asleep only 10-30 minutes

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SLEEP...

Continued from previous page

sooner when they took the medicines than when they did not. And there was no difference whether the patients took the sleep medication or a placebo pill. In other studies, patients subjectively felt that they slept more soundly, but objective measurements showed that was not the case.

Sedative hypnotics such as zolpidem (Ambien), eszopiclone (Lunesta) and benzodiazepines, such as triazolam, lorazepam or alprazolam, inhibit brain cells from firing. This turns off part of your brain and allows you to be unconscious, but it does not provide a natural sleep.

Sedation is not the same as sleep and does not have the same benefits.

The modest effectiveness of sleep meds must be balanced with their possible side effects. Most are habit-forming. You are likely to have ‘rebound insomnia’ if you stop taking them after a period of regular use. You may even have worse sleep issues than you did before taking them. When possible, it is better to use these meds only occasionally than to do so on a daily basis.

Some patients have had amnesic sleep-related activities, mainly with zolpidem. That means doing things, such as sleep-eating or sleep-driving, then having no memory of it whatsoever in the morning. Sleep-internet-shopping and sending out embarrassing mass emails have occurred in patients under the influence of zolpidem. This is more likely when people stay up after taking the med rather than going right to bed.

Sleep meds can cause next-day grogginess which can then set up a self-perpetuating cycle. The daytime fatigue makes you more likely to have caffeine throughout the next day. This further interferes with sleep, compounding the daytime grogginess, and so on.

COGNITIVE BEHAVIORAL THERAPY for insomnia has been proven to work. By working with a therapist, you can learn how to effectively retrain your mind and body to adopt healthy sleep habits. It is also useful for addressing any stress or anxiety that may keep you from being able to “let go” and slip into sleep.

Lime and
Ginger
Marinade for...

Grilled Prawns
or Salmon



2 lb salmon fillet or 1.5 lbs deveined large prawns
1 Tbsp Ginger, peeled and grated
3 Tbsp Lime juice, plus lime wedges for serving
1 large scallion, minced
1 large clove garlic, crushed
4-5 Tbsp olive oil
2 Tbsp cilantro, minced
Salt and pepper to taste

Combine grated ginger, lime juice, scallion, garlic, olive oil, half of the cilantro and salt and pepper.
Consider pulsing in a blender. Or not.
Pour marinade over the salmon or prawns, being sure to coat well. Let sit 10-20 minutes.
The lime juice will cook the shrimp so don't marinade too long.
Grill on grilling pan over medium flames until just cooked through.
Sprinkle remaining Tbsp cilantro and serve with lime wedges to be squeeze over top.



Remember...

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

Office 582-2850

Office Fax . . . 582-2851

After Hours
(Urgent Care) 582-2850
or 797-0213

Email:
kitty@sequimmed.com
For nonurgent needs only

Monthly Fee Questions,
Kitty 582-5542

Insurance Billing
Questions
Timmi 582-5543

Protimed Clinic
Mon, Wed & Fri
8-12:30, 1:00-3:00
Haley 582-2850

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