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# Sleep issues a result of time change or something more?

By Erik Modlo, MD, Internal Medicine

Visit [akrongeneral.org/sleep](http://akrongeneral.org/sleep) if you've been experiencing sleep issues and would like to take a free online sleep quiz.



Erik Modlo, MD

Springing forward one-hour into daylight savings time on March 12 can affect us – you may feel extra tired and a bit sluggish, but your internal clock should adjust on its own in a few days. But what do you do when your sleeping doesn't regulate and is affecting your overall well-being?

On average, adults need between seven and nine hours of sleep each night. Inadequate sleep, over a period of time, is associated with physical and mental health issues, including obesity, diabetes, heart disease and depression. In addition, lack of sleep can lead to difficulty concentrating or remembering facts, daytime sleepiness and a tendency to be on edge or irritated throughout the day.

Sleep issues can have several root causes, from neurologic to psychological, to respiratory and behavioral. Some of the most common sleep disorders include insomnia, restless leg syndrome and sleep apnea.

## Insomnia

Insomnia is one of the most common sleep disorders. Oftentimes, people with insomnia have trouble getting a restful night's sleep and will complain of inadequate rest or poor sleep quality.

There are several factors that can cause insomnia, including stress, anxiety or depression, as well as certain types of medications and drugs, including alcohol and nicotine. There are also physical stressors that can trigger insomnia, including chronic pain, dementia, menopause, chronic lung disease, heart failure and neuropathy.

If you suffer from insomnia for more than a few days, you should talk to your healthcare provider. Also, there are some things you can do at home to reduce insomnia, which can also help when adjusting to daylight savings time, including:

- Maintain a regular schedule
- Establish a nightly, bedtime routine
- Avoid caffeine, alcohol and nicotine
- Exercise regularly (several hours before bedtime)
- Naps, if needed, should be taken in the afternoon and last less than 30 minutes
- Keep your bedroom cool, dark and quiet and free from bright lights

## Restless leg syndrome

As many as one in 10 American adults suffer from restless leg syndrome (RLS). Typically, patients are unable to fall asleep because of unpleasant sensations in one or both legs that range from tingling to crawling, pulling or painful

sensations. Symptoms can include the need to move legs in order to get relief, worsening of sensations when lying down and experiencing the most discomfort late in the day and at night. If diagnosed, there are several treatment options available, which can range from behavioral changes to medications.

## Sleep apnea

Sleep apnea is a serious, potentially life-threatening condition that affects an estimated 18 million Americans. This sleep disorder is characterized by involuntary breathing pauses, or "apneic events," during a night's sleep. With each event, the brain sends a warning signal to resume breathing, which in turn results in the fragmentation of sleep and may cause the person to wake up, cough or gasp, leading to a night of interrupted sleep. Common symptoms associated with sleep apnea include snoring, irregular breathing patterns while asleep, dry mouth, morning headaches and/or daytime sleepiness.

There are serious health issues that are often associated with sleep apnea, including irregular heart rhythms, high blood pressure, stroke and heart attack. That's why it's important to talk to your doctor.

## Take the step toward better sleep

If you think you're experiencing symptoms of a sleep disorder, or are having problems sleeping, discuss them with your physician or call Lodi Hospital's Sleep Center at 330.948.1222 or toll-free 1.888.520.6000.

*\*This information is meant for educational purposes only and should not be considered specific medical advice.*

# For your good health

Get healthy with Lodi Hospital! Join us for an upcoming event.

## SUGAR SCHOOL

Want to know what to eat to help control your blood sugar and lose weight? Sugar School will teach you in just one night. Reservations are required.

**When:** Thursday, March 23

**Time:** 7 – 9 p.m.

**Where:** Lodi Hospital

**Cost:** \$20 per person, \$30 per couple

**Call:** 330.948.5546

## SAFE SITTER CLASS

Teaches babysitters ages 11-13 how to handle emergencies when caring for children, including safe and nurturing childcare techniques, behavior management skills and appropriate responses to medical emergencies.

**When:** Saturday, April 1

**Time:** 8:45 a.m. – 4 p.m.

**Where:** Lodi Hospital, Conference Room

**Cost:** \$45 (includes manual, supply bag, completion card and other goodies)

**Call:** 330.948.5544

## GOOD HEALTH IN STORE: SUPERMARKET TOURS FOR DIABETES

A registered dietician will help individuals with diabetes learn how to enjoy a variety of foods as part of a healthy diet. Provides a unique opportunity for hands-on experience reading food labels, determining portion sizes, deciding which foods are best, learning what to avoid and knowing when you can “bend the rules.”

**When:** Wednesday, April 26

**Time:** 10:30 – 11:30 a.m.

**Where:** Miller's Market, 711 Wooster St., Lodi

**Cost:** Free

**Call:** 330.948.5546

## HEALTH SCREENINGS IN LODI AREA

Low-cost cholesterol screenings as well as free blood pressure, glucose and body mass index (BMI) checks. Screenings offered at locations throughout Medina County and northern Wayne County. Visit [lodihospital.org](http://lodihospital.org) for more details.

# Welcome, Dr. Findlay!

Alycia Findlay, MD, resident of Doylestown, joined Lodi Hospital. As a board-certified internal medicine physician, she specializes in helping adult patients stay well through preventive medicine, as well as helping to manage both acute and chronic illnesses, such as diabetes, depression, geriatric health, hypertension, women's health and minor urgent care needs. She graduated from Medical University of the Americas and completed her residency requirements at Northeast Ohio Medical University (NEOMED).



**Alycia Findlay, MD**

Please call 330.948.5533 to schedule an appointment.



## MARCH 30 IS DOCTORS' DAY!

A special thank you to all

Cleveland Clinic Akron

General physicians who work tirelessly to put patients first.

## Happy Doctors' Day!

## Green grape smoothie

Celebrating St. Patrick's Day with a green beverage? Make it a smoothie! This delicious and healthy drink features spinach and kale, the cancer-fighting greens that keep you going.

### INGREDIENTS

- 1 cup cleaned spinach leaves, firmly packed
- 1 cup cleaned kale, roughly chopped, firmly packed
- 1 cup green seedless grapes
- 1 Bartlett pear – core, stem and seeds removed
- 1 orange – peeled, pith removed, quartered
- 1 banana – peeled
- 1 teaspoon chia seeds
- ½ cup water
- 2 cups ice

### INSTRUCTIONS

Place all ingredients in blender. Process on low speed for 15 seconds. Increase to medium speed, then high speed. Process until well blended.

*Recipe developed by Wellness Team at Cleveland Clinic*



# Could a screening save your life?

Lodi Hospital Specialty Suite 103 | 225 Elyria St., Lodi | 330.948.5707



William Papouras, MD

March is colorectal cancer month, an important time to bring awareness to the third most common cancer diagnosed in the United States.

Colorectal cancer develops slowly over a period of years. It begins as a polyp, or abnormal growth in the lining of the colon or rectum. Some polyps are pre-cancerous and, over time, can change into colorectal cancer.

These pre-cancerous polyps can be identified and removed before changing into colorectal cancer during regular screening tests. Colorectal cancer, if found and treated early, has a five-year survival rate of about 90 percent, which is why screenings are so important.\*

## Risk factors for colorectal cancer

There are some risk factors that may increase your chances of developing colorectal cancer, including:

- Average age at diagnosis is about 70 years old and more than 90 percent of people diagnosed are at least 50 years old.\*

- Those who have already had polyps or colorectal cancer are more likely to be diagnosed, even if treated and removed.
- About 20 percent of people diagnosed with colorectal cancer are related to someone who was also diagnosed with it.
- Some lifestyle choices that could also increase a person's risk include a diet that's high in red and processed meats and low in whole grains, vegetables and fruits, smoking and some evidence suggests that the risk for developing colorectal cancer increases for inactive and obese people.

## Early detection through screenings

The American Cancer Society recommends that everyone have colorectal cancer screenings beginning at age 50. Individuals who have a higher risk should talk to their doctor about beginning screenings at an earlier age. Current recommendations call for a colonoscopy every 10 years. Subsequent exams are based on risk factors, including prior history of colon cancer or polyps.

For more information, or to schedule your colonoscopy screening at Lodi Hospital, call 330.948.5707.

*\*Source American Cancer Society*

## YOUR LOCAL FORECAST: Spring allergies coming soon

Warmer temperatures can also mean the return of season allergies. Allergies are among the most common health problems, with more than 50 million people affected each year.

### WHAT CAUSES MOST SPRING ALLERGIES?

Pollen is the most common cause of seasonal allergies. Certain plants have pollen that is more powdery and easily blown by the wind, such as trees, grasses, weeds and flowering plants.

### CAN I PREVENT SEASONAL ALLERGIES?

You may not be able to avoid all symptoms of seasonal allergies, but, if you can reduce your exposure to pollen, you may be able to lessen the effects. The American Academy of Allergy, Asthma, and Immunology suggests the following:

- Keep windows closed at night and use air conditioning, which cleans, cools and dries the air.
- Minimize outdoor activities early in the morning, between 5 and 10 a.m., when pollen is most prevalent.
- Keep car windows closed when traveling.
- If you are allergic to grass, wear a mask or have someone else mow the lawn.
- Shower before bed to remove pollen from skin and hair.

### WHAT TREATMENT OPTIONS ARE AVAILABLE?

If you're diagnosed with seasonal allergies, your provider may recommend taking certain medications, like an antihistamines or a decongestant. Another option may be an allergy shot, which takes 12 to 18 months before clear reduction in allergy symptoms is noticed.

### TALK TO YOUR HEALTHCARE PROVIDER

If you experience severe allergy symptoms, talk to your healthcare provider who can help diagnose and treat your symptoms and get you back to enjoying the springtime season.