Is Your Teenager Getting Enough Sleep?

Certainly, the demands of homework, sports and other activities, along with texting and Facebooking, playing video games, watching TV and surfing the Internet, are motivating factors to keep teens up too late at night. Unfortunately, those late nights, as any parent of a teenager well knows, mean a struggle to be up and ready for school in the morning. It’s typical teen behavior, but is it just the fast-paced and electronic times these kids live in?

It’s Biological

As children transition into puberty and become teenagers, their internal biological clocks, or circadian rhythms, are temporarily reset. During the teen years, the brain hormone melatonin is produced later at night, making it harder for them to fall asleep, according to Amy Weimer, MD, an internist and pediatrician with Cedars-Sinai Medical Group.

A Teen Needs Nine Hours a Night

According to a study conducted by the Centers for Disease Control and published in the Journal of Adolescent Health, 75 percent of teens are not getting the recommended amount of sleep. On average, teenagers need about nine hours each night to maintain optimal alertness the next day. The reality is, most teens go to bed well after 11 p.m. and rise before 7 a.m. to make it to school on time.

“Seven hours may be adequate for many adults, but it’s not enough for teens,” Dr. Weimer explains. “An hour or two of missed sleep nightly can create a deficit over time that may harm the child’s health.”

Inpatient Specialists Are at Your Bedside, Around the Clock

When adult Medical Group patients need to be hospitalized at Cedars-Sinai Medical Center, they get expert care from a team of internal medicine specialists with specific expertise in hospital care. Also called hospitalists, these physicians are located in the hospital to allow around-the-clock care and physician access for patients. The hospitalists and their care team stay in close communication with patients and their physicians to ensure coordination of care in the hospital and a smooth transition after hospitalization.

Who will care for me in the hospital?

Your Medical Group physician works with the hospitalists associated with the Inpatient Specialty Program (ISP) to provide 24-hour care, seven days a week when you are hospitalized at Cedars-Sinai.

The ISP hospitalists are interviewed and hired based on criteria that include clinical excellence, interpersonal skills (warmth, compassion and communication) and work ethic.
A Message from the CEO

Thomas D. Gordon
Chief Executive Officer

Community Care Is Part of Our Commitment

I would venture to say that all of us at Cedars-Sinai Medical Group can trace the roots of our career paths to a desire to help others. For most of us, caregiving is a calling, whether you ultimately provide medical aid at the bedside or support the work of those who do.

For our team, patient satisfaction and the delivery of quality care are our first priority and the motivation for all we do. We’re pleased to receive recognition that we are succeeding, through our statewide Top Performers ranking from the Integrated Healthcare Association (see Dr. Deutsch’s article, page 3). That prestigious honor motivates us to continue to raise the bar.

What gets less notoriety but is very important to our Medical Group team, is our community spirit. The caregiving doesn’t end when we walk out the office doors. At a time when there is great need all around us, and times are difficult for so many, we are contributing as individuals and as a team. We’ve highlighted a few of those efforts in this issue of Well-Being. Whether it’s giving blood, walking for a cause like the March for Babies or helping local organizations that support our soldiers’ transition when they return home, we are involved and reaping the rewards of giving.

I hope our efforts will inspire you as well. There are a multitude of other organizations that can use your support, so I urge you to get involved. Giving blood, for example, takes a little more than an hour, and your contribution can potentially save three lives (see story, page 5). And, feeling good about yourself is good for your health.

Community Care Is Part of Our Commitment

With the holidays just around the corner, I want to take this opportunity to wish you and your families a very happy and healthy New Year from all of us at the Medical Group. Thank you for continuing to entrust your care to us.

With kindest regards,

[Signature]

Share your thoughts with us

Please e-mail us at Well-Being@csmns.org or call our Patient Services Department at (800) 700-6424, Monday-Friday, 8:00 a.m. to 5:30 p.m. Your input helps us improve.

Medical Group Helps Build a Better Community

Cedars-Sinai Medical Group employees are committed to supporting community needs, sharing personal time and resources to improve lives. This commitment is an integral part of the Medical Group’s culture of care and compassion, and each year the team proudly works with local organizations to make a difference. This year is no exception.

Employees March for the Health of Babies

Walking and fundraising to give newborn babies a healthy start in life, the Medical Group team joined Cedars-Sinai Health System employees to support the March of Dimes during the annual March for Babies 5k walk, held April 30, 2011, at Exposition Park in Los Angeles.

This year’s March for Babies Chairman was Thomas M. Priselac, president and chief executive officer of the Health System. He rallied the support of 49 different Cedars-Sinai employee and department teams that together raised over $200,000 for the March of Dimes campaign.

The Medical Network, which includes the Medical Group, was honored as the most successful fundraising team, with a total contribution of over $20,000. With 149 walkers, the team also had the largest number of participants, and Marney Jakubowicz, LVN, was our top individual fundraiser, bringing in over $4,000.

Employees Support New Directions

For the past three years, the Medical Group has partnered with different local organizations in honor of the 9/11 National Day of Service and Remembrance. This year, employees dedicated their efforts to support New Directions, a local nonprofit organization that helps veterans acclimate back into the community after their service.

During the Medical Group’s annual picnic last August, several hundred employees and their families brought donated goods, such as new kitchenware and towels, to include in handmade welcome-home bags for soldiers returning from Iraq and Afghanistan.

Over 200 bags were assembled at the picnic, complete with personally designed cards made by the children attending the event. To date, several of the bags have already been delivered. The remainder will be presented as more soldiers return home.

Cedars-Sinai Medical Group employees, like Dr. Richard Ress (pictured above), contributed generously from their pocketbooks and their hearts, taking time at their annual picnic to put together kitchenware gift baskets for returning soldiers like Andre Harrington (right).

Between 35 and 50 million people in the U.S. experience these unpleasant symptoms each year after coming down with the flu. But you don’t have to be one of them.

The single most important thing you can do to avoid getting the flu is to get the annual flu vaccination, which is available as a shot or nasal mist. According to the Centers for Disease Control (CDC), this year’s strains will be identical to last year, including influenza A H3N2 virus, influenza B virus and the 2009 H1N1 virus.

The CDC recommends that everyone over six months old be vaccinated, even if you received the vaccination last year. “Annual vaccinations are recommended because your body’s level of immunity likely has declined after a year, and you may not be protected any longer,” explains Howard Wynne, MD, Medical Director for the Medical Group. “The sooner the better. It takes the body about two weeks to develop antibodies after receiving the vaccine, and the season has already begun.”

The vaccination is now available through your Medical Group primary care physician. Contact your physician’s office to schedule an appointment or to get additional information.


Whether she's playing in the park or sharing toys at preschool, Caden Wilson is constantly touching something that could include the flu virus.

Mom Tangy Davis made sure Caden got her flu shot, the most important preventive measure, and she's teaching her to practice good hand hygiene.

Keeping hands clean and away from eyes, nose and mouth are a tall order for one so little, but Mom's always prepared to help out.

Cedars-Sinai Medical Group is Ranked a Top-performing Physician Organization for the Seventh Consecutive Year

For the seventh year in a row, our Medical Group has been ranked as one of the top performing physician organizations in California, identifying us once again as a recognized leader based on quality performance.

Our inclusion in the top 25 percent of 200 groups surveyed is an honor, it's prestigious, but most importantly, it tells us we’re on the right track in meeting our goal to provide our patients with exceptional care and service.

This Top Performer ranking comes from the Integrated Healthcare Association (IHA), a nonprofit statewide collaborative leadership group that promotes quality improvement, accountability and affordability for the benefit of California consumers. Their assessment of our achievement is based on four factors of performance in clinical quality, patient experience, advanced use of information technology and coordinated diabetes care.

The IHA recognition is particularly significant because a strong component of the ratings system comes directly from our patients, a random sample of whom assess us through an annual third-party survey. We hope this means you see the strides we are making in our continuous assessment and improvement efforts. We never stop trying to be better and more responsive.

Our Medical Group has many innovations ahead for our patients and new technology to support them. We are listening to what you are asking of us, how your lives are changing and how we need to change to accommodate that. We view this recognition as a challenge to be that much better in the future. We'll wait to hear again next year how you think we did.

For this year, thank you. Your satisfaction is our reward for the work we do.

Medical Officer's Corner

Stephen Deutsch, MD
Chief Medical Officer
Cedars-Sinai Medical Delivery Network
Inpatient Specialists Are at Your Bedside, Around the Clock

continued from page 1

The Cedars-Sinai Inpatient Specialty Program (ISP) team includes 19 hospitalists, two nurse practitioners, eight care managers and their manager, plus three administrative support staff. Bradley T. Rosen, MD, MBA, is the ISP medical director. They provide care for hospitalized Medical Group patients 24/7.

In addition to the inpatient specialists, the ISP care team also includes nurse practitioners, care managers and administrative support staff. Working closely with the hospitalists, the care managers act as your liaison and help with care coordination and communication. They coordinate scheduling of tests and procedures, answer questions and ensure there are no unnecessary delays in your hospital care.

How are my primary physician and other specialists involved?
Rest assured the ISP team manages your care in partnership and close communication with your primary care physician and specialists. They are kept thoroughly updated throughout your hospital stay and have access to your medical record electronically so they can check on your status at any time. As well, your hospitalist has access to your medical history through your electronic medical record.

Why do I need a hospitalist?
Hospitalists don’t have an outside office to run, so they are always available in the hospital when you need them, regardless of the time of night or day. They have a close working relationship with hospital staff and an intimate understanding of hospital processes that enables them to get things done efficiently and effectively for you. They have a great deal of experience managing acute inpatient illness, so you can feel confident you are getting the quality medical care you need.

When you’re ready to be discharged, your hospitalist will discuss further treatment needs with your primary care physician. Your care manager will help arrange your follow-up care and assist with any home care or medical equipment needs you may have. At that point, you will be placed back into the care of your primary care physician and specialists for your ongoing medical needs.

How Often Should I Get My Cholesterol Tested?

It’s a common misperception that everyone should have a fasting cholesterol test every year. According to the National Cholesterol Education Program (NCEP), affiliated with the National Institutes of Health, that is not true. Since the NCEP came out with its recommendations in 2001, the standard continues to be once every five years for healthy adults age 20 and older whose cholesterol levels are within the acceptable range.

Recommendations vary for the type and frequency of testing based on individual risk. For example, those with risk factors such as borderline high cholesterol levels, cardiac disease and a family history of early-onset cardiac disease should be monitored more often. Individuals who are taking cholesterol-lowering drugs should be monitored at least yearly to assess the medication’s results and adjust the dosage if needed.

The bottom line is that you and your doctor should discuss your risk factors annually in order to make the appropriate decision regarding your cholesterol testing.

Some Care “Magic” Helps One Couple Deal with Cancer

“It’s a big relief for a caregiver to know you have someone there to help you when you’re dealing with cancer,” explains Pat Rangel, fiancée of Cedars-Sinai Medical Center patient Marcel Leon. “I’m able to call Cesilyn (Bulanda) and tell her I need some magic. There’s no way I could get through this without her.”

Bulanda is one of eight care managers working as part of the Inpatient Specialty Program (ISP) team to provide hospitalized patients and their caregivers with the support they need to handle sometimes-complex medical situations. From the time a patient is admitted, they work closely with the hospitalists to ensure coordination of care and navigation of the health care system. It’s a team effort to get patients the care they need efficiently and effectively.

“Anytime I noticed something with Marcel, I would tell the nurse and a doctor (hospitalist) would be there within a short time. It’s reassuring to know they’re right there,” Rangel recalls. “The doctors knew all about Marcel’s situation, and they were very professional, compassionate and caring, even though they didn’t know us well. They made us feel comfortable.”

The ISP team didn’t let Leon go home without first coordinating the follow-up care and assessing the home environment for safety and care issues. Bulanda did her job well. She arranged for home physical therapy and needed medical equipment, made sure that Rangel had Leon’s medications in her hand before they left the hospital and coordinated follow-up specialist appointments. With this peace of mind, Rangel could focus her attention on caring for Leon.

“The last thing you want to deal with is all the coordination and paperwork. It can be overwhelming,” Rangel concludes. “But (with ISP) you have a partner who is helping you. We couldn’t have done it alone.”
Is Your Teenager Getting Enough Sleep?

continued from page 1

There Are Consequences of Too Little Sleep
Sleep deprivation can impact all parts of a teen’s life. It can cause irritability, mood swings and depression. It can impact their ability to concentrate and stay awake in class, affecting their performance at school and in sports. Most important is its impact behind the wheel of a car. Many studies have shown that sleep deprivation causes the same impairments to judgment as alcohol.

Sleep Has its Benefits
“Getting enough sleep is important to a teenager’s immediate and long-term health,” Dr. Weimer states. “Sleep slows down the body’s systems and allows them to re-energize. This recovery phase is important to the growing adolescent body.”

See Your Pediatrician if You’re Concerned
“There are sleep disorders caused by medications, depression or stress,” Dr. Weimer explains. “If you have serious concerns about your teen’s sleep patterns or general health, please see your child’s doctor. Most likely it’s just the biological clock. Helping your teen to learn these simple sleep tips will prevent health problems as a result.”

One Donation Reaps a Triple Reward

One donation of a pint of whole blood has the potential to save three lives and provide a multitude of benefits for the donor. You make the most of your contribution at the Rita and Taft Schreiber Blood Donor Facility because the whole blood donated is automatically separated into three parts—plasma, red cells and platelets. From one donation, as many as three patients will get the components they need.

In addition to knowing you may have helped to save a life or two or even three, as a blood donor you also get a free mini physical examination and a guilt-free cookies and juice indulgence during your approximately 75-minute appointment.

Your Blood Is in Demand
At Cedars-Sinai, blood products are always in great demand. In fact, the Medical Center requires 4,000 to 5,000 pints of blood each month to treat its patients. With the demand often exceeding the supply, the generosity of its Health System employees, patients and the extended community is imperative, especially in a city with the lowest blood donation rate of any major city in the United States.

Most People Are Eligible to Donate
If you are 17 years or older, weigh at least 110 pounds, are in good health, do not have any infections and have no history of hepatitis after age 11, you are likely eligible to donate. Eligibility is governed by the U.S. Food and Drug Administration, however, and there are some temporary restrictions. A list is included on the Blood Donor Facility website, or call for more information.

Make an Appointment Today
Rita and Taft Schreiber Blood Donor Facility
Cedars-Sinai Medical Center
8700 Beverly Blvd.
South Tower, Room 1690
Los Angeles, CA 90048
Phone: (310) 423-5346
cedars-sinai.edu/blood

Medical Group Employees Give with a Smile

Cedars-Sinai Medical Group employees give generously during their employee blood drive held each year in December. It’s a time when the stream of blood donor volunteers typically slows down and the need for blood rises during the holiday season ahead.

Although the cookies and juice at the end are certainly nice, the real motivation is saving lives. The annual event draws considerable support, but many of the employees continue to give throughout the year. In fact, last year they donated more than 150 pints, which has the potential to help over 450 patients in need.

Chief among the contributors is Barbara Beblie (pictured), patient services representative at the Medical Group Urgent Care Center, who is a 12-time donor. Healthy donors are eligible to give whole blood as often as every 56 days.

Steps to Help Teens Sleep Better
While teenagers may be biologically programmed to go to bed later, there are steps they can take to adjust their internal clocks.

- **Create a consistent sleep schedule.** Try to get your teen to go to bed and rise at the same time every day, even on weekends.
- **Create an ideal sleep environment.** Remove or turn off electronic distractions by a certain hour. As bedtime approaches, dim the lights and turn them off during sleep. In the morning, expose your teen to bright light to help signal it’s time to wake up.
- **Avoid caffeine and long naps.** Limit your teen’s consumption of caffeinated beverages and don’t allow naps after school longer than 30 minutes.
- **Avoid “all-nighters.”** Teach teens consistent study habits to reduce the need for all-night studying.

Donating Is as Easy as 1–2–3
- Make an appointment at the Blood Donor Facility at Cedars-Sinai Medical Center.
- Attend one of the many Cedars-Sinai blood drive community events held throughout the year.
- OR—host your own blood drive for 30 or more participants, and the facility’s mobile blood bank will come to your business, school, church or even private residence. Contact Blood Donor Facility Coordinator David Keyes at (310) 717-5996.
Meet Our New Physicians
Cedars-Sinai Medical Group continues to expand to provide services responsive to the needs of our patients. Some exceptional individuals have joined our care team, and we’d like to introduce them to you.

Joanne Belgarde, MD
Internal Medicine and Pediatrics, Urgent Care
As a medical student, two of Dr. Belgarde’s mentors influenced her career path and motivated her to be more than a healer for her patients. “I wanted to have the knowledge base, skill and grace to care for my patients the way they did.” Her care philosophy includes strong communication and empathy, with an emphasis on education. “Physicians have the power to educate and help their patients feel empowered with knowledge.”

Location: 8501 W closely Blvd., Suite 150
Beverly Hills, CA 90211
(310) 248-7000
Medical Education: Internal Medicine, University of California, San Francisco; Pediatrics, Albert Einstein Medical Center, Philadelphia, Pennsylvania; Residency, Georgetown University Hospital, Georgetown University, Washington D.C.

Henry Chen, MD, MBA
Otolaryngology-Head and Neck Surgery
Facial Plastic and Reconstructive Surgery
For Dr. Chen, being able to make a difference in the lives of his patients is what he enjoys most about his work. Not only does he help to correct problems and improve physical presence, he also helps his patients gain greater self-esteem. Dr. Chen works with each patient to provide an individualized experience and treatment plan that utilizes state-of-the-art techniques, and he takes pride in their satisfaction with the results.

Location: 631 West Third St., Suite 640E
Los Angeles, CA 90048
(310) 423-1220
Board Certification: American Board of Otolaryngology
Medical Degree: Baylor University, Baylor College of Medicine, Houston, Texas

Keren Lerner, MD
Obstetrics and Gynecology
For Dr. Lerner, the joy of bringing a new life into the world and sharing that special moment with a family was her motivation to specialize in Obstetrics and Gynecology. “I look at it as an honor and privilege that my patients entrust me to work with them throughout their pregnancy and deliver their babies.” To her, providing excellent care is about making each patient’s needs a top priority and being available when they need her.

Location: 99 North La Cienega Blvd., Suite 202
Beverly Hills, CA 90211
(310) 385-3380
Board Certification: American College of Obstetrics and Gynecology
Medical degree: Drexel University College of Medicine, Philadelphia, Pennsylvania

In the Spotlight
Cedars-Sinai Health System President’s Award Winner

Janet Ayala
Patient Services Representative
Compassion. Dedication. Excellence. These are the qualities that Janet Ayala exemplifies when working as a patient services representative for the Medical Group Obstetrics/Gynecology department. Whether she’s diligently helping patients schedule appointments or working collaboratively with office staff, Ayala’s efforts to go above and beyond earned her a 2011 President’s Award.

A Cedars-Sinai Medical Group employee since 1995, Ayala began working as a medical records clerk after her sister, a fellow employee, encouraged her to apply. After 16 years with the Medical Group, Ayala has never looked back and enjoys working with patients to help them feel like a recognized, respected member of the family.

“When I’m speaking with a patient, I strive to provide the level of care I would want one of my family members to receive when they are in the same situation,” explains Ayala. “I really enjoy being able to make patients feel comfortable and to develop a relationship so they feel they can trust me.”

In addition to scheduling appointments and checking in with patients, Ayala helps provide back-up office support for the department’s eight physicians and one physician assistant. That requires her to stay organized working collaboratively with office staff, Ayala’s efforts to go above and beyond earned her a 2011 President’s Award.

While Ayala’s list of daily responsibilities is dizzying, her commitment to patients and to her team remains steadfast. “I really love my job, my co-workers and being able to help others.”

Did you know...

Cedars Sinai Medical Group patients, their family and friends can take advantage of a holiday season discount on select injectable fillers and skin rejuvenation and laser procedures from our Cosmetic Dermatology professionals through January 31, 2012.

15% Discount Cosmetic Dermatology Procedures*

Call for an Appointment (310) 385-3300
Cosmetic Dermatology Services
200 N. Robertson Blvd., Suite 202
Beverly Hills, CA 90211
www.cedars-sinaimedicalgroup.org

*Discount applies to select injectable fillers and skin rejuvenation and laser procedures. One procedure per patient only. Appointments required. Gift certificates are also available. Call for details. Discount valid Nov 1, 2011 through Jan 31, 2012.

Medical Group Physician: Excellence Honored
Board-certified Obstetrician and Gynecologist Lloyd B. Greig, MD, was named among the 2010 national Service Excellence Award recipients by the Healthnetwork Foundation. This honor is presented annually to 10 physicians who have demonstrated an extremely high level of integrity and compassionate care to members of the network. Healthnetwork helps to fund the groundbreaking research being conducted by these innovative national leaders in medicine.
Cedars-Sinai Medical Group: One Network for All Your Health Care Needs

Since our inception in 1985, Cedars-Sinai Medical Group has focused on providing a full range of quality health care and disease prevention services for the entire family.

As a patient in our medical network, you benefit from convenient access to over 100 primary and specialty care physicians and seamless coordination of your care between them. While each doctor manages particular aspects of your care, they all work together as a team to deliver a comprehensive treatment plan.

The physicians and staff of Cedars-Sinai Medical Group are your partners in quality health care. We are part of the nationally renowned Cedars-Sinai Health System, so should you need to be hospitalized, you have access to Cedars-Sinai Medical Center which is consistently recognized as one of the finest hospitals in the country.

### Same-Day Care for Your Urgent Needs

Cedars-Sinai Medical Group’s Urgent Care Center is designed to help you meet your unexpected medical needs when your primary care doctor or pediatrician is not available. The Center’s internal medicine and family practice physicians, pediatricians and urgent care-trained physician assistants are members of the Cedars-Sinai Medical Group and provide the same standard of excellence in patient care to diagnose and treat your flu, cold, fever or any illness that needs immediate attention.

Same-day and after-hours care are available at the Center, in Suite 150 at 8501 Wilshire Boulevard in Beverly Hills, Monday through Friday, 9:00 a.m. to 9:00 p.m. and Saturday through Sunday, 9:00 a.m. to 1:00 p.m. Of course, if you have a serious health problem, call 911 or go to the Cedars-Sinai Medical Center emergency department.

### Voice of the Customer Program: WE CARE

Our goal is to provide you with high-quality medical care, excellent customer service and a strong mix of programs and services responsive to your needs. Our team of physicians, caregivers and support staff are all focused on serving you.

In order to achieve our quality care and service goals, we need to hear from you. Your concerns, suggestions and general feedback about the quality of care and services you receive will help to make us even better at what we do.

Should you have any issues at any time, our care team meets bi-weekly to investigate and resolve your concerns and to fine-tune our policies and procedures to better serve you.

Please call our Patient Services Department at (800) 700-6424 Monday through Friday, 8:00 a.m. to 5:30 p.m., with any issues you may wish to discuss.

### Learn More About Us

At Cedars-Sinai Medical Group, your good health is our first priority. We view ourselves as your partner, there to support you in your wellness and preventive efforts, as well as to treat and care for you when illness or injury occurs.

To learn more about any of our Cedars-Sinai Medical Group physicians, specialty services, wellness classes, physician office locations and phone numbers, please visit our website at www.Cedars-SinaiMedicalGroup.org. Or, call our Patient Services Department at (800) 700-6424, Monday through Friday from 8:00 a.m. to 5:30 p.m.
What’s in Store…
In this issue of Well-Being, get the latest from your partners in good health.

Tune Teens In to Turn Off
It’s biological. Teens need more sleep and turning off the electronics helps.
See page 1

Hospitalists Help
Inpatient internal medicine specialists are there for patients 24/7.
See page 1

Blood Bourne Bonus
Donate one pint of blood and help three people in need.
See page 5

Dermatology Discount
A holiday season discount is available on select cosmetic dermatology procedures.
See page 6

Cedars-Sinai Medical Group Wants You to Know…

Lower LDL Levels
Looking to lower the “bad” cholesterol levels? A new study shows that a diet rich in soy protein, plant sterols, soluble fiber and nuts is more effective in reducing low density lipoprotein (LDL) levels than a diet low in saturated fat. Those cholesterol-lowering foods include fruits, vegetables, seeds, grains and nuts. Study participants who followed this diet while adding in a few nutritional counseling visits benefited most.

Keep Kids Healthy
With over 22 million days of school lost to the common cold annually, prevention is important. Teach kids to practice proper hand washing with warm water and soap for 20 seconds, as long as it takes to sing the “Happy Birthday” song twice. It should always be done after using the bathroom, before and after handling food, after playing with pets and whenever they are dirty.

Another Win for Chocolate Lovers
Chocolate lovers rejoice! According to a large, new study at the University of Cambridge in the U.K., regular consumption of chocolate is linked to a 37% reduction in the risk of heart disease and a 29% lower risk of stroke. The study credits polyphenols in chocolate, antioxidants that increase the body’s production of nitric oxide, which may lead to improvements in blood pressure and blood flow through arteries. Scientists still encourage eating in moderation to avoid weight gain.

Insomnia and Blood Pressure Don’t Mix
Not sleeping well at night put male study participants at 80% greater risk for high blood pressure, according to a study published in *Hypertension: Journal of the American Heart Association*. Researchers found that men who experience less than 4% of their sleep in slow-wave or “deep” sleep were also more likely to develop high blood pressure. They believe further study will show similar results for women.

Safety First for School Lunches
Homemade lunches are great to encourage healthy eating for kids. However, a new study from the *Journal of Pediatrics* found that fewer than 2% of perishable items were at a safe temperature when it was time to eat, presenting ideal conditions for bacterial growth. Use a frozen gel pack and insulated lunch box and send safe foods like peanut butter and jelly, whole fruits and vegetables, canned foods and crackers.

Cranberries or Antibiotics?
Which works better to treat a bladder infection? Cranberries or antibiotics? Antibiotics, according to a recent study of women suffering from recurrent urinary tract infections (UTIs). Participants responded twice as well to daily doses of antibiotics as those treated with capsules containing 500 mg of cranberry. Before choosing a treatment option, however, talk to your doctor to ensure the UTI is not severe enough to generate a kidney infection.

Freckle Faces Need Sunscreen
Freckles across the noses of little girls and boys may be cute, but they’re also an indication of sensitivity to the sun. Be sure to use sunscreen with SPF 30 generously now to avoid the risk of skin cancer later in life.

Information in this newsletter does not constitute medical advice, nor does it substitute for a medical opinion from your doctor.