

# IN Good Health

WWW.TOURO.COM • TOURO INFIRMARY • WINTER 2010

Enjoy a **Stress-Free**  
**Holiday Season**

Saints Win Leads  
to **Baby Boom**  
in Big Easy



**Healthier**  
**Eating** in the  
New Year

**touro**  
Here. For Life.

# Saints Win Leads to Baby Boom in Big Easy

by Angelique Dyer

**T**his past February, the city of New Orleans rose to the top as World Champions, and Saints fans celebrated in more ways than one. Nine months later, many families welcomed some special “New Dats,” or babies that were conceived around Super Bowl Sunday.

“People in New Orleans love to have a good time, and this is one of the ways they have chosen to express themselves,” Paul du Treil, M.D., obstetrician/gynecologist at Touro Infirmary, said about the influx of new babies, especially at Touro.

According to the National Center for Health Statistics, there has been a drop in the U.S. birth rate for the second year in a row. Births fell 2.7 percent last year, even as the population grew, and

experts think the wrenching recession led many people to put off having children.

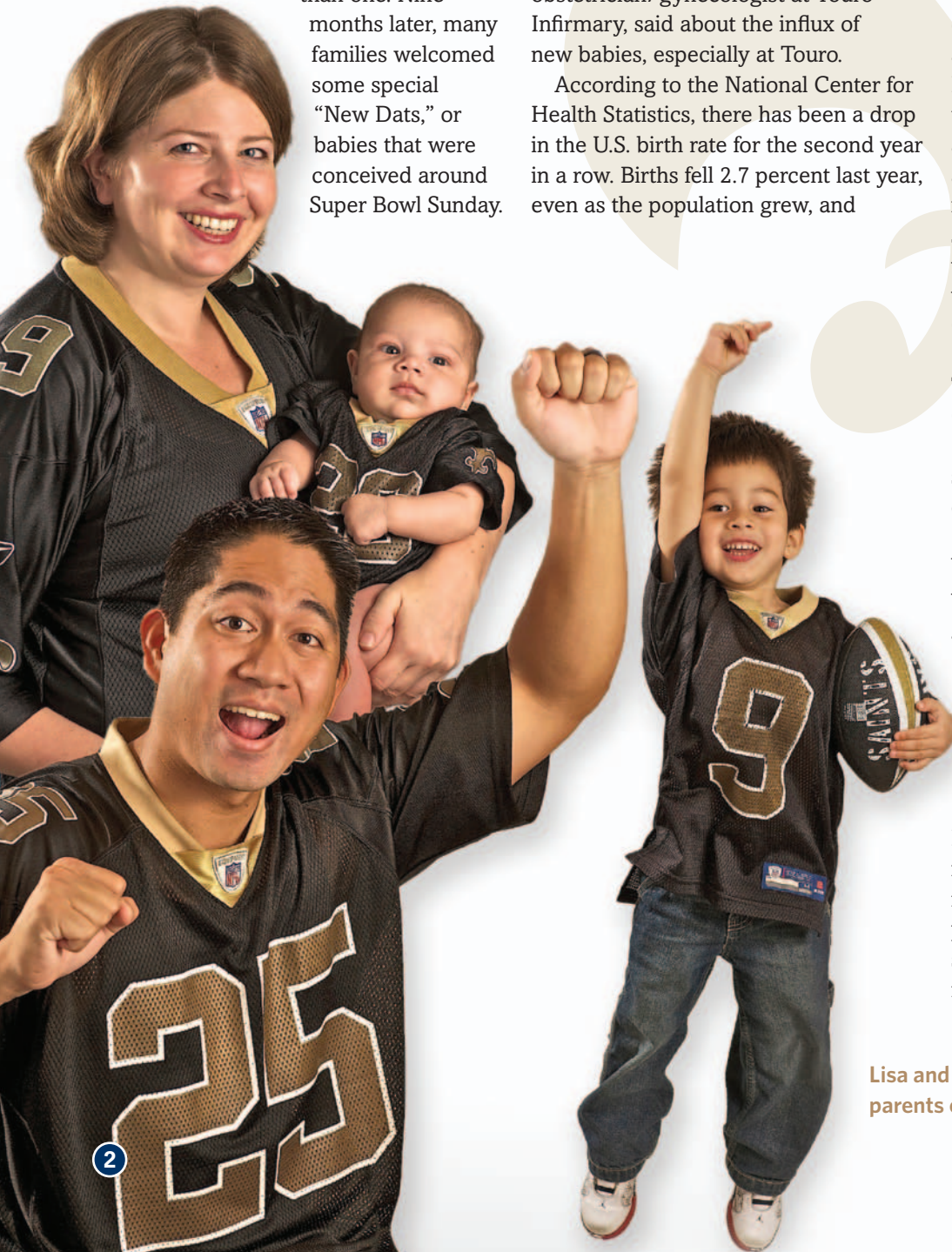
Yet the Big Easy was booming with continuously crowded family birthing centers during the months of October and November, leading the “Who Dat Nation” into a potential baby boom. In the past three years, births at Touro are up an estimated 46 percent, with a large spike expected within the next few months. Between the months of January and September of 2010, there were 1,968 births at Touro, and this was before the merge with LSU Health Center’s maternity department.

With the arrival of New Dats, Touro has expanded its Family Birthing Center; it can now accommodate 33 expectant mothers and includes several new amenities, creating an enjoyable space for families.

“We experienced a large peak between October and November, which was about nine months after that little game we won called the Super Bowl,” said Dr. du Treil.

Thanks to the Saints, many families have stories to tell their new babies about when they were born. The names Drew, Sean, Peyton, and Hartley are popular among the New Dat babies. For mom and avid Saints fan Lisa Urcia, the Saints are a part of many of her family memories. She planned her wedding on a bye week so she and her husband, Patrick, would not miss watching a Saints game. She

**Lisa and Patrick Urcia, Saints fans and proud parents of sons Reed and “New Dat” Lucas.**



# Can You **Work Out** with a Cold?

also gave birth to her new son, Lucas, during the Saints 2010 season opening game against the Minnesota Vikings.

“We were saying ‘push, push, push,’ then we’d turn around and watch the play,” Urcia said, recalling the day she gave birth to her second son in September. “We scored the touchdown in the third quarter, and I had the baby with 23 seconds left in the third quarter. It was so fast.” In fact, with persistence, Urcia told her husband to go to the game, but he decided to give up his ticket at the last minute.

Urcia is a patient of Dr. du Treil and remembers when she found out she was pregnant.

“I found out the day after the Super Bowl that I was pregnant,” Urcia said. And the Urcias aren’t alone when it comes to being New Dat parents. “We have five or six friends who are pregnant now,” Urcia said.

The Saints’ Super Bowl win brought much to the city—financial revenue, a championship, and a population pop that creates a new generation of children with a shared experience of being New Dats.

“You know how we are in New Orleans. We like to celebrate. We like to have a party, and this is just one more way we like to have a good time,” Dr. du Treil said.

These New Dats have big shoes to fill if they are to surpass or even meet their parents’ New Orleans Saints enthusiasm. With a city obsessed, new fans being born, and a new season to watch, the future looks bright for Saints fans across the board.

**Y**our nose is running, your head aches, and your throat feels like it’s been rubbed with sandpaper. So should you hit the gym—or your snooze button? The answer depends on your symptoms, your workout, and the steps you’ll take to keep from sharing your infection with your workout buddy.

Most experts agree a moderate workout can’t hurt, and may even help, a common cold. Use the above-the-neck rule as a guide. If your symptoms are all in your head, such as sniffles and sneezing, go ahead and take a walk or do another easy routine.

If you have any of the following signs, lay off of physical activity until you feel better:

- Fever
- Body aches and pains
- Swollen glands
- Extreme fatigue

Don’t jump back into your old routine once you’ve kicked your illness. Take two to four weeks of rest and then gradually work back up to your previous level.

## **Regular Exercise Prevents Colds**

Once you’re well again, keep exercising to prevent your next bout with what’s going around. Studies show that about 45 minutes of moderate activity, such as walking, biking, or swimming, on most days of the week reduces the

number of colds you’ll catch by 25 to 50 percent.

However, stressful workouts may briefly suppress the immune system. That’s why, for example, marathon runners and other athletes appear prone to colds and flu during training.

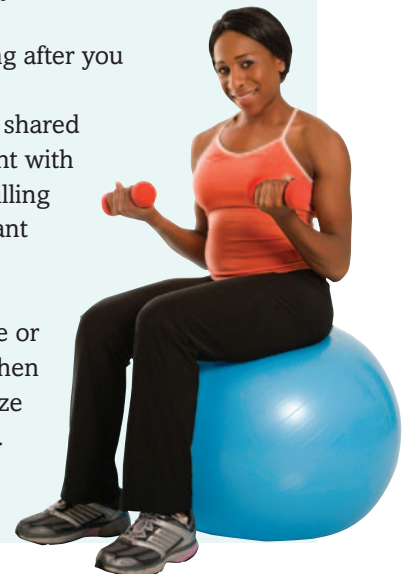
Whether you’re an elite athlete or a recreational exerciser, you also can prevent the common cold by:

- Eating a healthy, well-balanced diet
- Getting enough sleep
- Keeping stress under control
- Reducing contact with people who are sick
- Washing your hands regularly with soap and water.

## **Keep Germs from Spreading**

Suffering through spin class with the sniffles? Don’t give the entire group your virus. Prevent passing along infections at the gym by:

- Washing your hands regularly
- Showering after you sweat
- Cleaning shared equipment with a virus-killing disinfectant after use
- Covering your nose or mouth when you sneeze or cough.



# Enjoy a **Stress-Free Holiday Season**

Tips for keeping your cool this holiday season



**Sherri Godbey, M.D.**  
Family Medicine  
Crescent City  
Physicians

'Tis the season to be ... stressed.

While the holidays are supposed to be a time of joy and happiness, for some people the stress of the holidays can take a toll on their health, both physically and emotionally. Women get particularly stressed around the holidays trying to make sure everything is perfect for their families.

Not only can stress ruin your holidays, but it can also be harmful to your health. In this time of giving, make sure to give yourself what you need to feel less frazzled. Here are a few tips for a stress-free holiday:

**Write down your holiday plan.** It makes sense to come up with a clear plan of action for the holidays. Create a task list that you can check off as

you go. It will prevent you from running around in circles, going back and forth to the same place, and trying to remember what you need to do next.

**Be realistic.** The holidays don't have to be perfect, and they don't have to be done exactly like they've been done before. Just because you bought someone an extravagant gift last year doesn't mean you have to do it again this year. The holidays can put a strain on your budget—and your peace of mind. So shop within your means and think of more creative gift-giving in return.

**Get your family involved.** Don't take on all the responsibility yourself. Send your partner out with a shopping list, and get the kids to wrap gifts and create one-of-a-kind (and cheap!) cards and labels. This can be a great opportunity to spend quality time together while checking things off your list!

**Above all, remember to enjoy the holidays. They are about spending time with the people you love.**

## **Take a time-out.**

With all the hustle and bustle of the holidays, it can be hard to find time to relax and take a breather, but that's exactly what you need to do to reduce stress and refresh yourself to keep going.

## **Don't abandon healthy habits.**

That second piece of pie at your holiday work party might be tempting, but overindulgence only adds to your stress and guilt. Try having a healthy snack before holiday parties to avoid going overboard on sweets or sugary drinks.

**Stay active.** Being active boosts your energy and your mood—so don't let all your holiday to-do's get in the way of your regular exercise routine. If

## **How Stress Steals Your Health**

It's true—stress is bad for your heart. It raises your heart rate and blood pressure. Also, stress causes your body to release hormones that make your heart work harder. A stressful event can even trigger a heart attack and irregular heart rhythms.

Besides harming your heart, stress can make some chronic diseases, such as arthritis or diabetes, worse. In addition, it can make it harder to remember things or pay attention.

Even kids' health can be affected by family stress, such as from an unemployed parent or





your kids are out of school for the holidays, take advantage of it,

and tailor your workout to also be quality time with your kids.

**ENJOY!** After all, the holidays are about spending time with the people you love. Don't get so overwhelmed by the details that you forget why you're doing these things in the first place.

*Sherri Godbey, M.D., of Crescent City Physicians practices family medicine at her Lakeview office in the Smith-Lupo Center. She has an undergraduate degree from Southern Methodist University and a medical degree from the University of Texas Southwestern Medical School, both in Dallas, Texas. She completed her internship and residency in Family Medicine at the University of Texas Medical Branch in Galveston, Texas in 1999. Dr. Godbey is a diplomate of the American Board of Family Medicine. She also completed basic and advanced training in mind-body medicine and takes a "whole-body" approach to practicing medicine. She can be reached in her Lakeview office at 504-309-7949.*

violence at home. Stress is related to more stomachaches, fevers, colds, and other illnesses in kids, according to a recent study in the *Archives of Pediatrics and Adolescent Medicine*.

# Avoiding Winter Weight Gain

**W**hen it comes to losing or maintaining weight, winter puts everyone to the test.

Various studies have found that many Americans gain 3 or 4 pounds during the winter months, thanks to biology, comfort food, and limited physical activity. And those extra pounds tend to stay on year after year, increasing the risk for diabetes, high blood pressure, and heart disease.

Understanding the causes and learning strategies to counter them can help you maintain a healthy weight through the temptations and temperatures of the months ahead.

## Causes

A combination of the following factors can lead to extra pounds:

- **Bad weather** makes all but the hardiest folks cancel their daily walks and hunker down on the couch with the TV remote. The addition of chips, dips, sweets, and sodas provides the perfect recipe for extra pounds.
- **Parties** mean more high-calorie foods, more sweets, more alcohol, and more time sitting around with family and friends.
- **Stress** is increased during the holiday season.

## Solutions

Adopting the following strategies can help you avoid the extra pounds:

**Plan to stay active.** Daily regular exercise is a crucial part of any weight-loss program. To help

you stick with your regimen, schedule your workouts in your appointment calendar at least a week in advance.

**If winter weather makes your usual neighborhood walk** or run unappealing, check out nearby fitness centers and community recreation programs.

**Reduce your stress.** Exercise is an effective stress-reducer. So is getting enough sleep, eliminating low-priority activities, and drinking alcohol moderately.

**Enjoy special meals** in moderation. Taking small portions of treats you really love can prevent feelings of deprivation that can lead to binge eating.

**Limit high-calorie, high-fat foods.** This includes cream-based soups, butter-based sauces, and sugar-laden cookies.

**Eat a healthy breakfast.** Eating a wholesome, low-fat breakfast can curb your appetite throughout the day and make it easier to indulge in moderation.

**Say no to second helpings.** It's not necessary to stuff yourself to enjoy a meal. Instead, fill your plate with one-third lean protein and two-thirds vegetables and salad.

**Drink alcohol only in moderation.** Mixed drinks, beer, and wine contain empty calories and can lower your resolve to eat sensibly.

Finally, retool your recipes—evaluate them with an eye toward substituting lower-fat, lower-calorie ingredients.



# Healthier Eating in the New Year



Pamela C. Butler, M.S., C.D.E.  
Julie Sauviac, M.S., R.D., L.D.N.  
Touro Diabetes Center

**N**ew Year's resolutions—we make fun of them, but we still make them, don't we?

Now that we've gotten that out of the way, how can we make resolutions that actually help us resolve to be healthier? How do we make them work for us?

Take a look at this mixed bag of tips and choose one or two for healthier eating in the New Year:

**Ditch the diet mentality.** Be honest with yourself and set realistic goals. For example, statements such as "I will never eat [insert name of your favorite food] again" set you up for failure. Similarly, don't focus on your most vulnerable time of day, such as when you get home from work or late at night. Fight those battles at another time.

**If you are not in the habit of eating breakfast,** that is a great goal to set for the new year. Breakfast truly is the most important meal of the day, and experts agree people who eat breakfast are less likely to be overweight. Low-fat yogurt, a piece of fruit, dry

cereal in a baggie, or a cheese or peanut butter sandwich are sensible grab-and-go choices if you don't have time to sit down at home.

**Prepare a grocery list.** Refer to it while shopping, and buy only what is on the list. This is not as easy as it sounds, or it would not be on this list.

**Brown bag your lunch, as well as snacks.** Fast food and vending machine costs add up, and what you bring from home will usually be healthier than what you would buy.

**Admit once and for all that your mom was right** and eat your vegetables. Fresh and frozen are wiser choices than canned. Have at least one vegetable at every meal—and consider them for snacks, too.

**If you want to reduce your salt intake,** don't be fooled by thinking not salting your food at the table or while cooking will do it. Most of the salt Americans eat is already in food by the time it gets to us. This is because food manufacturers add it during the processing. To cut down on salt, look for low-sodium products, which have less than 140 mg per serving. Buy more fruits and vegetables in



# Resolution Solution:

## 3 Health Promises You Can Keep

the produce section or frozen food cases. Buy lean meats in the meat department, bypassing cold cuts, lunch meat, and cured meat such as sausage and bacon. Fast food can also be loaded with salt.

**Fats are fattening.** While some fats lower cholesterol in the blood—most liquid oils, for example—they still pack more than twice as many calories than foods that are mostly protein or carbohydrate. So a good goal is to reduce your fat intake in general.

**Don't forget the output part—exercise.** A good health goal is 150 minutes of exercise per week.

**Become a dedicated label reader.** It is hard to be anything but amazed at the amount of calories, fat, and sugar in many of our favorite foods. However, the old “knowledge is power” principle applies here, and food labels can steer you to healthier choices.

**Rediscover the pleasure of eating—**sit down at a table, enjoy conversation with family members, light a candle for a true dining experience. Why not?

For more information on healthy eating, visit [www.calorieking.com](http://www.calorieking.com) or [www.eatright.org](http://www.eatright.org).



**H**ere come those New Year's health resolutions again—you promise to eat better, exercise more, schedule a checkup. But surveys show that one-fourth of all New Year's resolutions are broken by the second week of January.

This year can be different. The key is to take simple, positive steps to better health. Here are three easy-to-keep resolutions:

**1 Eat at least five servings of fruits and vegetables a day.** These foods provide the nutrients and fiber your body needs, and eating more of them may prevent you from filling up on less-healthy foods. Keeping

this resolution also can reduce your risk for heart disease and breast cancer and help you achieve a healthy body weight.

**2 Set realistic goals for exercise.** Instead of making impossible fitness promises, begin to increase your activity level in small ways. Enjoy a walk at lunch, take the stairs instead of the elevator, or go for a bike ride with friends or family.

**3 Be proactive.** Ask your doctor about screening schedules tailored to your health history. Your doctor can also tell you which self-exams would be appropriate for you—and how to perform them.



©2010. Articles in this magazine are written by professional journalists or physicians who strive to present reliable, up-to-date health information. Our articles are reviewed by medical professionals for accuracy and appropriateness. No magazine, however, can replace the care and advice of medical professionals, and readers are cautioned to seek such help for personal problems.

10313M

For a referral to a Touro primary care doctor or specialist, call 504-897-7777 or visit [www.touro.com/findadoc](http://www.touro.com/findadoc).

# Yummy **Bread Pudding**

If you are like most New Orleanians, you look forward to favorite desserts like bananas foster, bread pudding, pralines ... well, you get the idea!

Bread pudding can be healthier and still delicious with a few changes in ingredients. Like most desserts, bread pudding can be high in calories, fat, and sugar. Following are a few simple tips to help you skim down those calories.

## If your recipe calls for:

Butter or margarine

Eggs

Whole milk

Chocolate, semisweet, 1 oz.

Sugar, 1 cup

## Try substituting:

Applesauce or prune purée for half of the called-for butter

Two egg whites or ¼ cup egg substitute for each egg

Fat-free milk or ⅓ cup nonfat powdered milk plus ¾ cup water

3 tbsp. dry cocoa plus 2 tbsp. canola oil

½ cup Splenda® Sugar Blend or ⅔ cup sugar

## Original Bread Pudding Recipe

7 cups French bread

1 quart whole milk

3 eggs

2 cups sugar

2 tbsp. vanilla

1 cup raisins

¼ tsp. allspice

¼ tsp. cinnamon

3 tbsp. unsalted butter

## Modified Bread Pudding Recipe

7 cups French bread (or whole wheat)

1 quart fat-free milk

¾ cup egg substitute

1 cup Splenda® Sugar Blend

2 tbsp. vanilla

1 cup raisins

¼ tsp. allspice

¼ tsp. cinnamon

1 tbsp. unsalted butter, 1 tbsp. applesauce

## Nutritional information per serving ... You do the math!

Calories: 382

Total fat: 9.0 g

Cholesterol: 82 mg

Sugars: 55 g

Calories: 282

Total fat: 3.9 g

Cholesterol: 8 mg

Sugars: 34 g

