

HEALTH MATTERS



A PUBLICATION OF THE
MONTEREY
HERALD



DIABETES &
HEART HEALTH

Caging the Diabetes Beast

Depression and Heart Issues
Making Smart Food Choices
Coming Back After Cardiac Surgery
& Much, Much More...



Make sure you get the Medicare coverage you deserve.



Original Medicare is great, but there are many things it doesn't cover. Aspire's Medicare Advantage plans give you comprehensive coverage, valuable extras, and affordable premiums.

Get more value from our local Medicare Advantage plans:

All-in-one plans as low as

\$52 a month

- Low co-pays
- Prescription drug coverage
- 24/7 telehealth services
- Fitness benefit
- Chiropractic and acupuncture coverage
- Much more



Request your **FREE Welcome to Medicare kit**

Learn about your Medicare options, compare plan costs, benefits, and more.

Call (866) 798-1097 (TTY: 711) or visit www.aspirehealthplan.org/explore

Call today to schedule a one-on-one or **FREE** virtual seminar with a Health Plan Advisor. **Hablamos español.**



in collaboration with



Aspire Health Plan is a Medicare Advantage HMO plan sponsor with a Medicare contract. Enrollment in Aspire Health Plan depends on contract renewal. Aspire Health Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. For accommodations of persons with special needs at meetings call (855) 570-1600 (TTY users call 711). Other providers are available in our network. H8764_MKT_SEPAgelnads_1220_M

Women and heart disease: ABCs and Q&A

Online lecture to learn from the comfort
of your home or anywhere



Learn the basics about how women experience heart disease and what can be done to prevent or treat it, during an online session on:

- How heart issues are different for women and men
- Early signs and symptoms
- Prevention tips
- COVID-19 and heart disease
- New developments in care and treatment

Registration required. Visit chomp.org/classes

A link to the meeting will be emailed to attendees one business day in advance.

Wednesday, February 3, 5:30–6:30 p.m.

Speakers

Dr. Diane Sobkowicz

Medical Director

Cardiac Rehabilitation, Tyler Heart Institute

Dr. Jayme Rock-Willoughby

Cardiologist, Montage Medical Group

Following a presentation,
the cardiologists will answer questions submitted
in advance and online during the event.

Questions? Call (831) 625-4505



Community Hospital
of the Monterey Peninsula
Montage Health



FEATURED STORY

8

A Beast To Beat

'Don't Feed the Diabetes' campaign seeks to educate



10

Listen to Your Heart

Warning signs forced him to pay attention



12

The Emotional Aftermath

Dealing with depression after heart attack



16

Back to Basics

Monterey health center helps focus on health



18

Eating With Purpose

Learn to nourish body with best food choices

Important Statistic

DID YOU KNOW?

> About 210,000 American children and teens have diabetes. Rates of type 1 diabetes are rising by 1.8%, and rates of type 2 diabetes are rising by 4.8%. Young people who develop diabetes have a higher risk of health challenges throughout their life.

Reference: Centers for Disease Control ([cdc.gov/diabetes](https://www.cdc.gov/diabetes))


Diabetes & Heart Health

ISSUE

A variety of different health agencies and businesses came together to support the "Don't Feed the Diabetes" campaign for Monterey County.

Graphics by Revive Health for Community Health Innovations (CHI)



A woman with dark hair pulled back, wearing a blue denim sleeveless top, is leaning over a young boy with short dark hair, wearing a grey t-shirt. They are both looking intently at a large white sheet of paper held by the boy. The background is softly blurred, showing what appears to be a home interior with a window and some greenery.

be home

be safe

be patient

be selfless

 be well

Today, we are all being called upon to be bigger than just ourselves. To be healthier neighbors. To be better caregivers. To be stronger communities. Together, we can do this.

To learn more visit svmh.com/bewell | #BeWell



Salinas Valley
Memorial
Healthcare System

Editor's Desk



Photo by Susan Gerbic

As local health care workers battle the coronavirus in Monterey County, another disease is ravaging lives and putting those who contract COVID-19 at greater risk for serious complications. That disease is Type 2 diabetes, the subject of our cover story this month.

The countywide prevention effort actually started in June 2015 with the recognition that diabetes is a huge problem, according to Liz Lorenzi of Community Health Innovations. Dr. Alan Radner, chief medical officer at Salinas Valley Memorial Healthcare System with Terri Lowe, then vice president of nursing at Community Hospital, and Jim Gilbert of the Monterey Bay Independent Physician Association together made a commitment to “move the dial.”

Understanding the complexity of Type 2 diabetes and the misperceptions of it, local medical professionals knew it was time to take a stand. That’s how “Don’t Feed the Diabetes” was born.

Featuring an ornery blue beast that feeds off risky behaviors like binge eating and skipping workouts, the large-scale educational campaign shines a light on the symptoms and dangers of diabetes. And the danger is real—diabetes is the seventh leading cause of death in the United States, and many of us may not even know that we have it, until we do.

Please take a moment to go to dontfeedthediabetes.com and check out the range of resources that are available, and make an appointment with your doctor to get tested, if you haven’t already.

Stay strong —

Kathryn McKenzie

HEALTH MATTERS

Monterey County's Health Magazine

February 2021, Volume 8, No. 81

Director of Operations & Advertising

Dana Arvig

Circulation Director

Mardi Browning Shiver

Editor, Health Matters

Kathryn McKenzie

Design & Production

Rick Gebin, www.rickgebin.com

Contributors

Lisa Crawford Watson

Melanie Bretz

Barbara Quinn-Intermill

Tom Leyde

Sales Team

Mike O'Bleness

Rachel Martinez

Alyson Stockton

Danielle Landaker

Advertising Services Manager

Lorraine Roque

To contact Health Matters, please email:
mh.healthmatters@gmail.com

Health Matters is a monthly magazine published by The Monterey Herald.

All rights reserved. Material herein may not be reprinted without express written consent of the publisher.



Follow us on Facebook and Twitter
www.facebook.com/healthmattersmagazine
[@MontereyHealth](https://twitter.com/MontereyHealth)

PRIMA HEART

PREVENTIVE CARDIOVASCULAR CENTER

Preventive Cardiology & Health Diagnostics

Know your cardiac risk ...

Early prevention makes all the difference

www.primaheart.com

Cardiologists specialized in prevention, early intervention, diagnostic testing, and imaging.



Cardiovascular Testing & Imaging

- Treadmill Stress Testing
- Cardiac & Carotid Ultrasound
- Stress Echo Imaging
- Accredited Nuclear Imaging
- Arrhythmia Monitoring
- CT Coronary Calcium Scoring
- Cardiac CT Angiography
- Integrated Cardiac Assessment

Comprehensive Lab Testing

- Comprehensive Cholesterol / Lipoproteins
- Cardiovascular Genetic Testing
- Metabolic Testing

Cardiovascular Risk Consultations

Advanced Lipid Management

Genetic Cardiovascular Assessment

Women's & Family Heart Disease

Cardiovascular Screening – Call for Info

Soteria Karahalios MD, FACC, FAHA, FASNC

Terrance Moran MD, FACC, FAHA

H. Robert Superko, MD, FACC, FAHA, FAACVPR

333-1345

1010 Cass St. Suite A-1
Monterey, Ca. 93940

DEFEATING THE BEAST

Campaign seeks to help foster diabetes awareness

BY TOM LEYDE

A new campaign to educate Monterey County residents about their risk for diabetes features a funny blue monster, although the reality of the disease is anything but humorous.

The monster appears in TV and online ads, nibbling at people's feet, holding them back from exercise and encouraging them to eat fast food. But, as the "Don't Feed the Beast" campaign points out, people can defeat the diabetes monster by taking simple steps that will improve their health and lower their blood sugar.

An overwhelming wave of diabetes and pre-diabetes in the county has led to this new effort, which features a multi-pronged approach to tackling the problem.

The new awareness campaign features a website (dontfeedthediabetes.com) that lets viewers determine their likelihood of developing diabetes, and read success stories of people who have successfully managed and even beaten the disease. Education programs have been introduced at local schools to combat the growing number of children and young adults being diagnosed with diabetes and pre-diabetes.

"We wanted something different so that people could talk about it (diabetes). We got really good feedback from it," says Liz Lorenzi,

vice president and CEO of Community Health Innovations, a non-profit partnership of Montage Health and Salinas Valley Memorial Healthcare System, which developed and is administering "Don't Feed the Beast."

Lorenzi says CHI did extensive research in developing the campaign, which included staff members visiting people's homes and holding focus groups with a variety of different ages, including kids.

The campaign is part of a five-year strategic plan by CHI to address the crisis of diabetes in Monterey County, Lorenzi explains. The unique effort has a wide-ranging number of community partners that include the Food Bank for Monterey County, United Way Monterey County, Just Run, Monterey County Health Department, Monterey County Office of Education, Natividad Medical Center, Central Coast YMCA and Blue Zones Monterey County.

In Monterey County, it's estimated that 45 percent of adult residents have pre-diabetes or diabetes. Alarmingly, Type 2 diabetes—which used to be called adult-onset diabetes—is increasing among Monterey County children.

The big focus, says Brennan Phelan, CHI director of health promotion and wellness, is reaching the entire county through the partners.

She is working with schools to promote diabetes awareness, and notes that the campaign materials create a virtual education model which teachers can turn into classroom lessons.



DontFeedtheBeast.com

"We've had some really amazing progress in the pediatric wellness program, working with children and their parents to focus on eating, physical activity and sugary drinks," Phelan says.

"We've seen some amazing success stories."

Diabetes is a group of diseases that affect how the body uses blood sugar, also called glucose, which is an important source of energy for the cells that form muscles and tissues, and also is the brain's main source of energy.

In Type 2 diabetes, cells become resistant to the action of insulin, secreted by the pancreas. The pancreas is not able to make enough insulin to overcome this resistance. Instead of moving insulin to the cells where it's needed for energy, sugar builds up in the bloodstream.

The condition is diagnosed when excess sugar levels are detected through blood tests. This excess sugar, over time, can damage multiple organ systems in the body, causing everything from heart disease to vision problems to kidney failure.

Damage to nerves can lead to numbness of hands and feet, a condition called neuropathy, which can set the stage for infections that, in the worst case scenario, can lead to amputation of toes or feet. Recent research has also indicated there may be links between diabetes and Alzheimer's disease.

Complications from diabetes, Lorenzi says, can cause lost work and health care costs: "It's a huge financial burden as well."

CONTINUE TO PAGE 22



LEARNING NEW HABITS TO HEAD OFF DIABETES

BY KATHRYN MCKENZIE

Susana Mazon had heard enough about diabetes to know that it was something to be afraid of. And that fear was her initial reaction to her doctor telling her she had pre-diabetes.



A test during her annual physical showed that her blood sugar was higher than normal. "I was scared because I knew that having Type 2 diabetes would complicate my life," says the long-time Salinas resident and mother of three. "My mom has diabetes and needs to inject herself with insulin every day. I also have an aunt that lost her eyesight due to diabetes."

Mazon decided to do her best to head off diabetes, but contradictory and confusing information that she received made it hard to determine what to do. Mazon made what she calls "drastic changes" to her diet but the new regime was too hard to follow.

Luckily, she was able to get help from Community Health Innovations, a joint project of Salinas Valley Memorial Healthcare System and Montage Health, which is working to make it easier for people to find personalized help in managing their health.

CHI's Diabetes Prevention Program helped Mazon find a better balance in her life to prevent diabetes. Through DPP classes last year, she learned the importance of reducing her intake of sweet foods, as well as how to prepare healthy meals, and the importance of reading nutrition labels on products. Now, every time she goes grocery shopping with her family, they make a list and aim to buy healthier foods.

Her DDP health coach has also encouraged her to find ways to keep active. Mazon now enjoys hiking with her husband and sons, ages 13, 16 and 22, at Garland Ranch in Carmel, and she also likes to walk and bike ride.

Through DDP, Mazon says, "I learned that small steps like that make a big difference in making it easy to change your habits. I started losing weight and, after six months of being in the DPP, I lost 19 pounds—without crazy diets or pills or beverages that cost a lot."

During her time in the program, her coach would contact her at least twice a month, and people with the program still follow up with her to see how she is doing. So far, Mazon says, so good, although she continues to check in with her doctor to make sure all is well.

"I am very grateful for this program because it changed my life and it transformed my family," says Mazon. "Now our family spends more time together, cooking healthy meals and going for hikes around Monterey County. We enjoy our weekends and free time together more than ever, and we're all getting healthier." ■

Health Matters editor Kathryn McKenzie, a former Monterey Herald staff writer, contributes to a variety of print publications and websites. She is the co-author of the new book "Humbled: How California's Monterey Bay Escaped Industrial Ruin."

LISTEN TO YOUR HEART

Athlete who ignored warning signs is forced to pay attention

BY LISA CRAWFORD WATSON



STEVE JACKSON

Steve Jackson's dad lost two first cousins to heart attacks, young. Jackson later lost his father to a heart attack at age 44.

Yet, when Jackson would scorch up steep hills or barrel down the mountain while hiking or biking with friends, he paid no attention to the pain that would radiate down his right arm and up into his jaw. It was, after all, on the wrong side of his body for a heart attack.

Jackson underwent annual physicals, and his level of physical fitness always carried him through, like crib notes on a test, masking what remained unknown. Yet this past summer Jackson, now 75 and as active as ever, underwent a quintuple bypass operation at Community Hospital of the Monterey Peninsula after complete and partial arterial blockages were discovered.

"I went in for an angiogram, and expected I might need stents," says Jackson, "but I was introduced to cardiothoracic surgeon Dr. Gregory Spowart, who performed open-heart surgery."

Turns out the heart can compensate for a blockage by generating new vessels, like a plant sending out new shoots. Jackson had three of these collateral vessels below a main blockage, which was why, he believes, he spent five years with symptoms but never had a heart attack. Since those vessels were not big enough to hold up to the demand when he was going up a steep mountain trail, the pain worsened when hiking or biking.

HEARTFELT LESSON

For Steve Jackson, exercise is neither work nor play; it is a lifestyle, an identity and, quite often, his preferred mode of transportation. In

1969, when he got out of the military and returned to college in Southern California, he didn't want to spend money on a car. So he bought a bike and commuted 16 to 20 miles a day. Once he moved to the Monterey Peninsula to work at Fort Ord and, later, the Defense Language Institute, he was pedaling 25 miles a day. He increased his mileage on the weekends.

"When I felt ready to find a wife," he says, "I joined the Sierra Club and went on hikes, looking for someone who would be active and outdoorsy, and join me on hikes. My wife, Marcia, is athletic and still hikes with me."

Over time, Jackson had a sense he should see a cardiologist, that maybe he should take a statin to manage his high cholesterol. But he's always been lean and light—6' tall and 168 pounds—and statins interfered with his ability to exercise, causing pain and stiffness in his joints. For five years, his cardiac health relied on exercise.

Sometimes, Jackson found he could ride his bike up and down the Monterey hills without trouble, but the following week he'd have to get off the bike and walk it up the hill. At the same time, his wife was evolving into a vegan cook, doing everything she could to keep her husband's heart healthy.

"One day, I was watching all my wife was doing to make a vegan meal," he says, "and I realized how hard she was working to keep me going. I thought, if she's investing that much in me, when I go to my physician for a physical, I need to report what I've been feeling. You don't have to take too many CPR classes to know the signs and symptoms of heart trouble."

Then Jackson encountered a man in distress near Old Fisherman's Wharf. He could tell the man was having a heart attack, and got him into urgent care. "I could recognize the signs of heart trouble in a stranger," he says, "but I was denying it in myself."

ROAD TO RECOVERY

The morning after Steve Jackson's quintuple bypass surgery, he learned his heart had gone into atrial fibrillation, also known as AFib, and wouldn't calm down.

"Atrial fibrillation is an arrhythmia," says certified clinical exercise physiologist Joe Yearly, who worked with Jackson during Community Hospital's post-surgery cardiac rehabilitation program in the Tyler Heart Institute's Cardiopulmonary Wellness Program in Marina. "Every cell in our heart has the ability to spontaneously conduct its own electrical impulse. It normally doesn't, but it can. The electrical impulse doesn't come from the brain but from the heart itself."

Among the heart's four chambers, in the atria at the top, were irritable cells, conducting their own electrical impulse more frequently than the regular normal heart rhythm. This is inefficient, says Yearly, lowering the volume of blood coming out of the heart, causing discomfort and the risk of blood clots.

CONTINUE TO PAGE 24

Still getting your mammogram in 2D?
It's time you choose 3D technology.

Ask your doctor TODAY.



The Kinder, Gentler Mammogram Finds Cancer when it's small

- Finds more cancers than 2D alone
- Less callbacks, less stress!
- Reduces the rate of unnecessary biopsies

CALL TODAY!
(831) 373 - 8932



700 Cass St # 120, Monterey
mammographymonterey.com



ATTENTION Homebound Seniors 60+

Home Delivered Meals for
Homebound Seniors 60+ During COVID Crisis

Meals on Wheels Can Assist You with Nutritious Home Delivered Meals

If you are a senior who **lives alone** or is **disabled** and **cannot shop or cook for yourself**, getting a nutritious meal is critical, especially during this time of crisis.

Meals on Wheels can help with two locations to serve you:

MONTEREY RESIDENTS



Call (831) 375-4454
Sign up for freshly prepared nutritious meals delivered to you by friendly volunteers.

Monday - Friday
10:00 am - 12 Noon

Each delivery includes breakfast, lunch and dinner.

www.mowmp.org

SALINAS RESIDENTS



Call (831) 758-6325
Inquire about home delivered FROZEN meal program plus a bag of groceries.

Bag may include fresh fruits and vegetables plus pantry staples.

www.mowsalinas.org

South County Residents:

Please call (831) 758-6325 or visit www.mowsalinas.org
for your eligibility based on your city.



SPONSORED BY

Monterey County Area Agency on Aging
Assistance. Advocacy. Answers on Aging.

(800) 510-2020
Senior Helpline

DEALING WITH DEPRESSION

How to handle emotional reaction after a heart attack

BY MELANIE BRETZ



LANCE TURNER AND MAC

Having a heart attack can turn a person's world upside down. It's not surprising, then, that the aftermath includes a tremendous sense of uncertainty that can lead to depression.

It's estimated that one in five people who have had a heart attack will become clinically depressed, says Noah Bruce, a doctor of psychology and clinical director of Salinas Valley Medical Clinic Behavioral Health.

"A heart attack, like any life-threatening event, can hit people really hard emotionally," Bruce says. "They may feel let down by their body, feel vulnerable and scared and have concerns about how their life will change. Somewhere in the back of our minds we all know that our life will end at some point, but a heart attack is an in-your-face reminder of this truth. While this can serve as a needed wake-up call in some cases, in others, it is simply overwhelming."

Some of the more common symptoms of depression include feeling down or sad, irritable and angry (especially in men), withdrawing from the experience of living, increased isolation, decreased energy and participation in previously enjoyable activities, decreased appetite, disrupted sleep patterns (sleeping too much or too little), lack of motivation and a sense of hopelessness.

This was the case for Greenfield resident Lance Turner, 68, who had a heart attack last May, and experienced depression and anxiety soon after. A retired registered nurse, he was well aware of his risk factors for such an event since high blood pressure and irregular heartbeat led to hospitalizations in the past, and both his grandfathers died of heart-related causes. But for the past 20 years, he was able to work closely with cardiologist Dr. Thomas Mustoe and manage his condition with medications.

Yet all that didn't diminish the shock he felt when he had a heart attack.

That feeling was heightened by the fact that his family couldn't be with him due to COVID-19 protocols at the hospital. "I was alone," Turner says. "I felt isolated and out of control, not knowing what was going on and what would happen."

||
KEEPING YOURSELF UP AND
MOVING CAN HELP YOU
OVERCOME DEPRESSION.
DON'T GIVE UP." — LANCE TURNER

His blocked arteries were treated successfully with stents, yet he couldn't shake his emotional state: "Depression and anxiety set in that first week following my heart attack. I was in new territory and didn't know what I'd be able to do or how significantly my life would change."

At home, he bent over to pick something up and almost passed out, which made him feel even more fearful and depressed. But a co-worker told him about the Cardiac Rehab program at Salinas Valley Memorial and Turner thought it might help him manage those feelings.

Turner started the program toward the end of June and completed 40 visits over three months. "The positivity of the staff was something I could hang on to," he says. "The nurses taught me ways to eat a healthier diet as well as other things I could do to boost my health and quality of life. I also gained more confidence that I could get back to physical activities like walking on the beach with my dog Mac."

SVMC Behavioral Health clinical director Bruce says a proactive approach is best to manage depression. "Some things that help depression include talking to a therapist, doctor-approved physical exercise, getting support from loved ones, and in some cases, medication," he says.

Marianne Rowe, a licensed marriage and family therapist in Monterey, says that because the mind and body are an integrated sys-



tem, depression following a heart attack is both an emotional and physical issue. “Our emotional and physical states directly affect each other,” she notes. “They can support and cultivate our healing and well-being—or not—depending on the messages we give ourselves.”

Rowe says that after a major health event, there is a natural period of disorientation, fear and grief as we come to terms with our mortality, possible limitations, loss and rethinking of how we identify ourselves.

“These emotional responses, while not comfortable, are a natural response to the situation and they need to be given space to be felt, expressed and shared,” she says. “Processing these emotions in a healthy way, in a supportive environment, is an important part of healing and adjusting to a new normal.”

“Depression is distinguishable from sadness or grief in that it’s like a stagnant pond that doesn’t seem to move or lift,” says Rowe. “In contrast, sadness and grief can have a sense of energy or

change, moving like a slow stream, always shifting and being in motion.

“It’s helpful to notice the stories you are telling yourself. Are they encouraging? Supportive? Kind? A large part of our experience of life is determined by the meanings we assign to events. Noticing and acknowledging even tiny experiences of feeling safe, capable and loved can help.”

Turner says that signs of physical recovery after his heart attack helped lessen the depression and improved his mental state.

“Keeping yourself up and moving can help you overcome depression,” he says. “Don’t give up. Listen to the nurses. They really care about you. Take it a day at a time. Try to avoid the what ifs. That’s where we get ourselves in trouble.” ■

Melanie Bretz lives in Monterey and has written on a wide range of topics, including health care, during a writing career spanning more than 30 years.



COMMUNITY SERVICES

Call 831-648-3703 or visit ccvna.com

CPR CERTIFICATION CLASSES



2ND WEDNESDAY OF EACH MONTH AT 5:30 PM

We offer **Basic Life Support** for persons in medical profession, **Heart Saver** for non-medical community members.

Classes held at VNA Ryan Ranch or on-site training for businesses by request.

Monterey Bay Eye Center

21 Upper Ragsdale Dr, Ste. 200
Ryan Ranch Monterey

Don't Let Glaucoma Darken Your Life!



Illustration of field of vision decrease from glaucoma



SCHEDULE AN EVALUATION WITH DR. ANNA SHI, TODAY.

It is estimated that half of those with glaucoma don't know that they have it. Glaucoma rarely has symptoms—until it's too late. A dilated eye exam can detect glaucoma early and save your sight. Don't delay.

Risk Factors:

- Age over 50
- Severe near-sightedness
- Family history of glaucoma
- High eye pressure
- History of eye injury or trauma

montereybayeyecenter.com | 831.372.1500

Assisted Living at Home



In-Home Care *for* Seniors *by* Seniors

There's a huge difference in the kind of home care you can receive from someone who really understands what life is like as a senior.

Our team of incredibly active, compassionate seniors are committed to providing all the types of services you may need in your own home. They share the same concerns you have, the need for independence.

Including:

- Companion Care
- Housekeeping Services
- Meal Preparation
- Doctors Appointments
- Personal Care
- Overnight and 24-hour Care
- Shopping and More
- Competitive Rates

www.seniorshelpingseniors.com/monterey

Bonded & insured, background checks

• California Lic # 274700009

831-402-2854



SENIORS Helping SENIORS®
...a way to give and to receive®

BACK TO BASICS

Monterey Bay Center for Integrated Health helps clients beat diabetes

BY LISA CRAWFORD WATSON

WE ARE HEARING a lot about diabetes—in particular, Type 2 diabetes, the most common form, is a condition where blood glucose, or blood sugar levels are too high. With Type 2 diabetes, the body does not make or use insulin well—the hormone that helps glucose get into cells to give them energy.

Here is why this matters. In the midst of a pandemic, there is another health crisis that has been persisting much longer than COVID-19. When the CDC puts out a report that 34.2 million Americans—just over one in 10—have diabetes, and 88 million American adults—approximately one in three—have pre-diabetes, organizations like the Monterey Bay Center for Integrated Health are working to do something about it.

Pre-diabetes means the blood sugar or glucose level is higher than normal but is not high enough to be diagnosed as diabetes.

“Nearly 90 percent of adults who have pre-diabetes don’t know they have it. And those who have pre-diabetes, combined with poor weight management and/or minimal physical activity could develop Type 2 diabetes within five years,” says Mike Hendrickson, president and CEO of Monterey Bay Center for Integrated Health.

Perhaps what’s most important to understand about Type 2 diabetes is that with healthy lifestyle management, it can be prevented, managed or, in some cases, reversed.

Monterey Bay Center for Integrated Health pairs an interdisciplinary team of health care professionals with clients, a partnership dedicated to optimizing health and healing, through nutrition. Trained coaches help clients develop healthy eating habits, increase physical activity, lose weight, and stay motivated to make these healthy changes a lifestyle.

“Studies indicate that 70 to 90 percent of all chronic disease is a direct result of lifestyle choices,” says Hendrickson.

This means even small changes in eating and sleep habits, physical activity, and how we manage stress can dramatically influence whether disease, or the symptoms leading to disease, will develop. Which is why, at Monterey Bay Center for Integrated Health, diet and lifestyle changes are recommended as first-line therapy for treating many chronic diseases including heart disease, high cholesterol, high blood pressure, stroke, cancer, arthritis, osteoporosis, dementia and diabetes.



Sherry Gearey, Health Coach, Michael Hendrickson, PhD, President CEO, Sandra Hendrickson, MSN, MA, GNP-BC

“Diabetes is a huge issue in our society and in our community,” says Hendrickson. “Chronic diseases tend to be related to what we call ‘metabolic syndrome’—a cluster of risk factors that come together in a single individual. Specifically, high blood pressure, high blood sugar, high cholesterol levels, and belly fat—all of which increase the risk of heart disease and diabetes.”

The goal of Monterey Bay Center for Integrated Health is to address and resolve the underlying issues rather than the symptoms, and get to the core of the problems fostering metabolic syndrome.

Getting to the root cause, says Hendrickson, requires looking at what people are eating—too much sugar and too many carbohydrates, which flood the

system, causing the pancreas, designed to break down sugars, fats, and starches, to work overtime and begin to wear out.

“A pre-diabetic or diabetic person has too much glucose or insulin being poured into their system. Without a governor,” he says, “cells become insulin-resistant; they don’t know when they’ve had enough insulin, so they ask for more. Yet by treating Type 2 diabetics with insulin, we are further treating the symptom instead of getting to the cause.”

Hendrickson says that when we eliminate carbs and sugars, and reduce the diet to fiber-rich foods and enough protein to protect muscle mass, the result is a nutritional ketosis, which enables us to burn excess fat cells in the body. Insulin-resistant cells die, and the new cells produced are normal.

“Our basic physiology hasn’t changed since caveman days, but our diets have. Our mission,” says Hendrickson, “is to get people to stop flooding their system with sugar by changing their dietary choices. ‘Ideal Protein,’ our science-based, medically supervised program, re-engineers the system from the inside out, enabling the metabolic structure to return to normal.”

The Ideal Protein diet uses medically designed and manufactured soy and whey protein products in combination with select vegetables and animal proteins. Carbohydrate consumption is limited, says Hendrickson, so grains, dairy products, fruits, and sugars are temporarily restricted from the diet.

For more information, call (831) 324-0416, email Team@MBayCIH.com or see the website mbaycih.com. ■

SAFE Dentistry

Prepared for the next level of care



Perio & Implant Centers have maintained a GERM-FREE environment for over 22 years, with a priority of safety for our patients, and our team of professionals.

Upgraded systems include:

- Upgraded one on one screening in a private setting to include **COVID Rapid Test** for our patients.
- Upgraded check in and out process, that is **touch less**, maintaining the safety of our socially distanced reception area.
- **UV BLUE whole room Ozone sanitizers** after each patient exam. and treatment, in addition to wand and flash sanitizers for items such as Mobile phones, eyewear and keys for our patients.
- **GERM FREE clean air filtration systems**, providing germ free fresh air by hospital grade experts, Surgically Clean Air®
- **OZONE WATER** - among the first to produce our own Ozone Water maintaining germ-free anti viral water in treatment rooms, voiding contaminated water spray.
- **NEGATIVE PRESSURE** extra oral aerosol suction units provide hospital-grade safety, deployed in all treatment rooms where water is used, along with Germ-Free Ozone water for added protection of airborne aerosols, water droplets.

As a surgical dental practice, our highly skilled professional surgically trained team have always maintained the highest level of germ free safety and care.

We stand by you. OPEN NOW and ready to serve.

831.856.5292

Jochen P. Pechak, DDS MSD

Perio & Implant Center of the Monterey Bay
21 Upper Ragsdale Dr
Monterey

PechakOffice@Gmail.com

Bay Area

Perio & Implant Center Silicon Valley
516 West Remington Drive
Sunnyvale

GumsRusOffice@gmail.com

www.GumsRus.com

EATING WITH PURPOSE

Nourish yourself with smart food choices to stay healthy

BY BARBARA QUINN-INTERMILL, MS, RDN, CDE



WHAT'S THE NO. 1 factor responsible for 11 million deaths and half of all heart disease deaths around the world? A poor quality diet, according to a report by the U.S. Department of Health and Human Services.

How does that happen? Substandard food choices lead the way to weight gain and obesity, whacked out cholesterol values and high blood pressure—major risk factors for heart disease and Type 2 diabetes.

On the other end of the scale, we know many of the chronic diseases that plague our lives can be prevented or managed with smart food choices and physical activity.

And here's the good news. A whole array of foods and diet patterns can satisfy our tastes and preferences and still help us reach our health goals this year.

Along with our quest for good taste and pleasure from food, let's also resolve to eat with the purpose to nourish and fortify ourselves this year. Here are some ideas:

Include avocados. Although botanically considered a fruit, nutrition experts consider this yummy food a heart-healthy fat. Unlike many other sources of fat, however, the avocado is loaded with a host of vitamins and minerals. And it is especially high in folate, a B vitamin that can help reduce our risk for stroke, a type of heart disease.

Avocados are also a good source of valuable dietary fiber, including soluble fiber that is known to help reduce excess cholesterol in the blood. Dietary fiber also feeds the good bacteria in our guts. A recent study at the University of Illinois found that overweight adults who added avocado to one meal a day had a positive effect on their good gut bacteria and other signs of improved health.

One third of a medium avocado contains 80 calories. Use it as a healthful alternative to other fats in your diet.

Boost your protein intake, especially if you have pre-diabetes or Type 2 diabetes. Researchers at the University of Tennessee Health Science Center have found that volunteers with pre-diabetes or Type 2 diabetes who followed a higher protein diet (30 percent of calories from protein) for six months had significant improvements in their conditions compared with other participants who followed a lower protein (15 percent of calories) diet.

Mix up the types of protein you eat. Plant-based proteins like soy and quinoa contribute quality protein as do fish, eggs, poultry and lean meats. Keep processed meats like bacon, sausage and the pepperoni on your pizza to a minimum, say experts, as they are associated with a higher risk for heart disease and other chronic diseases.

Vegetables. They're not just for vegetarians. Health experts agree that a diet rich in a variety of vegetables is the cornerstone to prevent or treat heart disease as well as diabetes. That includes dark green, red and orange-colored produce, beans, peas and lentils as well as starchy vegetables such as corn or potatoes. Most adults need 2 to 3 cups of raw or cooked veggies a day for optimal health.

Fish, especially the dark-fleshed, cold water varieties. At least 8 ounces of fish a week is now recommended by the American Heart Association and other health organizations as a way to decrease our risk for heart attack and stroke.

Do dairy (or make reasonable substitutions). Milk, yogurt and cheese are a major part of the well-studied DASH diet (Dietary Approaches to Stop Hypertension). Calcium, vitamin D and other nutrients in these foods help control blood pressure and other aspects of heart health.

A large study in 2018 that looked at the foods consumed by more than 136,000 people in 21 countries over nine years found that those who consumed two or more servings of dairy each day had lower risks for heart disease and strokes. Reasonable plant-based substitutes include soy beverages and cheeses that are fortified with calcium and vitamin D.

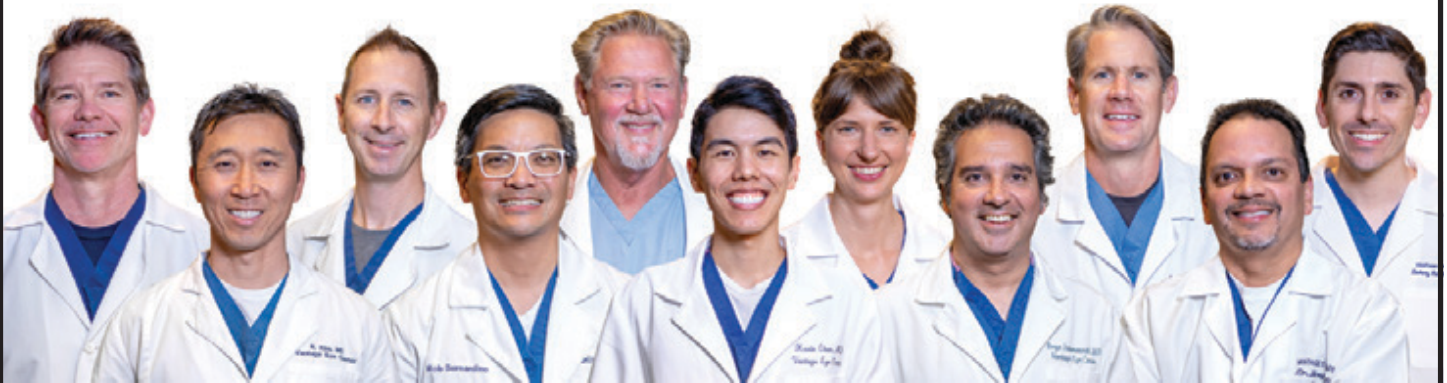
Be fruitful. One or two cups of fresh, frozen or canned fruit without added sugar each day can sweeten up your snack time as well as contribute to your overall health. When we choose fruit in place of candy, chips, or soda, we lessen our risk for weight gain and put us on course to avoid health complications.

Let's make this a year of purposeful eating! ■

Barbara Quinn-Intermill is a registered dietitian nutritionist and certified diabetes educator. She is the author of "Quinn-Essential Nutrition: The Uncomplicated Science of Eating." Email her at barbara@quinn-essentialnutrition.com.



The Central Coast's most comprehensive eye care



Experts in the field

From left to right

- Matthew Jones, MD** - Cornea & Refractive Surgery
- Richard Kim, MD** - Glaucoma & Cataract Surgery
- Jon Page, MD** - Cornea & Refractive Surgery
- Carlo (Rob) Bernardino, MD** - Oculoplastic & Cosmetic Surgery
- Alex Holmes, MD** - Cataract Surgery
- Kevin Chen, MD** - Retina Surgery & Macular Diseases
- Martha Ryan, MD** - Cataract Surgery
- Reza Iranmanesh, MD** - Retina Surgery & Macular Diseases
- Charles Whisler, MD** - Cataract Surgery
- Asit (Tony) Pruthi, MD** - Cataract Surgery
- Zachary Richardson, MD** - Glaucoma & Cataract Surgery

Three locations to serve you:

2 Upper Ragsdale Drive, Ryan Ranch
Medical Office B, Suite B-130
831-647-3900

622 Abbott Street, Salinas
831-771-3900

966 Cass Street, Monterey
Suite 100
831-373-7733



vantageeye.com

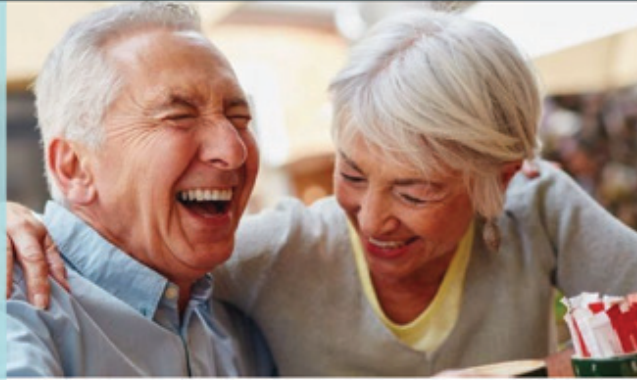


55 PLUS • INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE

Putting resident safety first!

Park Lane is offering first available COVID-19 vaccines for residents & move-ins.

Ask us how.



EXCEPTIONAL SENIOR LIVING IN MONTEREY BAY

- Month-to-month rentals, No buy-ins or hidden fees
- Utilities & Cable TV included
- Weekly Housekeeping
- 24-hour dedicated caring staff
- Fitness Room & Beauty Salon
- Restaurant style dining
- Full calendar of social, cultural, educational, recreational and fitness activities and programs



Luxury Senior Living by Pacifica

Call today for our New Year, New You Specials!

877-280-7219

RCFE: 275294322

200 Glenwood Cir. | Monterey, CA 93940 | ParkLaneMonterey.com



One solution for oxygen at home, away, and for travel

Introducing the INOGEN ONE
It's oxygen therapy on your terms

No more tanks to refill. No more deliveries. No more hassles with travel. The INOGEN ONE portable oxygen concentrator is designed to provide unparalleled freedom for oxygen therapy users. It's small, lightweight, clinically proven for stationary and portable use, during the day and at night, and can **go virtually anywhere** — **even on most airlines**. Inogen accepts Medicare and many private insurances!

Reclaim Your Freedom And Independence NOW!



Call Inogen Today To Request Your FREE Info Kit



1-855-993-3294

© 2020 Inogen, Inc. All rights reserved.

MKT-P0108



Pacific Cancer Care

Advanced Treatment. Personalized Care.



John Hausdorff, MD, Zach Koontz, MD, Mallory Sandridge, NP, Nancy Tray, MD, Debbie Branson, NP, Lulu Zhang, MD, Roger Shiffman, MD, Nancy Rubin, DO, Ashley Sandridge, NP, (Not pictured: Denise Licini, NP and Dennis Niekro, NP)

Bringing World-Class Cancer Care to Monterey County

For almost 50 years, Pacific Cancer Care has provided state of the art oncology/hematology services across Central California and beyond. We also provide infusion services for patients with anemia, osteoporosis and a variety of other chronic illnesses. We are the largest independent community oncology practice in the region.

Our expert team of physicians, nurse practitioners, RN's and support staff, cutting edge treatments, genetic and genomic based health care, clinical trials — including partnerships with Dana Farber Cancer Institute and the Parker Institute for Cancer Immunotherapy, Palliative Medicine, Health Coach program, Scalp Cooling and Healing Touch, allows us to create a personalized plan which enables each patient to achieve the best possible outcome in a setting that is close to home.

MONTEREY
5 Harris Court, Building T
Suite 201
831-375-4105

Roger Shiffman, MD
John Hausdorff, MD
Zach Koontz, MD
Nancy Rubin, DO
Nancy Tray, MD
Lulu Zhang, MD

Denise Licini, NP
Dennis Niekro, NP
Debbie Branson, NP
Ashley Sandridge, NP
Mallory Sandridge, NP

www.pacificcancercare.com

Also of concern is the fact that diabetes seems to be a risk factor for complications from COVID-19, according to Ashley LaBrier, diabetes education program coordinator for Salinas Valley Memorial Healthcare System's Diabetes & Endocrine Center. However, she points out that it is mainly a problem for those who have diabetes that is not well controlled.

Risk factors for developing pre-diabetes and diabetes include obesity, inactivity, having a family history of the disease, and race or ethnicity, with Latinos, African Americans, Native Americans and Pacific Islanders being more likely to have diabetes.

In Monterey County, Lorenzi noted, obesity is an issue for many county residents.

"(Diabetes) is a growing problem ... and it's Type 2 diabetes we're trying to address," Lorenzi said.

The good news is that there's much that people can do to reduce their risk of diabetes, and that just because people in your family or neighborhood have it, doesn't mean that you will too.

Making small, sustainable changes in food choices and exercise are vital, says LaBrier. And for that, people need guidance and support, which she and other educators at the center provide.

In addition to regular classes, the educators there also offer one-on-one personalized support to help patients meet the challenge.

"We want to educate and empower people," says LaBrier, who herself lives with Type 1 diabetes. "It's a scary thing to be diagnosed. But there are a number of simple steps you can take to leading a healthier life."

She also emphasizes that no one should feel embarrassed about having the condition: "Some people feel like they've failed or done something wrong. There's guilt and shame that can be overwhelming." But LaBrier reassures her clients that this is nothing to be ashamed of, and that they can meet the challenge through lifestyle changes.

Type 2 diabetes can be well controlled through diet, exercise and medication; some people are even able to reverse the condition, typically by losing excess weight. Once blood sugar levels are in the normal range, it's less likely for complications such as heart and kidney disease to occur.

"Don't Feed the Beast" offers valuable diabetes prevention information. For people with pre-diabetes—blood sugar levels that are elevated but not yet in the diabetic range—eating healthy and getting more exercise can head off potential problems.

The campaign also aims to make people more aware of the disease through education, prevention programs and access to services. A number of resources are linked to the website so that people can easily get the help they need.

"Don't Feed the Beast" is really just getting started but is going well, Lorenzi says.

"The beast is going to stay around," she says. "It will be with us past COVID-19." ■

Tom Leyde is a freelance writer and a veteran print journalist who lived for many years in Salinas, and now makes his home in Arizona.



HEALTH MATTERS

Monterey County's Health Magazine

Health Matters is a regional magazine for Monterey County residents offering information about local healthcare providers, hospitals, clinics, medical groups, and other matters relating to health and wellness on the Central Coast. Each issue of Health Matters details the latest news on the area's medical community, innovations in health care, and information on healthy lifestyles, fitness and nutrition. Written by experienced columnists and journalists, Health Matters make it easy to find the health news you need to know.

**Join us for the April issue:
Senior's Health**

Reservation deadline: February 26th, 2021
For more information or to reserve space



Mike O'Bleness • 831-726-4355 • mobleness@montereyherald.com



Laser Cataract Surgery from the Local Expert

PUT YOUR TRUST in the Doctor who is the local expert in Laser Cataract Surgery. **Dr. Philip Penrose** offers his patients customized, highly effective treatments. For many of his cataract patients, Dr. Penrose recommends cataract surgery with premium intraocular lenses (IOLs). When patients have their clouded natural lenses replaced with premium IOLs, they usually appreciate

better vision with less dependence on glasses. Dr. Penrose is an expert laser cataract surgeon, and uses the femtosecond laser as a very precise tool in creating an opening to the cataract (the capsulorhexis) and placing incisions in the cornea to correct for astigmatism. **EYE M.D. MONTEREY** provides compassionate, high quality eye care. **Come see for yourself.**

Committed to the Health of Your Eyes

EYE M.D. MONTEREY at Ryan Ranch
21 Upper Ragsdale Dr. / Suite 201
Monterey, CA 93940
831.324.4730



EYE M.D. MONTEREY on Cass
880 Cass St. / Suite 105
Monterey, CA 93940
831.373.0183

eyemdmonterey.com

EYE EXAMS | LASER CATARACT SURGERY | LASIK | GLAUCOMA | COUTURE VISION OPTICAL

LISTEN TO YOUR HEART

“The doctor shocked my heart back into rhythm—twice,” says Jackson, “but it wouldn’t hold. After I went on an 8-mile hike in Andrew Molera State Park, my chest cavity started filling with fluid, and I was going from bad to worse. They gave me some diuretics and prednisone, and explained, if that didn’t work, they’d have to insert a drain. It worked.”

In September, Jackson underwent 3D mapping and a catheter ablation to resolve his AFib.

“Going in through (Jackson’s) thigh, the doctor sent a catheter through a vessel up into the heart,” says Yeary, “where he probed around to find the irritable cells causing the arrhythmia. Then he knocked those out with a catheter. Mapping is the process of finding the cells; ablation is the process of knocking them out.”

Following his procedures, Jackson worked with Yeary through Community Hospital’s Cardiac Rehabilitation Program to learn how to reduce his risk for heart disease, maximize his fitness, and manage symptoms in a safe environment.

“Steve’s goal was to get back to the level of exercise he normally did,” Yeary says. “Probably the biggest thing he got from the program was learning how to monitor his heart and how fast he should progress in his exercise, as well as how to reduce the risk of future heart problems.”

We can’t overcome our genetics, says Yeary, but by managing the risk factors, we can overcome the odds.

“The cardiac rehab program was great, a lot of fun,” says Jackson. “Joe knows so much about heart health and therapy; I was disappointed when I graduated because I was learning so much from him.”

Every week, during the eight-week program, Jackson was to set a risk factor goal for himself. The goal-setting stopped after the first couple of weeks since he was so motivated, he kept surpassing his own goals.

“It takes a certain kind of spirit to do that level of exercise,” says Yeary, “particularly after having had such a serious, significant surgery. With Steve, at 75, so quickly able to get back to his same level of activity, it tells the rest of us recovery is possible.” ■

Lisa Crawford Watson lives with her family on the Monterey Peninsula. She specializes in writing about art and architecture, health and lifestyle, and food and wine.



WALK-IN BATHTUB SALE! SAVE \$1,500



Lifetime Warranty!
Finance Options Available*

Limited Time Offer! Call Today!

855-494-0082

Or visit: www.walkintubinfo.com/mntcnty







✓ EXPERIENCE YOU CAN TRUST!

Only American Standard has **OVER 140** years of experience and offers the Liberation Walk-In Bathtub.

✓ SUPERIOR DESIGN!

Ultra low easy entry and exit design, wide door, built-in safety bar and textured floor provides a safer bathing experience.

✓ PATENTED QUICK-DRAIN® TECHNOLOGY

✓ LIFETIME WARRANTY!

The **ONLY** Lifetime Warranty on the bath **AND** installation, **INCLUDING** labor backed by American Standard.

✓ 44 HYDROTHERAPY JETS!

More than any other tub we’ve seen.



FREE!

Savings Include an American Standard Right Height Toilet FREE! (\$500 Value)



FREE!

An In-Home Evaluation Will Be Scheduled At Your Earliest Convenience

Discount applied at time of purchase. Terms and Conditions Apply. * Subject to 3rd party credit approval. Minimum monthly payments required. Receive a free American Standard Cadet Toilet with full installation of a Liberation Walk-In Bath, Liberation Shower, or Deluxe Shower. Offer valid only while supplies last. Limit one per household. Must be first time purchaser. All offers subject to change prior to purchase. See www.AmericanStandardBathtubs.com for other restrictions and for licensing, warranty, and company information. * CSLB B982796; Suffolk NY:5543IH; NYC:HIC#2022748-DCA. Safety Tubs Co. LLC does not sell in Nassau NY, Westchester NY, Putnam NY, Rockland NY.

RANDY TUNNELL

PHOTOGRAPHER

RandyTunnell.com

831.595.0394



ATTENTION:

Physicians and Medical Providers



Having AR Problems?
 (Medicare, Medi-Cal, Medicaid & GRP Insurance)
 Staffing Shortage?
 Unhappy with your current billing system?
 or email us at medi-help@hotmail.com
 Est. 1985

Call Medi-Help NOW!
609-484-1436
 888-484-1436
<https://medihelpllc.com/>

Juan Trejo, OD and Catherine Winter, OD Doctors of Optometry

Dr. Trejo



Southern CA College
 of Optometry

Enhancing the quality
 of life for patients,
 through visual
 improvement,
 is their passion!

Dr. Winter



Southern CA College
 of Optometry

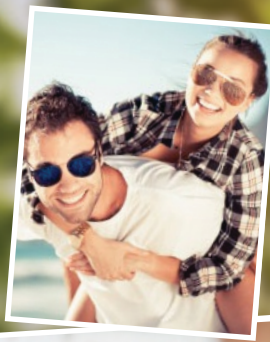
Dr. Trejo and Dr. Winter are dedicated to delivering complete optometric care. They team up with exceptional opticians to serve the vision needs of the Central Coast. They are also able to provide exams in Spanish.



Monterey
 900 Cass Street
 Suite 102
 831.373.1116
 Mon - Fri

Salinas
 1630 N Main Street
 Harden Ranch Plaza
 831.443.4422
 Mon - Sat

www.trejooptometry.com



Professional Vision Care Primary Eye Health Care

- Thorough Eye Examinations
- Quality Designer Frames
- Innovative Eyeglass Lenses
- Premium Contact Lenses
- Skilled Opticians
- Superior Service
- Locally Owned
- Contact Lens Complications
- Diabetic Eye Screening
- Glaucoma Care
- Conjunctivitis
- Dry Eye Disease
- Minor Injuries
- Compassionate Care



New patients and referrals always welcome.



FREEDOM MEDICAL TRANSPORTATION

Prompt, Courteous and Safe Non-Emergency Medical Transportation

We Offer Our Passengers:

- Through the Door Service
- Same Day Service Availability for Last-Minute Transportation Needs
- ADA-approved vehicles equipped with state-of-the-art wheelchair lifts
- Drivers trained and certified in CPR and First-Aid
- Gurney Access Available



ASK US ABOUT OUR ROUND TRIP SPECIAL RATES TO DOCTOR'S OFFICE!
Monterey County, Santa Cruz, San Jose and Stanford-Palo-Alto
Open 24/7 • 365 days a year

(831) 920-0687 • www.freedommedicaltransportation.com



ELDER FOCUS, LLC

Vicki Lyftogt, LPF, Melissa Singh & Ashley Laidig, Assistants

- Licensed Professional Fiduciary & Trustee
- Care Manager • Conservators/Special Needs Trustees
- Estate and Property Management/Bill paying
- Professional Organizing & Hoarding Intervention
- Agent under Power of Attorney

SERVING THE NEEDS OF ELDERS FOR OVER TWENTY YEARS

Vicki@ElderFocus.com

www.ElderFocus.com

Ph: 831-643-2457



***30 E. San Joaquin St. Ste 104
Salinas, CA 93901***

L A B O Y[®]

*Live the good life with a little assist from a
LIFT CHAIR from \$599 or a
LA-Z-BOY LIFT CHAIR from \$999*



*Comfort and
ease from
any angle.*



*Choose leather or fabric.
1500 choices.*

Signature
FURNITURE
GALLERIES

*Over 30 Years as the Premier La-Z-Boy Retailer
in Monterey County*

L A  B O Y[®]
ComfortStudio

1467 North Davis Road
Westridge Shopping Center,
Salinas • 771-1780

www.signaturefurnituregalleries.com

Monday through Saturday 10:00 A.M. until 7:00 P.M., Sunday 11 A.M. until 6:00 P.M.
*Not in conjunction with any other offer. Photos for illustration purposes only.

NATIONALLY RECOGNIZED



LEAPFROG
HOSPITAL
SAFETY
GRADE

Awarded “A” Grade for Patient Safety

The Leapfrog Group Hospital Safety Award recognizes how safe Natividad keeps patients from errors, injuries, accidents and infections—a twice-annual survey of more than 2,600 hospitals across the nation.



**Awarded Special
Recognition for Heroism
During the Pandemic.**

