



In The News



OWENSBORO HEALTH LEADS REGION IN NEW HEART TECH

Abbott representatives Beji George, R.T. (R), US Clinical Leadless Manager, and Timothy Malone joined Owensboro Health Electrophysiologist Dr. David Charles and the EP team at Owensboro Health Regional Hospital to support the organization's innovation in heart care. The group has been performing procedures using the new AVEIR™ VR Leadless Pacemaker, which uses the most advanced technologies to keep hearts beating more regularly. The Leadless Pacemaker has a significantly longer battery life and faster recovery time than a traditional, transvenous pacemaker. Owensboro Health Regional Hospital features two electrophysiologists, Dr. David Charles and Dr. Sandeep Sagar, who implant this new technology – making us the region leader in offering this technology for your advanced cardiac care.

Healthier Habits

Distracted Eating, Lingering Hunger

Have you ever finished a meal only to feel like you didn't eat anything at all? Or perhaps you've eaten so quickly you felt you didn't even taste your food? In a world of busy schedules and ample distractions, distracted eating is the norm. Many of us experience the negative consequences of distracted eating, such as overeating, disconnection from our hunger and fullness cues, and decreased enjoyment at mealtimes. If you struggle with distracted eating, consider trying a few mindful eating techniques.

A key step in mindful eating is ditching distractions. Watching TV, driving, working, or using a phone while eating may cause you to eat more quickly, decrease your awareness of fullness cues, and increase your likelihood of overeating. Limit these distractions by eating away from your desk, turning off your phone, or eating in a room without a TV. Make mealtimes more enjoyable by using nice place settings, turning on music, or chatting with a loved one. Without distractions present, you're more likely to notice fullness cues, savor your meal, and feel satisfied afterwards.

Another key practice of mindful eating is slowing down. It takes 20 minutes to register feelings of fullness after you begin eating. Eating in under 20 minutes increases your likelihood of overeating and feeling uncomfortable after meals. Start by setting a timer to establish how long your meals last. Then, gradually increase your meal duration by a couple of minutes every few days until you reach 20 minutes. Placing your fork down between bites, finishing your current bite before preparing another, and sipping on water may also help you slow down. Throughout your meal, check in with yourself by asking: How full am I? Which foods are truly satisfying me? Are any of these foods no longer satisfying? How much more do I need to eat to feel comfortably full?

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This summer, enjoy the benefits that being a mindful eater provides. Happy Eating!

5-Minute Peach Frozen Yogurt

Ingredients:

- One 16-ounce bag of frozen peaches OR 4 cups fresh peaches, frozen solid
- 1 tablespoon fresh lemon juice
- 1/2 cup low-sugar vanilla Greek Yogurt

Directions:

1. Add the frozen peaches, yogurt, and lemon juice to the bowl of a food processor. Process until creamy, about 5 minutes.
2. Serve the frozen yogurt immediately, or transfer it to an airtight container and store in the freezer for up to one month.

Recipe Tips: Low-sugar regular yogurt can be used in place of Greek yogurt. To determine if a yogurt is low in sugar, look at the Nutrition Facts Label. Choose a yogurt with a % Daily Value as close to 5% sugar as possible.

Nutrition Information

Serves: 4

Serving Size: 1 cup

Calories: 82, Total Fat: 0g, Total

Carbohydrates: 16g, Dietary Fiber: 2g, Total

Sugars: 11g, Protein: 4g

**cold,
smooth &
tasty.**



DO YOU HAVE A TEENAGER INTERESTED IN HEALTHCARE?

Applications are now being accepted for the 2023 Summer Teen Volunteer Program. The VolunTeen Program provides an excellent opportunity for teens to learn about various hospital careers first-hand while giving valuable service to the hospital and its patients.

We are excited to share that we have openings for 50 teens this year. To qualify as a VolunTeen at Owensboro Health one must:

1. Be between the ages of 14 and 17 throughout the duration of the VolunTeen Program (i.e. May 31, 2023 – July 28, 2023)
2. Be able to volunteer a minimum 4-hour shift each week and have reliable transportation

Teens must have their parent or guardian sign a permission form and be willing to receive a TB skin test administered by our Employee Health nurses. Teens must also provide proof of their COVID-19 vaccination or complete the Medical or Religious Exemption forms. Required documents will need to be turned into the Volunteer Service Team prior to starting.

The applications must be filled out and submitted online no later than Sunday, April 30, 2023. Once the applications have been reviewed, teens will receive written notice by mail outlining the orientation schedule. Call 270-688-6198 for the link to apply.



Big News in Employer Services

Please join us in welcoming Pattie Martin to your employer services team. Pattie is no stranger to Owensboro or serving our communities. We're delighted to have her on the team as we partner with you to collaborate on healthier populations. Employer Services can be reached at 270-688-6198. Pattie can be reached directly at 270-688-1245.

No Cost Tobacco Treatment

KICK THE HABIT

Inspired by UK HealthCare's BREATHE program, Owensboro Health has a number of tobacco treatment specialists to help those who want to help quit tobacco. The specialists meet one-on-one with participants to discuss triggers, concerns and previous attempts at quitting. They share skills to treat tobacco dependence and help the participant set attainable goals all at NO COST to all members of our community.

Specialists are available at the Mitchell Memorial Cancer Center, Owensboro Health Regional Hospital, Pulmonary Rehab, or the Healthpark weekdays from 8 AM to 4:30 PM. If in person one-on-one meetings are outside your availability, sessions can be conducted over the phone or virtually.

Discuss nicotine replacement therapy with a pharmacist at our Owensboro Health Outpatient Pharmacy during regular pharmacy hours.

Kentucky has one of the highest rates of smoking and tobacco use in the nation. Evidence has proven tobacco use increases medical costs and causes significant health concerns. It's an area of concern and focus for Owensboro Health as we are committed to decreasing the lung cancer mortality rate.

Our Tobacco Treatment Specialists complete a course through BREATHE which requires 27 hours of training and evaluations.

CALL 270-417-7564



Mental Health Matters

CREDIBLEMIND

Resilience is a complex subject and is defined differently depending on the context. On an individual level, resilience can mean the ability to recover quickly from difficult situations and develop skills that can help you bounce back even faster next time. Resilience can also exist on a familial, organizational, societal, or cultural level.

Resilience can exist in some aspects of life but not others. For example, you may be more resilient in your work life than your home life. Resilience can also exist during some phases of your life compared to others. For example, you may not have been resilient while facing a particular issue like bullying as a child, but may be more resilient if you were to face bullying later on in life as an adult.

While many factors may influence resilience, the American Psychological Association emphasizes that resilience "is not a trait that people either have or do not have. It involves behaviors, thoughts and actions that can be learned and developed in anyone."

In addition, resilience is influenced by many different factors, including the following:

- Biological factors
- Psychological factors
- Social and cultural factors
- Personality
- Age
- Maturity
- Nature of the specific challenge
- Environmental context

All of us have the potential to adapt positively in response to adversity, but most of us can't "go it alone." We need social and material resources, as well as the tools and skills to support our natural protective systems to develop and operate efficiently.

For more information on resilience or other mental health topics and resources, please visit www.healthy mind.crediblemind.com