

FALL 2024

# FALL INTO HEALTH

## Autumn Wellness Guide

BY HEALTH FOR ALL

### IS DRINKING COFFEE DEHYDRATING?

Fluid imbalance can impact several bodily functions

### SIGNS AND SYMPTOMS OF PARKINSON'S DISEASE

Parkinson's disease begins several years before symptoms appear.

### PRODUCE THAT IS IN SEASON OVER THE FALL

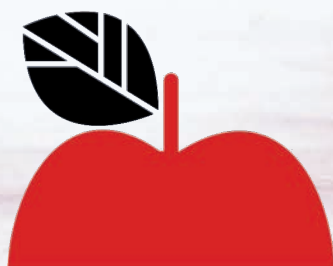
Produce that's in season is not only fresher, but it also may have more nutrients.

### DOES WARM MILK HELP YOU SLEEP?

Research shows that consuming dairy, like warm milk, before bed can improve a night's sleep

### IT'S FLU SEASON

How to get rid of the flu quickly





# Is Drinking Coffee Dehydrating?

## **Does Coffee Dehydrate You? Here's What Experts Say**

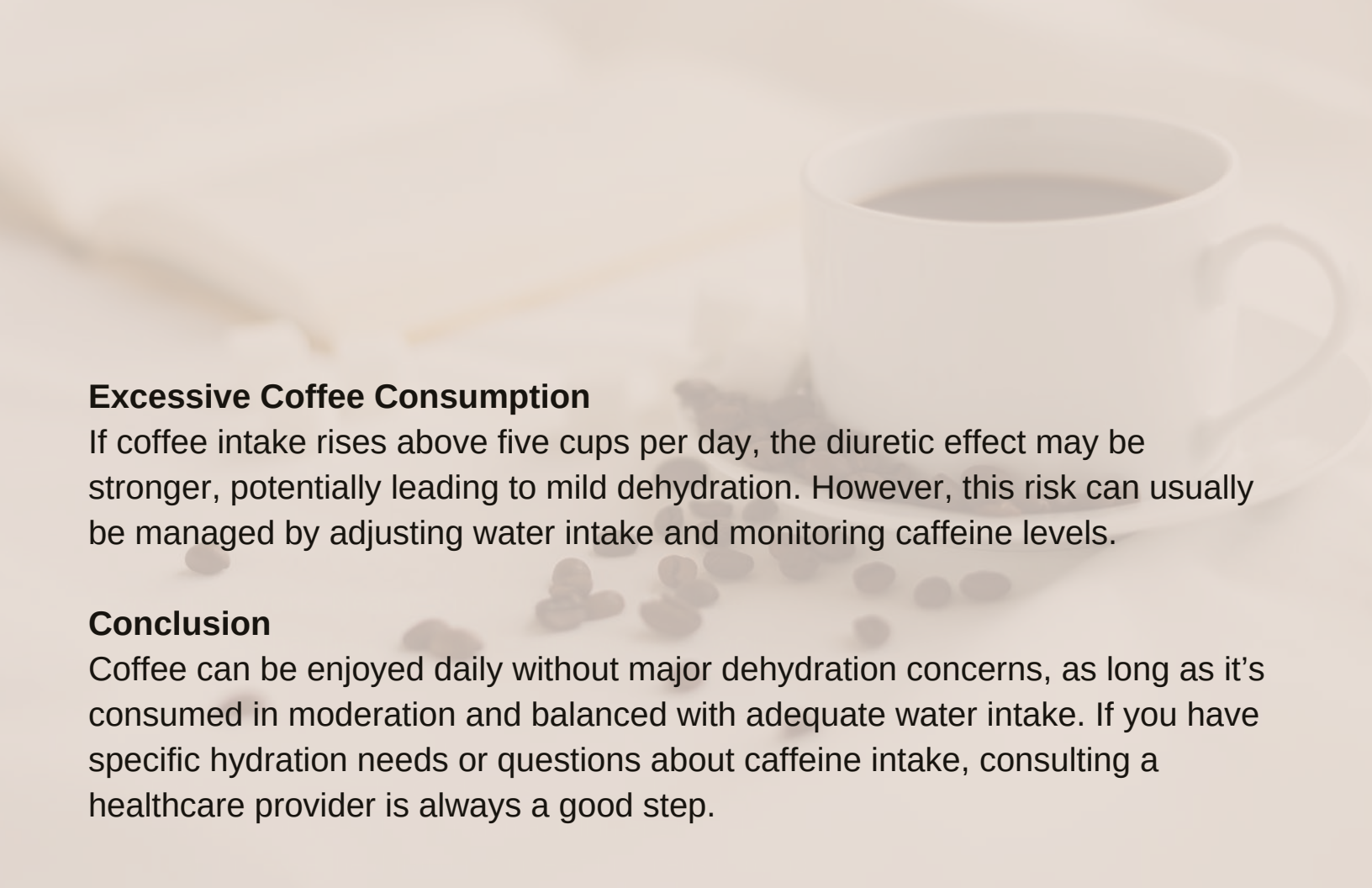
Coffee is a go-to morning pick-me-up for many, but concerns linger about whether it dehydrates the body. Since caffeine acts as a mild diuretic—meaning it can increase urination—some worry that drinking coffee may lead to fluid loss and dehydration.

## **How Caffeine Affects Hydration**

Caffeine can encourage the kidneys to produce more urine, but the effect is mild, particularly for regular coffee drinkers who tend to build a tolerance. Coffee does contain diuretic properties, yet most studies indicate that moderate consumption (about 3-4 cups a day) doesn't cause significant dehydration. The hydration effects also depend on other factors like the individual's total fluid intake, physical activity, and environment.

## **Moderation is Key**

Health experts agree that moderate coffee consumption fits well within a balanced diet. As long as caffeine intake stays under 400 mg daily (approximately four cups), coffee shouldn't significantly impact hydration. Drinking other fluids throughout the day ensures balance, especially if you consume multiple cups of coffee.



## **Excessive Coffee Consumption**

If coffee intake rises above five cups per day, the diuretic effect may be stronger, potentially leading to mild dehydration. However, this risk can usually be managed by adjusting water intake and monitoring caffeine levels.

## **Conclusion**

Coffee can be enjoyed daily without major dehydration concerns, as long as it's consumed in moderation and balanced with adequate water intake. If you have specific hydration needs or questions about caffeine intake, consulting a healthcare provider is always a good step.





## SIGNS AND SYMPTOMS OF PARKINSON'S DISEASE



Parkinson's disease is a progressive neurological disorder affecting movement, balance, and cognition. It commonly appears in individuals over 65 and manifests through a range of symptoms that worsen over time. Here's an overview of key signs and symptoms to be aware of:

### Core Symptoms

1. Bradykinesia – Slowed or interrupted movement, leading to coordination challenges and fatigue.
2. Postural Instability – Difficulty maintaining balance and posture, often resulting in falls.
3. Rigidity – Muscle stiffness that starts on one side of the body, leading to a stooped posture and restricted movement.
4. Tremors – Uncontrollable shaking, particularly in the hands, arms, or jaw, usually occurring at rest.

### Cognitive and Psychological Symptoms

As the disease progresses, cognitive decline may occur, impacting memory, focus, and task completion. Parkinson's dementia, linked to specific protein deposits in the brain, can develop, severely affecting daily life and independence. Some individuals also experience hallucinations or psychosis, which may worsen with time.

## **Motor and Craniofacial Symptoms**

In addition to the main movement-related issues, other motor symptoms can appear, including difficulty with facial expressions, swallowing (dysphagia), and reduced eye movement control. These symptoms further impact the ability to speak, eat, and interact socially.

## **Non-Motor Symptoms**

Non-motor issues, such as digestive problems, sleep disturbances, and mental health changes, often emerge early in the disease and can be among the first signs noticed.

## **Gait**

Changes can occur in your pattern and manner of walking, largely as the result of the disorder's effects on muscle and motor control. This can lead to a distinct "Parkinsonian gait." People with the disorders will shuffle, take short steps, or stop suddenly or freeze when walking. Festination is another characteristic of a Parkinsonian gait. This is a tendency to speed up and shorten repetitive movements.

## **When to Seek Help**

If you or a loved one notices any of these symptoms, especially as they progress, consult a healthcare provider. Early intervention can help manage symptoms and improve quality of life.



**PARKINSON**

# Fall Produce

Buying produce when it's in season can ensure you get tastier vegetables and fruits, and you also get fresher items. When produce isn't in season, it typically gets picked earlier to be shipped longer distances to be available at your local supermarket. Overall, this means that produce that's in season is not only fresher, but it also may have more nutrients.

The fall season produce is full of delicious and hearty fruits and vegetables such as butternut squash, sweet potato, pumpkin, and broccoli.

Buying seasonal produce can help you maximize their health benefits, enhance your meals, support local agriculture, and reduce environmental effects.



**APPLES, PUMPKINS, PERSIMMONS, SWEET POTATOES, PEARS, WINTER SQUASH,  
BROCCOLI, CRANBERRIES, POMEGRANATES, SWISS CHARD, KIWI, BEETS, KALE, EGG  
PLANT, AND GRAPES**



## The Best Pumpkin Bread

This pumpkin bread recipe is quick, easy, and extremely moist. It always gets rave reviews, plus you'll have extra loaves to freeze or share with friends. Be sure to sift the dry ingredients for the best texture.

3 (7x3-inch) loaves

## Nutrition Facts

Calories 232

Total Fat 10g

Saturated Fat 2g

Cholesterol 31mg

Sodium 305mg

Total Carbohydrate 32g

Vitamin C 1mg

Calcium 15mg

Iron 1mg

Potassium 70mg

Dietary Fiber 1g

Total Sugars 17g

Protein 3g

## Ingredients

Original recipe (1X) yields 24 servings

- 1 (15 ounce) can pumpkin puree
- 2 cups white sugar
- 1 cup vegetable oil
- $\frac{2}{3}$  cup water
- 4 large eggs
- 1 teaspoon vanilla extract
- 3  $\frac{1}{2}$  cups all-purpose flour
- 2 teaspoons baking soda
- 1 tablespoon ground cinnamon
- 1  $\frac{1}{2}$  teaspoons salt
- 1 teaspoon ground nutmeg
- $\frac{1}{4}$  teaspoon ground ginger

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour three 7x3-inch loaf pans.
- Mix together pumpkin puree, sugar, oil, water, eggs, and vanilla extract in a large bowl until well blended. Whisk together flour, baking soda, cinnamon, salt, nutmeg, and ginger in a second bowl. Sift flour mixture on top of pumpkin mixture. Fold in with a spatula until just blended. Pour into the prepared pans.
- Bake in the preheated oven until nicely browned on top and a toothpick inserted in center comes out clean, about 50 minutes.

# Does Warm Milk Really Help You Sleep?

Many people swear by warm milk before bedtime to help them sleep. The idea is that milk contains tryptophan and melatonin, compounds that can promote relaxation. Here's what we know:

## The Science Behind Milk and Sleep

Milk is rich in tryptophan, an amino acid that helps produce serotonin and melatonin, both crucial for sleep. Melatonin, especially, is a hormone that signals your body to wind down as it gets dark. However, while these compounds are present, the amount in a single glass of milk might not be enough to significantly affect sleep for everyone.

## Warm vs. Cold Milk

Warm milk is often seen as comforting, which might have a calming effect and make sleep easier. While studies usually examine warm milk's effect on sleep, the warmth itself might be more psychologically soothing than scientifically proven as better for sleep.

## Non-Dairy Options

Non-dairy milk lacks tryptophan, though options like banana-based milk, high in magnesium, might help relax muscles.

## Milk for Children and Older Adults

Milk may help people of all ages. Studies show benefits in infants and toddlers, as well as older adults who experience better sleep quality and duration.

In the end, if warm milk makes you feel relaxed, it can be a gentle part of a nighttime routine. But remember to maintain other sleep-friendly habits for the best results.





## It's Cold and flu Season!

**Getting your flu shot at Health for All is free to patients.** Schedule your appointment today!

Having the flu might sound like a minor inconvenience, but in some cases, the viral illness can cause serious problems. Despite the medical community's best preventive efforts—including the annual **flu vaccine**—many people become sick, are hospitalized, and die from the flu yearly.

The Centers for Disease Control and Prevention (CDC) estimated nine million to 41 million illnesses, 140,000 to 710,000 hospitalizations, and 12,000 to 52,000 deaths yearly between 2010 and 2020.

Unfortunately, there's no cure for the flu. Antibiotics, which fight bacterial infections, are useless against viral illnesses. And for the most part, you can only manage your symptoms and wait for the infection to pass. But there may be ways to soften the blow if you become sick.

### **Take Antiviral Medication**

Antiviral medications are specific to the influenza virus, and they inhibit the virus from reproducing. And in that way, [they] can help people have a milder case of flu and get better faster. You must take the antiviral medication within 48 hours of your first symptoms for them to be effective.

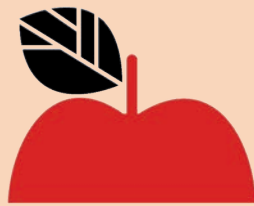
**The following antiviral medications are available by prescription:**

- Tamiflu (oseltamivir phosphate), an oral antiviral drug
- Relenza (zanamivir), an inhaled antiviral
- Rapivab (peramivir), administered intravenously
- Xofluza (baloxavir marboxil), an oral antiviral drug



FLU  
SEASON  
AHEAD

*Get your flu shot today!*



**Health For All**

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