



Paris
Community
Hospital
Family
Medical
Center

April 2017



Be MIND-full of your diet

staying
healthy

The connection between healthy eating and Alzheimer's

Can what you eat affect your brain's function? A recent study says it can, and even reduce the risk of developing Alzheimer's disease.

1 Research shows that the Mediterranean diet and the DASH (Dietary Approaches to Stop Hypertension) diet, both known to reduce heart disease, also can slow cognitive decline.

A combination of the two diets, called the MIND diet, has been shown to lower the risk of Alzheimer's by as much as 53 percent in individuals who rigorously adhere to the diet. The study, which appeared in *Alzheimer's & Dementia: The Journal of the Alzheimer's Association*, also showed a lower risk of Alzheimer's in 35 percent of participants who followed the diet moderately.

2 The MIND diet was developed by Martha Clare Morris,

PhD, a nutritional epidemiologist at Rush University Medical Center in Chicago, and her colleagues. Epidemiologists, like Morris, study diseases within human populations.

According to Morris, the MIND diet is easier to follow than the Mediterranean diet, which calls for daily consumption of fish and three to four daily servings (each) of fruits and vegetables. The MIND diet focuses on 10 "brain-healthy" food groups and five unhealthy food groups for which consumption should be limited.

3 The MIND diet consists of the following:

Healthy food groups:

- Green leafy vegetables
- Other vegetables
- Nuts
- Berries
- Beans
- Whole grains
- Fish
- Poultry
- Olive oil
- Wine

Unhealthy food groups:

- Red meats
- Butter and stick margarine
- Cheese
- Pastries and sweets
- Fried or fast food

According to the aforementioned study published by the Alzheimer's Association, individuals must limit eating MIND's unhealthy foods, especially butter (less than one tablespoon a day), cheese, and fried or fast food (less than a serving a week for any of the three), to have a good chance of avoiding the effects of Alzheimer's disease.

The Mayo Clinic notes that the MIND diet recommends higher levels of vegetables, especially leafy greens, because they appear to have a positive association with slowing cognitive decline. Fruits – except for berries – are not associated with slowing cognitive decline. Fruits, however, remain part of a healthy diet, as they are low in calories and full of fiber and nutrients.

Manish Gorasiya, MD



Manish Gorasiya, MD, is a board certified family practice physician who joined PCH/FMC in July 2015. He sees patients of all ages with all

types of health conditions, from newborn and well-baby visits to geriatric patients. His medical interests include diabetes, chronic obstructive pulmonary disease (COPD), hypertension, and geriatric medicine.

Dr. Gorasiya earned his medical degree at Surat Municipal Institute of Medical Education and Research in Surat, India. He earned a master's in public health degree in epidemiology from Florida International University in Miami, Fla.

Dr. Gorasiya completed his medical residency through the Montgomery Family Medicine Residency Program in Montgomery, Ala., where he also performed medical rounds at a 90-bed nursing home.

In his spare time, Dr. Gorasiya enjoys cricket, volleyball, tennis, table tennis, dancing, music, movies, and reality shows.



oxidants, man-made or natural substances that may prevent or delay some types of cell damage.

Berries change the way neurons in the brain communicate, which can prevent inflammation in the brain that contribute to neuronal damage and improve both motor control and cognition.

A large-scale study by Harvard University researchers further found that a high intake of berries, such as strawberries and blueberries, over time, can delay memory decline in older women by two and a half years.

According to the American Association of Retired Persons (AARP), blueberries rank first among fruits for their antioxidant powers. Strawberries are high in vitamin C, and acai berries contain high levels of omega-6 and omega-9 fatty

acids, thought to play a role in cardiovascular health.

The Mayo Clinic notes that blueberries, which are already labeled a “super fruit” for their power to potentially lower the risk of heart disease and cancer, also could be a weapon in the fight against Alzheimer’s disease.

The Academy of Nutrition and Dietetics says diet plays a major role in brain health. In addition to berries, it suggests consuming the following foods to boost memory function:

- **Vegetables** – broccoli, cabbage, and dark leafy greens.
- **Omega-3 fatty acids** – salmon, bluefin tuna, sardines, and herring.
- **Walnuts** – They are good for the brain, heart, and other parts of the body.



Paris Community Hospital Family Medical Center

721 East Court Street
Paris, IL 61944
217-465-4141

staying
healthy

Remember to eat your berries

Not all fruit is created equal. While all fruits offer some type of health benefit, some are more beneficial to the brain than others and may even help prevent age-related memory loss. These include blueberries, blackberries, strawberries, and other berry fruits, research shows.

A study in the American Chemical Society’s *Journal of Agricultural and Food Chemistry* concludes that berry fruits contain high levels of anti-

PCH/FMC’s Community Healthcare Programs April & May

Free Senior Wellness Event

April 1

A free “Spring into Health: Senior Wellness Event” will take place from 9 am to noon in the Paris Family Medical Center. This interactive event will include balance screens by PCH/FMC physical therapists, diabetes education, and Medicare Wellness Visit information. Attendees can speak to a pharmacist, and learn about foot care and advance healthcare directives.

Monthly Health Screenings

April 4; May 10

Blood sugar, blood pressure, and lipid panel (HDL, LDL, and triglycerides) screenings will be held from 7 to 9 am each day. Fasting for eight hours in advance is required. The cost is \$25. To register, call 217-465-2606 (or toll free 1-866-465-4141), Ext. 4228.

PCH Volunteers’ Scholarships

April 10

Healthcare scholarships offered by the PCH Volunteers are due. Scholarships are available to Edgar County high school seniors and PCH/FMC employees who want to further their education in the healthcare field. Complete an application at ParisCommunityHospital.com/Scholarships.

Medical Weight Loss Seminar

April 18; May 16

A free informational session regarding PCH/FMC’s Medical Weight Loss Clinic will take place at 5:30 pm in the Family Medical Center. The program utilizes a medically supervised, scientifically based approach that promotes fat loss while supporting muscle mass. To register, call 217-465-CARE (2273).

Art Show

April 30

PCH/FMC and the Paris Art Center will sponsor a free art show titled,

“Art: A Prescription for Wellness,” from 2 to 4 pm in the Family Medical Center. The event will recognize the work of area artists, including well-known local artist Wayne Hall. Paris resident Ixta Menchaca will do a poetry reading at 3 pm.

National Nurses Week

May 6-12

This year’s theme is “Nursing: The Balance of Mind, Body, and Spirit.” Join us as we celebrate the role nurses play in delivering the highest level of quality care to their patients.

National Hospital Week

May 7-13

This year’s theme is “The Healing Heart of Healthcare.” Join us in thanking the men and women who provide healthcare services in our community.

Twilight Walk, Honoring Nurses

May 10

PCH/FMC will sponsor its fourth annual Twilight Walk honoring active, retired, and deceased nurses on the Edgar County Courthouse lawn that evening. The walk is free, but participants may purchase a luminary for \$3 to honor a nurse (LPN or RN) of their choice, which will be displayed the evening of the walk. Call Somer Nagrodski at 217-465-2606, Ext. 4320.

Free Adult CPR/AED Class

May 17

This free, non-healthcare provider course teaches basic CPR and the use of an automated external defibrillator (AED). The class takes place from 8 am to 1 pm in Conference Room D. To register, email Somer Nagrodski at SNagrodski@pchfmc.com or call 217-465-2606, Ext. 4320. When calling, leave your name and you will be registered.

Volunteers’ Chocolate Sale

May 24 & 25

The PCH Volunteers will hold their South Bend Chocolate Company sale from 8 am to 4 pm by the rotunda entrance to the FMC.