



Paris  
Community  
Hospital  
Family  
Medical  
Center



# Work out or wait?

staying  
*healthy*

March 2018

## Being ill doesn't have to mean stop exercising

Working out when you are feeling well can be challenging enough. But how about working out when you are sick? Should such a feat even be considered? The answer is not always easy.

Regular exercise has been shown to decrease the risk of chronic diseases, such as diabetes and heart disease; help maintain a healthy weight; and boost the immune system. According to the National Institutes of Health (NIH), working out is perfectly fine in certain situations, but can be detrimental if certain symptoms are present.

1 In general, decisions about whether to continue exercising during an illness can be made by following the "above the neck" rule, the NIH states. If symptoms are confined to above the neck, such as a runny nose, nasal congestion, or sore throat, exercise may continue as long as the person feels able to do so.

However, if an individual has symptoms below the neck (e.g. fever, body aches, diarrhea,

or elevated resting heart rate), he or she should refrain from exercising until symptoms have gone away for seven to 14 days. This is due to the risk of dehydration, prolonged illness, or more serious complications.

2 Healthline, and its partner group Authority Nutrition, provide evidence-based consumer health information through their staff of licensed nutritionists, dietitians, physicians, and registered nurses. They contend it is generally safe to work out with the following symptoms, but always check with a healthcare provider if unsure:

Mild cold – If you lack the energy to get through your normal routine, consider reducing the intensity of your workout or shortening its duration.

Earache – Working out with an earache is considered safe, as long as your sense of balance is not affected and an infection has been ruled out.

Stuffy nose – According to the US Department of Health and Human Services, some exercise may actually help open up nasal passages, helping an individual to breathe better. If a stuffy nose is associated with a fever, a cough that produces

phlegm or mucus, or chest congestion, consider not working out.

Mild sore throat – Working out is likely safe if a mild sore throat is caused by a common cold or allergies.

3 Working out while experiencing any of the following symptoms is not recommended:

Fever – A fever is often caused by an infection. Working out with a fever increases the risk of dehydration and can make a fever worse.

Frequent cough – Frequent episodes of coughing can signal a respiratory infection, such as the flu or even pneumonia.

Stomach bug – Nausea, vomiting, diarrhea, fever, stomach cramping, and decreased appetite are common symptoms associated with stomach bugs.

The flu – The flu can cause fever, chills, sore throat, body aches, fatigue, headache, cough, and congestion.

The safest way to return to exercise after an illness is to wait until symptoms completely subside before gradually starting back.



Rahat Sheikh, MD

Dr. Sheikh is a family practice physician at PCH/FMC. He is board certified by the American

Board of Family Practice and sees patients of all ages.

A native of Pakistan, Dr. Sheikh earned his medical degree at Sindh Medical College. He completed his residency at Cook County Hospital and Rush University Medical Center in Chicago.

Dr. Sheikh is a member of the Edgar County Board of Health and has been the medical director of the health department since 1999. He is a Fellow of the American Academy of Family Physicians, and a member of the American Medical Association and the Illinois Academy of Family Practice.

Dr. Sheikh's medical/research interests include treatment of hypertension and management of diabetes. In his spare time, he enjoys traveling and reading. He and his wife Hina live in Paris.

Dr. Sheikh returned to PCH/FMC on July 1, 2014. He was an employee of PCH/FMC previously, from 1998-2012.



## Natural approach can provide energy boost

Feeling tired and need an energy boost? If you are like millions of American teens and young adults, then your favorite go-to solution may be a popular energy drink.

Second only to multivitamins, energy drinks are the most popular dietary supplement consumed by this age group, according to the National Center for Complementary and Integrative Health. And do not forget about older adults. They drink them, too.

Caffeine is the major ingredient in most energy drinks. Other ingredients include ginseng (a plant used in herbal medicine), guarana (a plant high in caffeine),

and chromium picolinate (a dietary supplement presumed to reduce fat and build muscle). However, there is little or no scientific evidence that these other ingredients actually work, according to the Harvard Medical School. Therefore, the Harvard Medical School offers these tips to enhance energy levels naturally:

### Control stress

Meditation, self-hypnosis, yoga, and tai chi are effective tools for reducing stress.

### Lighten your load

Streamline “must-do” activities and set priorities in terms of the most important tasks in your life.

### Exercise

Physical activity causes the body to release stress hormones, which can make you feel energized.

### Do not smoke

Smoking can affect energy levels by causing insomnia. Once asleep, nicotine can wake you with cravings.

### Restrict your sleep

Avoid napping during the day

and experiment with how many hours of sleep you actually need per night.

### Eat for energy

Eat small meals and snacks every few hours rather than three large meals a day. Choose foods with a low glycemic index, those which contain sugars that are absorbed slowly. These include whole grains, high-fiber vegetables, nuts, and healthy oils, such as olive oil.

### Use caffeine to your advantage

Caffeine helps increase alertness but can cause insomnia, especially when consumed in large amounts or after 2 pm.

### Limit alcohol

Avoid drinking alcohol at midday. The sedative effect of alcohol is especially strong at this time. Similarly, avoid a five o'clock cocktail if you want to have energy in the evening.

### Drink water

If your body is short of fluids, one of the first symptoms is fatigue.



# Paris Community Hospital Family Medical Center

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# staying healthy

## PCH/FMC's Community Healthcare Programs March & April

### Stay Strong, Live Long

Ongoing

This free exercise program for seniors takes place on Tuesdays at 10 am at the Chester P. Sutton Community Center for Seniors of Edgar County. The program helps maintain and increase overall strength to make everyday tasks easier. The program is instructed by licensed PCH Rehab staff.

### Monthly Health Screenings

March 16; April 17

Blood sugar, blood pressure, and lipid panel (HDL, LDL, and triglycerides) screenings will be held from 7 to 9 am. Fasting for eight hours in advance is required. The cost is \$25. To register, call 217-466-4228.

### Volunteers' Chocolate Sale

March 21-22

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

### Doctors' Day

March 30

Join PCH/FMC as it celebrates National Doctors' Day. Be sure to thank your physician for the care that he or she provides.

### Healthcare Scholarships

April 9 deadline

Applications are due for healthcare scholarships offered by the PCH

Volunteers. Scholarships are available to PCH/FMC employees and graduating high school seniors in Edgar County. Applications are available at school guidance offices, the Paris Community Hospital admissions desk, and ParisCommunityHospital.com.

### Dine With a Doc

April 10-17

Angela Hamilton, FNP-C, who specializes in medical dermatology, will be the featured speaker at these free monthly programs:

- **April 10 (10 am CST)** – Providence Housing Club House, 219 North Providence Pl., West Terre Haute
- **April 13 (11 am CST)** – Trinity United Methodist Church, 503 S Michigan Ave., Marshall
- **April 17 (11 am CST)** – Casey Senior Center, 2 SW 2nd St., Casey
- **April 20 (11 am CST)** – LifeSpan Center, 11021 E. Co. Rd. 800N, Charleston

### Dine With a Doc

April 11

Dr. Ronald Wheeler, orthopedic surgeon, will be the featured speaker at this free monthly program, which takes place at 11 am at the Sutton Senior Center in Paris.

### National Volunteer Week

April 15-21

Join PCH/FMC as it recognizes the invaluable contributions of its volunteer staff during National Volunteer Week.