



# Healthwise

Cortland Standard

Wednesday, March 20, 2019

March is  
National  
Nutrition  
Month

Fueling the body

Page 2

Trying to give up sugar

Page 4

**Had a Stroke.  
Said, "Take me to Crouse."**

Musician Todd Hobin

Read his story at [crouse.org/toddhobin](http://crouse.org/toddhobin)



## Healthwise

# Fueling the body



Shenandoah Briere/contributing photographer

Nicholas Miskar climbs down the slip wall at the 2019 Winter Sprint Spartan race at Greek Peak.

## Nutrition impacts athletes' performance

By **SHENANDOAH BRIERE**  
Staff Reporter

[sbriere@cortlandstandard.net](mailto:sbriere@cortlandstandard.net)

By the time Nick Marcantonio hops on the bike for a four-hour ride in preparation for his next Ironman triathlon, he's been fueling his body with hundreds of calories. During the ride, he'll drink several hundred more.

"It's strictly fuel throughout the workout to keep my energy up," he said.

Marcantonio is a professional Ironman triathlon competitor, including going to the world championship. He was previously a three-time All-American for the SUNY Cortland cross-country team. What he eats hasn't changed as much as how frequently and how much he eats since college.

When he was in college and running 75 to 80 miles a week he ate around 3,000 calories a day. Now, he works out anywhere from 25 to 30 hours a week doing swimming, running and biking and that means taking in more calories.

"It's not unreasonable for me to eat 7,000 calories a day,"

See **FUELING**, page 4



## FHN FAMILY HEALTH NETWORK OF CENTRAL NEW YORK, INC.

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Margaret MacNeill, LCSW-R

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FHN continues to accept all new patients for both medical and/or dental services; as well as, offers a sliding fee scale to lower eligible patient's costs and deductibles.

**Any questions can be directed to Kate Alm at (607) 753-3797.**



# Healthwise

## Family Health Network Part of Your Community. Part of Your Life.

Family Health Network, established in 1972, is a federally funded community health center that serves Cortland, Cayuga, and its neighboring counties. With five freestanding medical offices, one of which includes dental, and four school-based health centers, it is the only source of care in four of the communities served.

Living up to its Mission Statement; FHN promotes and improves the wellness of the Central New York community through quality, patient focused, coordinated and affordable preventative and primary healthcare, in multiple, convenient, state-of-the-art facilities. All of Family Health Network's Health Centers have been recently constructed or renovated. In addition, FHN has a fully installed Electronic Medical Record, become certified

as a Level 3 Patient Centered Medical Home under the 2014 Guidelines, received multiple quality awards, and achieved Meaningful Use designation.

Family Health Network has highly qualified healthcare professionals at every location. Family Health Network offers a variety of healthcare services that include: Family Practice/General Practice, Dentistry, Occupational Health Services, Obstetrics/Gynecology, Pediatrics, Behavioral Health Services, 340B Pharmacy Services, and assistance with insurance enrollment.

All of Family Health Network's Health Centers are currently accepting new patients (for both medical and dental) regardless of the person's insurance status or ability to

See FAMILY, page 8

## Breathe easy when it comes to allergies

With offices in Cortland, Ithaca, and Corning, Smith Allergy and Asthma Specialists is a leading, regional provider of comprehensive, quality care for patients suffering from a wide array of allergies and other immunological conditions. Led by nationally recognized and Board Certified Allergist, Dr. Chris Smith, the firm's dedicated asthma and allergy care team specializes in testing for, diagnosing, and treatment of allergic diseases and conditions for patients of all ages, from infancy through seniors. Conditions diagnosed and treated include:

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## Ask the Doctor about: WISDOM TEETH

**What are wisdom teeth?** Wisdom teeth are actually third molars and you usually have four of them. They normally try to erupt into the mouth between the ages of 17 and 25 in what was once considered the "age of wisdom."

**Why do we have wisdom teeth?** Wisdom teeth were at one time useful in man's past. Our diets were more abrasive so teeth would wear down, making more room for the extra teeth. We also lost teeth more frequently, again making space for the third molars. Anthropologically, the human mouth is evolving and getting smaller, so there is not enough room for the extra molars.

**Do I have to have them out?** Only about 20% of the population has enough space to allow eruption of wisdom teeth into a healthy position. Chances are you will need to have yours removed.

**Why should I get them out, what if they don't hurt?** If you wait until they hurt, damage may already be done. Wisdom teeth can crowd your other teeth, cause damage to the second molar roots, damage bone structure, cause periodontal (gum) disease, and cause infection. Even if they make it in, they are most often out of alignment and 89% of all upper wisdom teeth will have to be extracted by 40 years of age due to decay.

**When is the best time to have them out?** Before the entire tooth is formed, but when the tooth sits closer to the crest of the bone ridge, usually between the ages of 15 and 25. Ideally, having wisdom teeth out before the age of 30 is easier on you and reduces complications from the surgery. Your dentist will be able to tell you when it is time to consult a surgeon.

**What does impaction mean?** Impaction is when a tooth is trapped underneath bone or soft tissue. **Does it hurt?** The procedure itself is virtually painless and takes about an hour. It can be done with local anesthesia (novocaine), but most patients prefer to have intravenous sedation or general anesthesia so they can sleep through the procedure. The recovery depends on the difficulty of the teeth. Most commonly, swelling peaks on day 2, but you are able to resume normal social function by day 4. Medications to handle the pain and prevent infection are routinely prescribed.

**Do I have to go to the hospital?** No. Most wisdom tooth procedures can be done in the office. **Who can do it for me?** Although some dentists have experience with wisdom tooth extraction, most procedures are performed by an oral and Maxillofacial Surgeon.

**What is an Oral Surgeon?** An Oral and Maxillofacial Surgeon is a dental specialist who has had at least four extra years of surgical training beyond dental school. An OMS specializes in extractions, diseases of the jaws and treatment of trauma and is also trained in the use of intravenous sedation and general anesthesia.

**How do I choose an OMS?** Choose a surgeon who has been Board Certified by the American Board of Oral and Maxillofacial Surgery. The Board tests surgeons to see that they meet their standards for excellence. Your family dentist can help guide you.

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# Healthwise

## Pelvic Health... Woman to Woman



**Pelvic health is nothing to whisper about.**

But that's what many women do when it comes to talking openly and honestly about an important part of the female anatomy. Leading the discussion locally is Hadley Narins, MD, a fellowship-trained urologist dedicated to making women feel comfortable about bringing up problems — and treating them. Specializing in urinary incontinence and managing pelvic organ prolapse, she has the skill and sensitivity to make women's lives healthier and happier.

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Inquire about Veteran's, Widow Veteran's and Insurance Benefits.

## Giving up sugar

By **ERICA PEARSON**  
Star Tribune  
(Minneapolis) (TNS)

More energy. Changed taste buds. Better sleep.

After a month without sugar, the (completely unscientific yet very compelling) anecdotal evidence is in from some of the more than 3,000 folks — myself included — who tackled the Star Tribune's 28-Day Sugar-

Free Challenge.

Overwhelmingly, challengers said they found that going for a month without added sugar (no cookies, no cake, no fructose-laden sauces) made them feel better. Even if, like Maple Grove participant Tim Deets, they're "not claiming perfection."

"I think my energy level is more balanced over

the day," he said. "I have not seemed to get the mid-afternoon crash."

But the benefits of reducing added sugar can go beyond energy.

Researchers have found that cutting out added sugars can boost metabolic health and reduce the stress that consuming the sweet

**See SUGAR, page 6**

## FUELING

continued from page 2A

he said. A typical calorie count is between 2,000 and 2,500 calories a day.

Those 7,000 calories are what gets him through workouts and races.

When Tackie Huff of Homer started training for the Winter Sprint Spartan race at Greek Peak on March 9 in Virgil, he knew he had to change his eating habits.

He needed to eat more frequently and he needed to make healthier food choices.

"I never ate breakfast and sometimes had a big, but unhealthy lunch," he said.

Huff said he ended up cutting out coffee and some dairy products like cheese and started focusing on eating more vegetables and lean meats.

That helped him both maintain his energy and lose weight.

Huff and Marcantonio hit on an important note about giving the body enough fuel to turn into energy when it comes to nutrition and extreme exercises like Ironmans and Spartan races, said Ryan Fiddler, an assistant professor of kinesiology at SUNY Cortland.

Keep in mind several key nutrition points when someone is looking to get into extreme sports and exercises, he said, tips any athlete will want to consider.

"Carbs kind of have a bad reputation right now," he said. "Your muscles depend on carb intake."

Athletes getting into extreme sports would need to double their carbohydrate intake compared to someone who doesn't exercise. If they don't, they'll start feeling fatigue because carbs provide energy and help restore muscle.

"It's like putting gas in the tank after a long drive," he said. "So many people want to be low carb. Don't avoid the carbs, just avoid the crappy carbs."

Good carbs can be found in whole-grain foods like legumes or root vegetables like potatoes and carrots.

Protein is a critical element for athletes who do extreme sports, Fiddler said. Normally, someone who doesn't exercise — based on their body weight — would need anywhere from 60 to 80 grams of protein a day. That doubles for extreme workouts.

He said just like someone who lifts weights regularly, a person doing an Ironman or equivalent sport would need more protein to help repair muscle. People who do extreme sports also need more protein because it's another source of energy.

Athletes need to keep an eye on their iron and calcium levels, Fiddler said. When people do extreme workouts, they lose those nutrients in their sweat. However, he said restoring those nutrients comes from eating a healthy well-balanced diet.

But listen to your body.

"If you're craving salty foods like potato chips or pizza, it's probably because your body needs it," he said.

# New medication collection box now installed at GCMC

The current opioid crisis presents our community with complicated issues that require creative and multifaceted solutions. On the heels of its successful partnership with Cortland Area Communities that Care (CACTC) to reduce the number of opioid prescriptions written by physicians in the Emergency Department, Guthrie Cortland Medical Center recently took another step to reduce the misuse of prescription medications — installing a MedSafe collection box in the ED waiting room.

Dr. Russ Firman, GCMC's Chief Medical Officer, and ED physician and Matt Denniston, GCMC Pharmacy Director spearheaded the MedSafe initiative with additional support from CACTC and the Binghamton/Cortland Rotary Clubs. The new drop box allows the hospital to collect unused, expired (legal and illegal) medications from the community 24 hours a day, 365 days a year. Having a safe, convenient, and anonymous way to dispose of these medications properly helps lower the chances they'll end up in the wrong hands, and it also helps protect the environment by keeping them out of the local landfill and water supplies.



Photo provided by Guthrie Cortland Medical Center

GCMC is now registered with the Drug Enforcement Agency as an approved collector of prescription medications. The hospital contracts with a disposal service that handles, transports, and destroys the MedSafe contents. Detailed disposal records are also kept to measure how many medications have been safely removed from the community.

No public health solution is born in a vacuum or from a team of one. This effort to protect and improve the

See GCMC, page 8

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# Healthwise

## SUGAR

continued from page 4

stuff puts on organs including the pancreas and liver, according to a scientific review by SugarScience, a site run by health scientists at the University of California, San Francisco.

Studies by University College London researchers and others have also found that accountability is a powerful motivator, something that the members of our closed Facebook group demonstrated as they supported one another, banding together to figure out how to get through tough moments and stay positive.

All told, the group created more than 23,000 posts, comments and reactions — from recipes for cheese-stuffed dates to suggestions of mayonnaise brands without added sugars.

Throughout February, many participants reported — in the Facebook group, in e-mails and even phone calls — that they were sleeping better, and that troubles such as inflammation, night sweats and aches and pains lessened as the month went on.

“My arthritic aches and pains have greatly diminished,” said Kathy

Obler of St. Paul. “After a couple of sugarless weeks I can hardly believe these are my knees!”

Not everyone noticed physical changes. Many reported simply feeling positive about being more in-the-know about what they were eating and drinking.

Mary Hanson-Busch of New Prague, Minnesota, said she was shocked to learn how much added sugar she had been regularly consuming.

“I don’t drink pop, so that was easy, but smoothies and blended coffee drinks were frequent purchases for me,” she said.

And like Wynn Martin, many in the challenge found they actually enjoyed eating more vegetables and fruit and less processed and packaged foods.

“It was a good change in our house,” said Martin, who lives in Minneapolis.

This was what I ended up liking most about the challenge, too — the fresh foods we added to our shopping list. Cucumber slices instead of crackers. Fresh pineapple and mango instead of blondies and brownies, with no whining from our kids.

We also managed to (mostly) wean our youngest off ketchup, although

some of this effort was undone when, out to eat as a family, she saw that red bottle on the table before we did.

When the Star Tribune decided to host this challenge, our hope was that we’d learn about the added sugar in packaged foods, sauces and condiments, which would spur us to create new, healthy habits to keep sugar consumption more in line with current recommended limits.

Weight loss wasn’t one of the goals, but we did hear about it from lots of folks taking part. Many said they dropped a few pounds (this was true for me), while some said the scale didn’t change at all. Others, like Hanson-Busch, said they lost a dozen pounds or more.

Some of the most inspiring feedback we’ve received has been from those who are newly empowered to permanently take charge of how and when added sugar makes its way onto their plate.

“I have always been pretty conscientious about what I eat, but have never avoided sugars like this. It has been eye-opening,” said Mary Swanson Senneka.

## Stay active at the JM

Staying active is our forte! Here at the JM, we’re all about sports, games and fun physical activities that keep you moving. We offer various leagues, tournaments and clinics for sports like soccer, lacrosse and field hockey. With our new batting cages you can practice your baseball or softball skills year round!

We also encourage fun physical activity in our childcare programs such as our afterschool care and our summer camp for kids in grade K-8.

Starting this summer you’ll be able to grab your skates and join us out on the ice for our public ice skating sessions. There’s always a lot to do here at the JM and you can find it all on our website at [www.jmmcomplex.com](http://www.jmmcomplex.com)! Follow us on Facebook, Instagram and Twitter for updates on programs and events as well.

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L-R: Joseph Flanagan, M.D., Elliot Rubinstein, M.D., Stella Castro, M.D., Julie McNairn, M.D., Mariah Pieretti, M.D., Rizwan Khan, M.D.

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# Healthwise

## WIC helps you meet your nutrition needs

WIC is a federally funded supplemental food and nutrition education program for pregnant, breastfeeding, and non-breastfeeding postpartum women, as well as infants and children up to the age of five. At WIC clinics, participants are issued benefits to be redeemed at local vendors for specific food products.

By providing some of the foods needed daily for good health, WIC can help you stretch your food budget. Also available, are certified lactation consultants to educate and assist with breast feeding guidelines and practices. Nutritionists at the WIC clinic work with participants to create a personalized plan to address specific dietary needs of mothers, infants and children. WIC is an effective program that has been shown to improve health outcomes and reduce Medicaid costs.

Aside from the resources available from WIC, other services available at CAPCO include: Head Start and Early Head Start, Energy Services, Consumer Directed Services, and Family Development. These services available at CAPCO aim to help provide support and education to residents of Cortland County.

If you are a pregnant, breastfeeding, or a non-breastfeeding postpartum woman, have an infant, or a child under the age of five you may be eligible for WIC. You must be a resident of New York State (any county), and meet WIC Income guidelines for 2012-2013. For more information about the WIC program or to enroll today, call us at 607-753-6781 or visit [www.wicstrong.com](http://www.wicstrong.com).

*Provided by Community Service Programs for Cortland County.*

## Adult Social Day programs offer activities and support to participants, caregivers

Liberty Resources' new Adult Social Day program in Cortland will offer much needed activities and support with daily living skills for functionally impaired individuals, including older adults suffering from dementia and/or Alzheimer's. Community-based programs enrich the daily lives of these individuals and provide respite to those responsible for their care.

About 40 percent of family caregivers of people with dementia suffer from depression compared to 5 to 17 percent of non-caregivers of similar ages [Alzheimer's Association. (2015). 2015 Alzheimer's Disease Facts and Figures.] Tisha Hollenbeck, a director at Liberty Resources, recognized a need in all of Cortland County and surrounding areas for a Social Adult Day program.

"When those responsible for the daily well-being of a functionally impaired individual have time to rest and recover, they can better care for those they love," said Hollenbeck.

To learn more about the program, call 607-218-6055.

**About Liberty Resources:** As one of Central New York's most diverse and trusted human service agencies, Liberty Resources is a dynamic and constantly evolving multiservice integrated health care and behavioral health provider. Six primary programmatic systems include: integrated health care for mental health and primary care; community behavioral health (substance use disorder, traumatic brain injury, HIV services); integrated care management; intellectual disabilities services; child, youth, family services; and early intervention services.

Headquartered in Syracuse, Liberty Resources employs more than 1,000 professional staff providing shelter, treatment, assistance, counseling and support to nearly 14,000 individuals and families.

*Provided by Liberty Resources.*

Clare G.

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Chiropractic is a safe, drugless therapy that has been shown to be effective at treating neck and back pain, headaches, pain in the arms and legs, as well as promoting general health.

The office participates with many area health insurance plans and accepts NY Worker's Compensation and no-fault auto claims. For more information call 607-753-1884.

*Provided by Back to Health Chiropractic.*

## FAMILY

**continued from page 2**

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your income and household size. Call today to make an appointment!

For more information, please call 607-753-3797 or visit our website at [www.familyhealthnetwork.org](http://www.familyhealthnetwork.org)

*Provided by Family Health Network.*

## GCMC

**continued from page 5**

health of our local residents is yet another example of community partnership and the collaborative spirit that thrives here in Cortland.

JoAnn Wickman, Coordinator for Rotary District 7170 GG Fight v Addiction and former CACTC board member adds, "It has been wonderful to work

with Dr. Firman and hospital pharmacist Matt Denniston to facilitate placement of a medicine drop box in the ER area of the hospital. Both of them have been consistently diligent supporters of CACTC's efforts to address the opiate crisis."

*Provided by Guthrie Cortland Medical Center.*



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