



How much protein do you need?

staying
healthy

Protein not only important for athletes

Protein is not just for athletes and bodybuilders who are looking to “bulk up.” Protein is essential to everyone for good health.

Protein is an important building block of bones, muscles, cartilage, skin, and blood. In fact, hair and nails are made mostly of protein. The body uses protein to build and repair tissues, and make enzymes, hormones, and other body chemicals.

1 The US Department of Agriculture (USDA) recommends that men and women over age 19 get at least 0.8 grams of protein per kilogram of body weight per day. Each pound is equal to 2.2 kg, meaning a 150-pound person weighs about 68 kilograms. Therefore, a 150-pound person should get about 54 grams of protein per day, which is equivalent to 9 eggs or about 9 ounces of cooked turkey or chicken.

The USDA notes that extra protein may be needed for individuals who engage in sports or any type of training or physical activity. For endurance athletes, protein intake of 1.2 to 1.4 grams per kilogram per day is recom-

mended, while strength athletes may need more. Therefore, a 150-pound endurance athlete may need 82 to 95 grams of protein per day.

According to the Institute of Medicine, protein should account for 10 to 35 percent of total calories consumed each day.

2 Protein is made up of amino acids, which are the building blocks of life. Protein is found in beef, poultry, pork, seafood, beans and peas, eggs, nuts, seeds, dairy, soy products. Protein supplements, in the form of snack bars and shakes, are also available.

3 When it comes to consuming protein, the Harvard Medical School says it is important to consider the protein “package,” which includes the fats, carbohydrates, vitamins, minerals, and other nutrients that accompany protein.

Choose lean protein sources that are low in saturated fat and processed carbohydrates, such as skinless chicken or turkey, lean cuts of beef and pork, leaner ground meats, fish, and low-fat dairy. For example, a 6-ounce broiled porterhouse steak con-

tains 40 grams of protein, but also has 12 grams of saturated fat. Six ounces of wild salmon has about 34 grams of protein, is naturally low in sodium, and contains only 1.7 grams of saturated fat.

4 According to the American Cancer Society (ACA), some animal studies reveal that high doses of compounds found in soy (called isoflavones) increase the risk of breast cancer. That is because isoflavones in soy can act like estrogen in the body, and increased estrogen has been linked to certain types of breast cancer. However in humans, no reliable studies have revealed any dangers from eating soy, and the health benefits appear to outweigh any potential risk, according to the ACA.

PCH/FMC’s Weight Loss Clinic is a medically supervised program that utilizes the “Ideal Protein Weight Loss Method.” The program is scientifically based to promote fat loss while supporting muscle mass. This is achieved through intaking an optimal level of protein and reducing fats and sugars. To schedule a consultation, call 465-2606, Ext. 707, or email idealprotein@pchfmc.com.

Crystal White, FNP-C



Crystal White is a board certified family nurse practitioner and manager of the PCH/FMC Medical Weight Loss Clinic. Suzi Cusick, certified nursing assistant,

assists Crystal in the Weight Loss Clinic by providing patients with one-on-one health coaching.

Crystal has been a registered nurse since 1992. Her experience includes obstetrics/gynecology, women’s health, family medicine, and surgery. She has been affiliated with PCH/FMC since 2003.

Crystal received her associate’s degree in nursing from Jefferson College of Health Sciences in Roanoke, Virginia. She received her bachelor’s degree and master’s degree in nursing from Indiana Wesleyan University.

She is a member of the American Academy of Nurse Practitioners, the American College of Nurse Practitioners, the Illinois Organization of Nurse Leaders, and the Sigma Theta Tau International Honor Society of Nursing. Her interests include medical mission work.



Gloves, scarves can spread germs

Gloves, mittens, and scarves—they can help keep you healthy during the winter, but also can make you and others ill.

The winter season means plenty of runny noses, coughs, sore throats, and respiratory infections, such as the flu. By using a glove or mitten to wipe your nose – or to cover a sneeze or cough – can leave germs that can be transferred to others when you touch a doorknob, handrail, elevator button, or other object. Additionally, other people’s germs can adhere to your gloves, making you sick when you touch your mouth or nose.

To help keep you and others germ-free this winter, the Association for Professionals in Infection Control and Epidemiology (APIC) recommends washing gloves, mittens, and scarves often, preferably once a week or when soiled. Since

many of these items are made of delicate fabrics, they may need to be dry-cleaned or hand-washed.

APIC warns against cross contamination. For example, this can occur when a scarf that you use to cover a cough or sneeze is offered to someone else. Cross contamination also can occur when you hang up a contaminated scarf next to someone else’s belongings.

APIC notes that there are no scientific studies to support its recommendations for staying germ-free. Even so, it offers common sense approaches, such as not taking off gloves with your teeth, which can cause potential germs to enter your mouth. Also, wash your hands when appropriate, such as after using the restroom. If you do not wash your hands and put your gloves on, the inside of the gloves become contaminated.

According to APIC, most germs survive for two or three days on inanimate objects. Objects do not have to look soiled or smell bad to be loaded with germs. APIC offers the following tips to help keep you healthy this winter:

- Clean your hands often. The Centers for Disease Control and Prevention recommends scrubbing your hands for at

least 20 seconds. An easy way to remember is to sing the “Happy Birthday” song from beginning to end twice.

- Carry tissues and hand sanitizer with you at all times.
- Keep your hands away from your face. When you touch your eyes, nose, or mouth, germs can get into your body and make you sick.
- Take your gloves off when using or touching objects that other people use or touch. This includes ATMs, shopping carts, and crosswalk buttons. Wash your hands (or use hand sanitizer) immediately after use. It is easier to clean your hands than the gloves.
- When taking your gloves off, carefully loosen them at the fingertips, and pull them off with your opposite hand.
- Do not stuff your dirty or wet gloves and scarves in your pocket. They need to dry thoroughly to kill the germs.
- Avoid people who are sick with a respiratory or stomach virus. Stay home from work or school if you are sick.
- Cough or sneeze into your elbow, not into your gloves or scarf.



Paris Community Hospital Family Medical Center

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staying healthy

PCH/FMC’s Community Healthcare Programs January & February

FMC Holiday Closures

December 31 & January 1

In recognition of the New Year’s holiday, the Paris and Chrisman Family Medical Centers will close at noon Thursday, December 31, and be closed all day Friday, January 1.

Medical Weight Loss Seminar Offers Incentive

January 5

A free informational session regarding PCH/FMC’s new 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. During the seminar, one lucky attendee will win half off his or her enrollment fee to start the program. To register, call 217-465-CARE (2273).

Monthly Health Screenings

January 13; February 9

Blood sugar, blood pressure, and lipid panel (HDL, LDL, and triglycer-

ides) screenings will be held in the Family Medical Center 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. 228.

CPR/AED/Heimlich Class

January 22; February 12

These free American Heart Association certified courses teach basic CPR, the use of an automated external defibrillator (AED), and the Heimlich maneuver used in choking emergencies. Free classes are made possible by the Rural Access to Emergency Devices Grant. Classes take place from 8:30 am to 12:30 pm in Conference Room D. To register, call 217-465-2606, Ext. 320.

Wear Red Luncheon

February 5

PCH/FMC’s third annual Wear Red Luncheon will take place during National Wear Red Day at noon at Café France in Paris. Cost is \$20 per person. Tickets are limited and can be purchased at the Paris Area Chamber of Commerce & Tourism and Paris Community Hospital. Call 217-465-2606 (or toll free 1-866-465-4141), Ext. 228.