



 Paris Community Hospital
Family Medical Center

staying
healthy

December 2016

A state of Ketosis

Using stored fat to cut the fat

Conversations about weight gain and weight loss often take center stage during the holiday season. Holiday feasting can mean unwanted weight gain, which commonly leads to New Year's resolutions to shed those excess pounds.

One weight loss method involves putting the body in ketosis, a metabolic state in which stored fat (instead of carbs) provides most of the body's fuel for energy. Ketosis can be achieved by following a ketogenic diet – one that is low in carbs and emphasizes adequate protein intake. This limits the body's access to glucose (blood sugar), which is the body's main form of energy. Ketosis makes a person feel fuller and less hungry, often with greater weight loss achieved than other low-fat diets.

A ketogenic diet causes the body to produce small fuel molecules called "ketones." The ketones become an alternative

fuel for the body when glucose is in short supply. As a result, fat burning increases and insulin levels become low. When the body produces ketones it is said to be in ketosis.

A 2008 study in the *American Journal of Clinical Nutrition* found that obese men who followed a ketogenic diet for four weeks lost an average of 12 pounds. The participants were able to consume fewer calories without feeling hungry.

While ketosis has a variety of health benefits, including weight loss, lower blood sugar levels and reduced seizures in epileptic children, experts caution that ketosis is not for everyone. Some people, such as diabetics, may not be able to adapt to lower insulin levels.

Following a strict diet to induce ketosis can be very difficult. Additionally, some people experience negative side effects, which can include headache, fatigue, constipation, high cholesterol, and bad breath.

To be in ketosis, people generally need to eat fewer than

50 grams of carbohydrates per day, sometimes as little as 20 grams per day. This means limiting sugar and starchy foods (such as bread, pasta) which the body breaks down into simple sugars.

According to the Mayo Clinic, low-carb diets may help prevent or improve serious health conditions, such as diabetes, high blood pressure, cardiovascular disease, and metabolic syndrome (a group of conditions that increase the risk of heart disease, stroke, and diabetes). Additionally, low-carb diets may improve HDL (bad) cholesterol and triglyceride values slightly more than moderate-carb diets.

Before starting any diet, be sure to talk with your health-care provider.

The PCH/FMC Medical Weight Loss Clinic offers a medically supervised program that features one-on-one coaching and balanced lifestyle education to help maintain results after dieting. 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.

A registered nurse since 1992, Crystal's 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, and the Sigma Theta Tau International Honor Society of Nursing. Her interests include medical mission work. Crystal is accepting new patients, 217-463-1946.



Understanding the insurance lingo

Even as millions of Americans have gained health insurance coverage in recent years, many do not know how to use the coverage nor understand the basic terms related to healthcare costs.

According to the American Institutes of Research, about three out of four Americans ages 22-64 believe they know how to use health insurance. However, only about one in five can correctly calculate how much they owe for a routine doctor visit.

A Rice University analysis showed that one in four adults in Texas “lacked confidence in understanding” the most basic terms related to healthcare costs. Forty-five percent did not understand co-insurance and 30 percent did not understand provider network.

To help better understand health insurance terminology, the following definitions are provided by the US Department of Labor and the US Department of Health and Human Services:

Premium—The cost of your insurance plan. Payments are made monthly, quarterly, or yearly by you or your employer, most commonly both.

Deductible—The out-of-pocket amount you pay for covered healthcare services before your insurance plan starts to pay. For example, if your deductible is \$500, your insurance will not pay for anything until your costs (allowable charges) are more than \$500.

Co-insurance—The amount that you are obliged to pay for covered medical services after you have satisfied any co-payment or deductible required by your health insurance plan. For example, if your insurance company covers 80 percent of the allowable charge for a specific service, you may be required to cover the remaining 20 percent as coinsurance.

Co-payment—A fixed amount you pay every time you receive a particular health service. For instance, if your co-payment to see a healthcare provider is \$25, you pay that amount each time you see him or her. Co-insurance amounts may still apply.

Out-of-Pocket Maximum—The most you pay during a policy period (usually a year) before your health insurance or plan begins to pay 100 percent. This limit does not include your premium, the difference between the provider charge and the

amount allowed by insurance, or healthcare services your plan does not cover. Some plans also do not count the out-of-network payments, co-insurance payments, co-payments, other expenses or deductibles toward this limit.

In- and out-of-network—An in-network provider is a healthcare provider that has contracted with the health insurance company to provide services for people on that insurance plan. An out-of-network provider is someone who does not have a contract with the insurance company. In many cases, insurance will not pay as much for out-of-network services.

Claim—The bill you or your healthcare provider submits to your health insurance company.

Pre-authorization—A decision by your health plan that a service, treatment plan, prescription drug, or durable medical equipment is medically necessary. This is often necessary before a service is performed.

Health Savings Account (HSA)—Accounts offered and administered by employers that provide a way for you to set aside pretax dollars to pay for your share of insurance premiums or medical expenses not covered by your health plan. The employer may also make contributions to the HSA. The money in the HSA rolls over from one year to the next.



Paris Community Hospital Family Medical Center

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staying healthy

PCH/FMC's Community Healthcare Programs December & January

Monthly Health Screenings

December 7; January 17

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. 228.

Volunteers' Chocolate Sale

December 14 & 15

The PCH Volunteers will hold their South Bend Chocolate Company sale from 8 am to 4 pm by the rotunda entrance to the Family Medical Center. Proceeds support volunteer projects, including scholarships.

Holiday Closures

December & January

PCH/FMC announces the following closures at its Family Medical

Centers in Paris, Chrisman, and Oakland, as well as at its EZ Care walk-in clinic:

Sunday, Dec. 25—EZ Care closed

Monday, Dec. 26—All FMCs closed/EZ Care open

Monday, Jan. 2—All FMCs closed/EZ Care open

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.

EZ Care Extends Hours

The EZ Care walk-in clinic is now open Monday through Friday from 9 am to 7 pm, and Saturday and Sunday from 10 am to 6 pm. EZ Care is located in the east corner of the Acklin-Shackelford Clinic, near the Occupational Health Department.