



staying
HEALTHY



HORIZON
HEALTH

Lactose intolerance can be managed

Got milk? Maybe not if you are lactose intolerant.

As many as 50 million Americans are lactose intolerant, according to the National Digestive Diseases Information Clearinghouse. That means they are unable to fully digest the sugar (lactose) in milk and other dairy products.

Lactose intolerance is often harmless, but its symptoms can be uncomfortable. They include diarrhea, gas, and bloating. Symptoms typically begin 30 minutes to two hours after eating or drinking foods that contain lactose.

Lactose intolerance occurs when the small intestine does not produce enough of the enzyme lactase, which is needed to digest lactose. According to the National Institutes of Health, most people who have low lactase levels can include varying amounts of lactose in their diets without experiencing symptoms. They often have difficulty digesting fresh milk, but can eat certain dairy products, such as cheese or yogurt, without discomfort. These foods are made using fermentation processes that break down much of the lactose in milk.

Lactose intolerance usually occurs in adulthood and is uncommon in babies and young children. It is most common in people of African, Asian, Hispanic, and American Indian descent.

Certain small intestine problems, such as bacterial overgrowth, celiac disease, and Crohn's disease, can cause lactose intolerance. Additionally, cancer patients who receive radiation therapy in their abdomen or have intestinal complications from chemotherapy have an increased risk of lactose intolerance.

There is no way to boost the body's production of lactase. However, the Mayo Clinic offers the following ways to reduce the discomfort of lactose intolerance:

- Avoid large servings of milk and other dairy products
- Include small servings of dairy products in regular meals
- Eat and drink lactose-reduced ice cream and milk
- Drink regular milk after adding a liquid or powder to it to break down the lactose

The severity of symptoms can differ from person to person. Contact your healthcare provider if you believe you may be lactose intolerant.

Tory Keefer, FNP-C

Tory is a family nurse practitioner in the Paris Clinic. She is providing support to Lauren Fore, MD, family medicine physician.



Prior to Horizon Health, Tory worked as a nurse at a critical care unit and adult care unit in Mattoon. She has master's degree as a family nurse practitioner from Indiana Wesleyan University. She has a bachelor's degree in nursing from Lakeview College of Nursing in Charleston, and a bachelor's degree in molecular and cellular biology from the University of Illinois.

Tory is originally from Greenup, Ill., and grew up in a farming family. She recently married and lives in Charleston. She and her husband, Kyle, a Charleston firefighter, have two children: Lainie, 8, and Kimber, 2.

In her spare time, Tory enjoys spending time with family, being outdoors, and traveling.

Paris Community Hospital
721 E. Court St., Paris, IL 61944

Oakland Clinic
5 S. Walnut St., Oakland, IL 61943

Chrisman Clinic
112 W. Madison Ave., Chrisman, IL 61924

(217) 465-4141

Paris Clinic
727 E. Court St., Paris, IL 61944

EZ Care
1 Phipps Lane, Paris, IL 61944

Senior Care
15323 US Highway 150, Paris, IL 61944



Antioxidants protect the body from harm

Children are often told to eat their fruits and vegetables so they grow up big and strong.

That is because fruits and vegetables contain essential vitamins and minerals that are important to good health. They also contain antioxidants, which are compounds that protect the body from potentially harmful “free radicals.”

Free radicals are unstable molecules that can damage cells. They form when atoms or molecules gain or lose electrons. They are produced from normal cell metabolism or external sources (pollution, cigarette smoke, radiation, medication, inflammation, and exercise).

According to the National Center for Biotechnology Information, an overload of free radicals in the body can cause cancer, autoimmune disorders, cataracts, rheumatoid arthritis, and cardiovascular and neurodegenerative diseases.

Antioxidants are made naturally in the body and are available in many foods, including fruits, vegetables, nuts, whole grains, poultry, and fish. They also are available as dietary supplements.

Healthline, and its partner group Authority Nutrition – an evidence-based consumer health organization – note the following 12 healthy foods as being high in antioxidants:

| | | |
|-------------|----------------|--------------|
| Artichokes | Dark chocolate | Red cabbage |
| Beans | Goji berries | Spinach |
| Beets | Kale | Strawberries |
| Blueberries | Pecans | |

Studies have shown that these foods can help lower blood pressure, raise good cholesterol/lower bad cholesterol, reduce the risk of heart disease, and delay the decline in brain function that happens with age. These foods also can help reduce the risk of certain cancers, Type 2 diabetes, heart disease, chronic inflammation, and skin aging.

JUNE & JULY

Community Health Programs

ANDY HOGAN MEMORIAL GOLF OUTING June 2

- » Fourteenth annual event to benefit Edgar County Diabetes Association; 12:30 pm, Eagle Ridge Golf Course, Paris. Entry fee \$65 per person; includes cart, green fee, drinks, lunch, prizes. Entry deadline June 2 by noon. Call 217-466-4228.

FREE ADULT CPR/AED CLASS June 5, July 18

- » The non-healthcare provider course teaches basic CPR and the use of an automated external defibrillator (AED); 8 am to 1 pm in Conference Room D. Call 217-466-4320. When calling, leave your name and you will be registered.

HOSPITAL ANNUAL MEETINGS June 11

- » The annual meetings of the Hospital & Medical Foundation of Paris, Inc. and Paris Community Hospital Foundation, Inc.; 7 pm, Paris Clinic. Members encouraged to attend. Refreshments will be served.

SAFE SITTER CLASS June 12

- » Teaches boys and girls ages 11-13 basic lifesaving techniques. From 8:30 am to 3 pm, Conference Room D. \$35. Register by June 4. Call 217-466-4228.

DINE WITH A DOC June 13

- » Angela Hamilton, FNP-C, who specializes in medical dermatology, will be the featured speaker at this free monthly program at 11 am at the Sutton Senior Center in Paris.

MONTHLY HEALTH SCREENINGS June 14, July 13

- » Blood sugar, blood pressure, and lipid panel (HDL, LDL, and tryglycerides) screenings, 7 to 9 am. Fasting for eight hours in advance required. \$25. Call 217-466-4228.

CLINICS CLOSED July 4

- » Horizon Health clinics in Paris, Chrisman, and Oakland closed. EZ Care open 9 am to 7 pm.

DINE WITH A DOC July 13

- » Connie Rhoads and Terra Ogle, licensed clinical social workers at Senior Care, will be the featured speakers at this free monthly program at 11 am at Trinity United Methodist Church, 503 S Michigan Ave., in Marshall.