



### Special points of interest

- Serving the South Bay and Los Angeles areas for 15 years
- All services now available in Orange County
- Visit us on the web at [WWW.GSBHH.COM](http://WWW.GSBHH.COM)

### Inside this issue:

Controlling Blood Pressure 2

Low-Carb Diets; B-Vitamins 2

How to Burn More Calories 2

Horoscopes 3

Puzzles and Comic 3

Letter from Our Administrator 4

About GSB 4



# Newsletter

Volume 1, Issue 1

July, 2009

## Remembering Thomas Jefferson, author of independence

On July 4 if fireworks and flags stir feelings of love of country, it might be a good time to remember a man who loved the United States of America enough to help invent it. And he believed that those who lived in it were wise enough to keep it working.

That man was Thomas Jefferson, third President of the United States and author of the Declaration of Independence, a man whose vast talents have inspired the world.

Born in 1743 in the area now called Virginia, Thomas Jefferson grew to manhood in a virtually unexplored continent. Like Jefferson, most of the aristocratic young men of the time came to believe that this immense land and its people must be independent. Unlike Jefferson, some were suspicious of the abilities of the so-called "people," preferring that governing be left to the educated

few.

Alexander Hamilton, a great patriot father, saw the people as "a beast." John Adams argued for an aristocracy of talented men who alone might guide the nation.

Jefferson disagreed. He believed men should govern themselves and that all people should benefit from free public education, free public libraries and be free of rigid royal protocol that fettered thinking.

Born to some privilege, Jefferson made the most of his advantages. He was helped along in his pursuit of free thinking and freedom by the forced labor of 130 slaves, an institution that he wrote "must anger a just God."

He did not waste the advantages of his birth. His marvelously creative mind explored most every aspect of human endeavor. He loved literature, architecture, geol-

ogy, zoology, meteorology, math, gardening, linguistics, agronomy, rhetoric.

Jefferson invented one of the first swivel chairs. He invented storm windows, filing tables, and a device with paired pens that produced an identical copy of everything he wrote, as he wrote it. He could, as one biographer noted, "calculate an eclipse, survey an estate, tie an artery, plan an edifice, try a cause, break a horse, dance a minuet and play the violin."

No wonder the nation that Jefferson helped birth is still awed by his talent and foresight.

When President John F. Kennedy hosted a dinner for Nobel laureates, he said his guests were "the most extraordinary collection of talents ... that has ever been gathered together at the White House, with the possible exception of when Thomas Jefferson dined alone."

## Staying hydrated

Even though, thirst is the body's way of indicating it needs more fluids, sometimes, you're not thirsty even as dehydration begins.

Even if you don't feel thirsty, these situations increase the need for fluids:

\* During exercise. For an hour of light exercise, 2 to 3 cups of fluids are recommended.

\* When it's hot. You natu-

rally lose more fluid and require higher intake.

\* If you are constipated. Fluid helps your body eliminate waste.

\* If you are prone to urinary tract infections or kidney stones. Adding more fluids to your diet may prevent urinary tract infections and stone formation.

\* When you are sick. Fever, vomiting, and diarrhea can

cause rapid dehydration, a very serious condition.

If you don't often feel thirsty, check the color of your urine. If it's darker than usual, you need more fluids.

Researchers at Tufts University say people over age 50 need eight 6 ounce servings of liquid per day rather than 8 ounce servings.



*The ideal BP rating is 120 over 80, or lower*

## Stay sharp by controlling blood pressure

Controlling blood pressure is one way to keep thinking powers strong, especially when approaching the senior years. Whether you are years away from that designation or not, the time to begin paying closer attention to blood pressure readings is right now.

The ideal BP rating used to be 120 over 80. While that is still true, medical authorities are pleased when each of those numbers is a little lower.

The first number is the systolic blood pressure, the pressure when the heart beats while pumping blood.

The second number is the diastolic blood pressure, the pressure when the heart is at rest between beats.

Hypertension is now designated as 120-to-139 over 80-to-89. High blood pressure is 140-to-159 over 90-to-99.

A North Carolina State University study shows that increased blood pressure in older adults is directly related to decreased cognitive functioning, especially in those whose blood pressure was already high. Stressful situations make it more difficult to think clearly.

## How to burn more calories -

*What works to raise your metabolism so you can lose weight*

Metabolism is the factor that describes how the body uses energy, measured in calories. Some people claim their resting metabolism rate (RMR) is low, which is why they weigh more than they want to.

The body uses calories in three ways: To power vital functions like breathing, heart rate and cell growth. It even burns calories while you sleep. All this basic activity takes up to 75 percent of the calories you use each day.

Calories are also used for physical activity, which varies from person to person. And they are used for absorption of food, which uses about 10 percent of a day's calories, according to experts writing in Environmental Nutrition.

People who do aerobic exercise regularly burn more calories and build muscle, which burns more calories even when they sleep. Twice a week strength training with dumbbells or resistance bands is essential to boosting metabolism. The RMR stays

high for hours after strength training.

Exercise is also important because it reduces stress. Stress can cause the release of cortisol in the body, which slows metabolism.

Getting enough sleep makes a difference. The Wisconsin Sleep Cohort Study shows that people who sleep four or five hours a night instead of seven or eight hours weigh more. They have lower levels of the appetite-regulating hormones leptin and ghrelin.

Many weight-loss supplements claim to raise the RMR, but there is little evidence that they do. The caffeine in coffee does increase the metabolic rate for about three hours. EGCG, extracted from green tea, increases the metabolic effect of caffeine.

## Low-carb diet & memory

Researchers at Tufts University thought low-carb diets could decrease memory and thinking capability, because the brain doesn't store glucose, it's primary fuel. After a day or two, even glucose stored in the body is used up.

They tested 19 women who had chosen either a low-carb diet, such as the Atkins, or a reduced calorie diet recommended by the American Dietetic Association. Nine chose the low-carb diet and 10 picked the ADA plan.

They were tested for long- and short-term memory, spatial memory and visual attention before the study and again after 48 hours and after two weeks.

Those on the low-carb diet showed a gradual decrease in memory and reaction times on all tests. After resuming a normal diet, their responses returned to the pre-test level.

## B vitamins help to prevent macular degeneration

Age-related macular degeneration (AMD) is the leading cause of blindness in people over age 65.

Now, doctors at Harvard's Brigham and Women's Hospital in Boston have found that taking a combination of B vitamins in earlier years can reduce the incidence of AMD by one-third.

After seven years of taking B vitamins (B6, folic acid, and B12), the 5,000 women with AMD risk factors (ages 40 and older) had the lower risk.

Though only women were in the study, the finding could also apply to men.

Other than taking the B vitamins and avoiding cigarettes, no other preventive measures have ever been found.

Prevention is important because there is no cure.

*"Study shows that people who sleep four or five hours a night instead of seven or eight hours weigh more."*





# Greater South Bay Home Health

## **Main Office:**

680 Knox Street  
Suite 125  
Torrance, CA 90502

Phone: 310-329-4835  
Fax: 31-329-4894

## **Branch Office:**

2580 Corporate Pl.  
#F206  
Monterey Park, CA 92754

Phone: 323-415-8400  
Fax: 323-415-8403

**We're On the Web!**

**Visit Us at**

**WWW.GSBHH.COM**



## A Letter from Our Administrator

The election of President Obama ushers in positive changes in the healthcare industry. As the Obama administration sets its sights on raising the quality of healthcare delivery to a greater number of Americans, we can expect the government to renew its healthcare regulations.

Currently, an intensive drive in the use of technology to address healthcare systems deficiencies and inefficiencies is being launched. New technology in data sharing among healthcare providers can eliminate dangerous errors, improve quality of service and reduce significantly the inefficiency of providing care in the healthcare environment. All these and more will make us in the healthcare industry recognize and appreciate the financial and qualitative benefits that home healthcare offers.

The year 2009 is a turning point in the healthcare industry, especially in home health care. This is the year to refocus, re-evaluate and provide value based partnerships in healthcare. In the face of new challenges in our economy is a host of opportunities to develop a trusting relationship with healthcare professionals and to deliver home health services to a broader scope of the American population in need of compassion, integrity, and quality healthcare.

We at Greater South Bay Home Health Inc., rise to the challenge of the new age by providing no less than quality care to more people in the comfort and environment of their own homes.

Sincerely,

Lilia Ramos, BSN, RN  
Administrator / DPCS

## About GSB Home Health

We, at GREATER SOUTH BAY HOME HEALTH, INC., an independent Medicare/ Medical certified and licensed full-service home health care agency in the state of California, are dedicated and committed in providing the community the highest and most comprehensive health care services. Health care is provided in partnership between the patient, the physician, and our health care professionals to ensure and deliver the finest home health benefits in a fully coordinated manner.

We believe that good health is vital. We strive continuously to improve the quality of care we give, thus making

us on top of the homecare industry. Physicians find that our care coordination is processed quickly and efficiently. A 24-hour service is accessible from our stand-by healthcare provider.



We are proud to say that GREATER SOUTH BAY HOME HEALTH, INC. is a viable entity and a leader in the homecare industry. We guarantee that our clients

get compassion, competence and cost-effectiveness.

GREATER SOUTH BAY HOME HEALTH, INC. is also an active participant in the educational outreach activities in the community, striving to establish a culture in which competent and satisfied staff exceeds the service and value expectations of its clients.

Let our DEDICATION and COMMITMENT be a part of your LIFE.

*Contact your Community Liaison today for all your home health needs!*