

PROJECT COLLABORATE

working together for better health in our community

Rheumatoid Arthritis

Rheumatoid arthritis, or RA is a chronic autoimmune inflammatory disorder. It affects many parts of your body including the joints, heart, and lungs. It is most commonly seen in places with joints like your hands and feet.

Signs of RA include symptoms such as warm, tender, and swollen joints. Your joints may be sore and stiff in the morning and take a long time to feel like they have warmed up. This occurs because your immune system is attacking the lining that surrounds your joints. The attack causes inflammation that makes the joints hurt and eventually destroys the bone within the joint.

You may be at an increased risk for RA if you are overweight, between the ages of 40 and 60 years, or have a family history of the disease. Women are more likely to develop RA than men. If you are experiencing any of these symptoms, talk to your doctor about treatment options.

<https://www.mayoclinic.org/diseases-conditions/rheumatoid-arthritis/symptoms-causes/syc-20353648>

Aspirin Efficacy

ASPREE is a recent international, randomized, double-blind placebo-controlled trial to determine the risks and benefits of daily low-dose aspirin in healthy older adults without past cardiovascular events. The study took place starting in 2010 and included 19,114 patients older than 70 years of age in America and Australia who were followed on average 4.7 years. The doses used in the aspirin branch was 100 mg once daily.

The study found that cardiovascular events had the similar chance in both placebo and aspirin. It was also found that aspirin had an increased risk of cancer compared to placebo, and a significantly increased chance of significant bleeding in the aspirin branch.

Continuing follow-up will be crucial with the ASPREE study to determine the validity of the study and how this will affect aspirin use going forward. This study did not address aspirin's effect in patients younger than 65 years, or with a proven indication for aspirin such as stroke, heart attack, or other cardiovascular diseases. As efforts continue to further study this data and analyze it, older patients should continue to follow their primary physicians' recommendations.

<https://www.sciencedaily.com/releases/2018/09/180916152706.htm>



New Health Word: Sphenopalatine ganglioneuralgia

Have you ever had a cold milk shake, and experienced the dreaded "brain freeze?" This brief headache goes by the scientific name of sphenopalatine ganglioneuralgia. It is a trigeminal headache stimulated by the cold and typically occurs when cold beverages or food are quickly consumed. Next time you're having a cold treat, tell your friends to beware of sphenopalatine ganglioneuralgia! <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC139031/>

Disease State Overview: ALS

Amyotrophic lateral sclerosis (ALS) is the third most common neurodegenerative disease after Alzheimer's and Parkinson's disease. It may lead to the progressive deterioration and loss of motor neurons functions in the brain and spinal cord. ALS affects about 16,000 individuals, typically between 40-70 years of age, with a prognosis for survival of 2 to 5 years. There are two different types of ALS: sporadic and familial. Sporadic, which makes up more than 90% of ALS patient population, is the most common form of ALS in the U.S. Familial ALS (FALS), which indicates the inherited aspect of the

Active in Austin

With temperatures dropping in Austin, it may seem hard to stay active. Who wants to go paddle boarding when its 47°F and raining? Do not Fret! You can still get outside and enjoy the great outdoors. When it finally stops raining, try going to one of Austin's great trails! The Shoal Creek Greenbelt is a great spot to hike or bike ride with friends and family. With so many entrances throughout the city of Austin, you're sure to find a quiet space to walk and talk with friends or take a stroll to destress after test. Use the city's interactive map to find a trail or park close to home. Not an outdoors person but still want to do outdoor activities? No problem! Take a group of friends to the Austin Bouldering Project and enjoy some indoor rock climbing. Climbing shoes are required, but if you're a first-time guest you'll get them for free! Day passes cost \$16 and gives you access to the entire gym, including the yoga and fitness classes.

<https://austinboulderingproject.com/>
<https://austin.maps.arcgis.com/apps/webappviewer/index.html?>



disease, only accounts for less than 10 percent of all cases of ALS. It is recommended to have genetic tests for patients who have family history of ALS.

Dr. Stephen Hawking was an unusual case where he survived 40 years after diagnosis. Patients with ALS have both upper and lower motor neurons degenerated and can be diagnosed by clinical examination together with nerve conduction studies (NCSs), electromyography (EMG), and laboratory testing to exclude other possibilities. Symptoms of ALS include unusual fatigue, muscle cramps and weakness, and difficulties in chewing, swallowing, and breathing.

<http://www.alsa.org/news/public-awareness/als-awareness-month/2016/what-is-als.html>

Avocado Bars

Ingredients:

for bottom layer:

- 1 cup Medjool dates (roughly 10, pitted)
- 1/2 cup raw almonds
- 4 Tablespoons cocoa powder
- 2 Tablespoons coconut oil

for top layer:

- 2-3 medium avocados (about 3/4 cup)
- 4 Tablespoons agave nectar
- 1 Tablespoon coconut oil

Directions:

1. Add all ingredients for bottom layer to blender or food processor. Blend until dates are smooth and nuts are in tiny pieces.
2. Pour contents into 8 x 8-inch brownie pan and, using hands, smooth out on bottom of pan.
3. Place pan in freezer while working on top layer.
4. Add avocados to a bowl and mash well with the back of a fork.
5. Rinse out blender or food processor and add all ingredients for top layer and blend until completely smooth.
6. Remove pan from freezer and pour on top of bottom layer in 8 x 8-inch pan and smooth out. Use knife or spatula to smooth out top.
7. Freeze 4-6 hours or overnight to set.
8. Leftovers keep in freezer. When ready to serve, let sit for 10 minutes before cutting into squares.



Seasonal Health Concern: Flu

It is flu season again, which means it is time to get your vaccination. Many believe that it is too early to get their flu shot in October. After getting your flu shot it is still important to wash your hands frequently and cover your cough. The CDC recommends getting the flu shot as soon as they are available. You can get your flu shot at most local pharmacies, your doctor's office or flu shot clinics. You may be able to pass the flu to someone else before you are even aware you are sick. Anyone is at risk for the flu and serious problems can result from the flu at any age. Adults 65 and older and children under 5 are at the highest risk of developing serious health risks from the flu. Your first course of action should be to get the flu shot every year to help protect yourself and the people around you. For more information on the flu visit: <https://www.cdc.gov/flu/keyfacts.htm>.