

How to choose the best weight loss plan for your 2023 goals

StatePoint

It's that time of year again when many Americans make the resolution to lose weight and start a healthier routine. This year in particular, with the pandemic largely behind us, many Americans will once again focus on their health.

In fact, 64% of Americans are motivated to lose weight because they know it has an impact on their immunity, according to a recent poll of 2,000 U.S. adults aged 30 and above. And 61% also now realize that a healthy diet and lifestyle can better protect their long-term health.

So what should you look for when it comes to a weight loss plan? Courtney McCormick, MPH, RDN, LDN, corporate dietitian at Nutrisystem, offers these tips to help you choose a program that's right for you.

Keep it Simple: Let's face it, in our crazy busy world, we have to make hundreds of decisions a day, often at lightning speed. You shouldn't have to worry about counting points or measuring foods. Look for a plan that's easy and convenient, and does the work for you.

Focus on Protein: Protein is an essential part of a healthy lifestyle and a key to weight loss. Protein helps with satiety, so it's important to include some in each meal and snack. Look for plans

> See GOALS, Page 7



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Publisher/Editor

Kirk Kern
775-316-2335
mesquitemonthly@gmail.com

Reporter

Breven Honda
mesquitelocalnews1@gmail.com

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4 things you should know if diagnosed with bladder cancer

StatePoint

Bladder cancer is the fourth-most diagnosed cancer among men in the United States, according to the Centers for Disease Control and Prevention. In fact, men have a one in 27 chance and women have a one in 89 chance of developing this cancer during their lifetime.

As with any serious illness, being equipped with the right information after a bladder cancer diagnosis is important. Here five things you should know about detection, removal and surveillance.

1. The importance of improved detection. You probably had a cystoscopy procedure during your diagnosis or during a transurethral resection of bladder tumor (TURBT). While performing the cystoscopy, your urologist likely looked inside your bladder with a small scope using regular white light for illumination. There is also

an enhanced cystoscopy procedure called Blue Light Cystoscopy, which uses both white and blue light.

2. The value of enhanced visibility. Without the use of Blue Light Cystoscopy, it can be more difficult to identify the margins of certain tumors or smaller tumors may be missed. In fact, some flat tumors, called carcinoma in situ (CIS), are typically invisible with white light alone. more completely remove them.

3. Impact on your care. A more complete resection of tumors means that your urologist has removed all the cancer that can be seen using both white and blue light. Less cancer in your bladder improves the chances that subsequent treatment will be successful. Also, the more tumor samples that can be tested by the pathologist, the better chance there is of more accurately understanding the stage and grade of your cancer.

4. Surveillance is critical. Historically, bladder cancer has the highest

recurrence rate (between 50-80%) of any form of cancer. This can be due to missed tumors and incomplete surgeries because not all cancerous tissue is easy to see under white light. This is one reason that surveillance visits are of the utmost importance. It is vital to keep checking in with your doctor as directed. If you visit an office that uses Blue Light Cystoscopy, you'll be able to see on the monitor whether any areas of your bladder indicate potential cancer. Small tumors might be removed right there in the office, while more advanced tumors could mean needing another TURBT procedure in the operating room.

5. Find out more. After a bladder cancer diagnosis, it's important to be aware of the latest technologies available in disease detection.

To find where Blue Light Cystoscopy is available near you, visit <https://rebrand.ly/Find-BLC-4things>. This message was sponsored by Photocure, Inc.



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Fast facts to stay healthy this flu season

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December through March is peak influenza (flu) season. While common, flu is a potentially serious and highly contagious respiratory illness.

This winter, a new American Lung Association campaign funded by CLS Seqirus aims to educate Americans about the flu and steps they can take to protect themselves and others from severe flu illness. Here's what to know:

- Who is impacted by flu? Flu can affect anyone, however, certain communities are at higher risk of severe illness and complications, such as those living with chronic medical conditions including chronic lung

disease, heart disease and diabetes. During past flu seasons, approximately 90% of flu-related hospitalizations were among adults with at least one underlying medical condition. During the 2021-22 flu season, approximately 30% of hospitalizations were among adults with chronic lung disease. People from certain racial and ethnic minority groups are also at higher risk for being hospitalized with flu compared to non-Hispanic white adults.

- What will this year's flu season look like? Flu activity was relatively low the last two flu seasons, but it causes a significant burden every winter. Seasonal influenza activity is already elevated and continues to increase across the country. The

Centers for Disease Control and Prevention estimates that as of early January, there have been at least 22 million illnesses and 230,000 hospitalizations.

- How can I protect myself? While covering your cough, washing your hands frequently and staying home when you're sick can help stop the spread of flu, the very best way to protect yourself, your loved ones, and your community is with vaccination. The flu shot is recommended on an annual basis for everyone 6 months of age and older and can be given at the same time as COVID-19 vaccination. Flu vaccination is especially important for people with chronic lung disease and other chronic health

conditions. Speak with your health-care provider to learn more about influenza and annual vaccination.

- When should I see a doctor? If you do get sick, call your doctor as soon as possible for diagnosis and treatment -- especially if you're at high risk for complications. You should also consult your doctor if you have complications such as difficulty breathing, chest pains or a cough persisting for weeks or months after other symptoms go away.

To learn more, visit [Lung.org/prevent-flu](https://www.lung.org/prevent-flu).

Take steps to protect yourself, your family and your community flu. Practice good health habits and get your annual vaccination as early as possible.

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 Best Residential Lawn & Tree Care
 Best Storage Facilities

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 Best Gift Shopping
 Best Golf Course
 Best Hotel/Motel
 Best Slot/Video Poker
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 (SPECIFY PLACE OF EMPLOYMENT)
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Best of Mesquite 2022 Official Rules

Ballots WILL NOT be accepted by fax or email. Ballots MAY NOT be photocopied. All ballots must be from the original newspaper. NO EXCEPTIONS. No purchase necessary. All businesses nominated must hold a Mesquite, NV business license and must be written in by their 'proper' name (example: For Best Restaurant - list is as Gregory's - not just Eureka or Katherine's - not just CasaBlanca.) Entries/Votes that are not specific will not be counted. This is to ensure that votes are placed properly. One valid entry ballot per person over the age of 13 at the time of contest. Multiple ballots submitted with identical or similar choices or handwriting will be disqualified. To qualify, you must provide your name and contact info and write in your votes on at least 15 categories. Any ballots received with less than 15 categories voted for will be disqualified. Mesquite Monthly reserves the right to contact voters to verify their vote and information if necessary. Any false information given during registration will void that ballot. Mesquite Monthly reserves the right to change the rules at any time. This contest is officially sponsored by Mesquite Monthly.

Goals

continued from Page 1

with high-protein options, like Nutrisystem's new premium meals, which include up to 30 grams in each meal and keep you full for up to five hours.

Look for Value: As prices continue to rise at grocery stores nationwide,

many people are struggling to find affordable options that can help them eat healthier and lose weight. However, those options do exist. Look for plans that are cost-effective and deliver the majority of meals right to your door.

Don't Give Up Your Favorite Meals: Look for a plan that lets you eat your favorite foods. Losing weight

doesn't have to mean giving up the things you love. Weight loss plans like Nutrisystem offer comfort foods made healthier that are perfectly portioned so you can enjoy them without any guilt. Plus, the plan also offers dessert for those who have a sweet tooth.

Seek Support: Achieving the goals

you've set for yourself is so much easier when you have a support system. The best people to have on your team when you're trying to lose excess weight are those who sit down at daily meals with you.

For more great information and other ideas to help fuel your success this year, visit leaf.nutrisystem.com.

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Ensuring good nutrition and better health of children and caregivers

StatePoint

There are 2.5 million children in the United States growing up in “grandfamilies,” meaning they’re being raised by relatives or close friends without their parents in the home, and they face higher rates of hunger and food insecurity, according to a new report.

The Generations United report, “Together at the Table: Supporting the Nutrition, Health and Well-Being of Grandfamilies,” highlights the particular struggles of such households, which are often unprepared financially for the unexpected job of raising a child, and may encounter difficulty accessing food and nutrition programs designed to help.

In fact, 25% of grandparent-headed households experienced food insecurity between 2019 and 2020, which is more than twice the national rate. The long-term health implications of food insecurity -- including diabetes, hypertension, heart disease, obesity and eating disorders -- are dire. Additionally, food insecurity negatively affects a child’s ability to learn and grow.

While families from all areas of the country face food insecurity, for the large number of grandfamilies living in the South and in rural areas, services are often more limited or challenging to access. What’s more, grandfamilies are disproportionately Black, Latino and American Indian and Alaska Native, populations that already have disproportionate rates of food insecurity due to years of systemic racism.

Recently, the White House released a sweeping national strategy to reduce hunger. While advocates describe the plan as welcome and comprehensive on many levels, and say that it identifies the importance of improved outreach to grandfamilies, they also believe it must go further. Accord-



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ing to Generations United, some key policy changes to reduce food insecurity for grandfamilies include:

- Developing quality kinship navigator programs that connect grandfamilies to support and services in their communities. These programs should provide food and nutrition support to grandfamilies outside the child welfare system.
- Expanding access to the Supplemental Nutrition Assistance Program (SNAP) by making a “child-only” benefit that is based on the needs of the child as opposed to household income and by increasing outreach to

grandfamilies.

- Ensuring automatic access to free and reduced school meals for children living in grandfamilies.
- Improving outreach of the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) to help reach more grandfamilies and connect them with benefits for which they are eligible.
- Creating joint meal programs for grandfamily caregivers and the children they raise.

“Research shows that being raised by family members or close friends is the best option for children who

can’t be raised by their parents,” said Donna Butts, the executive director of Generations United. “But unfortunately, these families face hunger and food insecurity at much higher rates than the average family. The need for basic nutrition and adequate food is universal, and every family deserves to be healthy and thrive. The fact that many of our policies and programs to reduce hunger were not designed with grandfamilies in mind should not stand in the way of this right.”

To read the full report and learn more about issues affecting grandfamilies, visit <https://www.gu.org/>.

Spread a shining light on fall prevention in nursing homes

StatePoint

Falls are the leading cause of injury-related death in U.S. adults aged 65 or older, according to the Centers for Disease Control and Prevention. The economic impact of falls is immense, with fatal falls estimated to cost \$754 million and nonfatal falls \$50 billion annually. As the aging population enters long-term care facilities, fall prevention will become an increasingly important public health priority. The good news is a novel approach has recently come to light.

A first-of-its-kind, two-year study conducted by investigators at Brigham and Women's Hospital's Division of Sleep and Circadian Disorders—a division of Harvard University—and the Midwest Lighting Institute (MLI) found that dynamic, tunable lighting systems, when implemented at long-term care facilities, reduced falls by 43% compared to facilities that retained traditional lighting. The study focused on the positive effects of lighting on alertness, cognitive function, and sleep and how this affects fall risk.

For people who seldom get outside to experience daylight, such as older adults living in nursing homes, the body's natural sleep-wake cycle is disrupted. While this disruption can cause dangerous falls leading to injuries and worse, the results of this study show how institutional settings can implement lighting changes to their environment to make it safer for both residents and workers.

"The lighting we used in the study implemented specific spectrum and intensity levels timed to regularize sleep-wake cycles and boost the daytime alerting effects of light," says Brian Liebel, director of research at MLI, the non-profit organization that designed the study as part of its mission to improve lives by putting existing scientific findings about light into real-world practice. "When residents experience improved alertness and cognitive function during the day and better sleep at

night, it not only improves their well-being, but also improves the working conditions for staff."

The system was installed in several long-term care facilities with goals of maximizing the home-like environment and helping residents, especially dementia patients, with "sundowning," which is the increased confusion, exit seeking, anxiety and verbal/physical aggression many experience in the afternoon and evening.

"There was just a general calmness at 6 p.m. with the lights dimmed, noticeably different as soon as it was installed," says Jennifer Nelson, dietary aide at Maple Ridge Care Center in Wisconsin. She noticed a tremendous difference in terms of behaviors such as exit seeking and anxiety, especially among dementia patients.

Current strategies to reduce falls typically include complex, multicomponent interventions requiring significant resources, staff time and resident education. The study's promising results, published in the "Journal of the American Medical Directors Association," provide a noninvasive and relatively inexpensive method for lowering the risk of falls in nursing homes and long-term care facilities.

"What we know now is that modern lighting technology can promote the body's health and overall well-being, resulting in a decreased risk of falls among seniors," says Rodney Heller, president of MLI. "We believe these findings could pave the way for improving the health outcomes of those not only in nursing homes and long-term care facilities, but also in schools, hospitals, office buildings and in industrial environments with 24-hour shifts."

To learn more about this patented lighting system and how to get it installed in your institution, contact bliebel@midwestlightinginstitute.org.

In the years ahead, fall prevention will become an increasingly important public health priority. The good news is that we have a solution to reducing falls and it has enormous potential to improve well-being and save lives.

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FOR MORE INFORMATION visit LifelineSupport.org or call 800-234-9473.

PUZZLES

THEME: THEME AT THE SUPERMARKET

ACROSS

1. Rock bottom
6. Attorneys' org.
9. Hefty volume
13. Cast ____
14. It's all the rage
15. Miserable
16. Fit for a king
17. Back then
18. Do like Demosthenes
19. *Checkout clerk
21. *Meat professional
23. "____ the land of the free..."
24. Fictional Himalayan
25. Meme move
28. Man Ray's art movement
30. On cloud nine
35. Crude group
37. Seaside bird
39. Formerly known as dropsy
40. Make-up artist?
41. Blast from the past
43. Bruce Willis' ex
44. Chocolate substitute
46. Mischievous sprites
47. Plaintiff
48. *Advantageous display
50. ____ Spumante
52. Meddle
53. Largest share owner
55. "____ to Joy"
57. *Coldest display
61. *""What's on ____?"
65. Main artery in the body
66. Feathery neckwear
68. Isolated
69. Hipbone-related
70. Octopus' defense
71. Espresso plus steamed milk
72. Eye contact
73. Word from #32 Down
74. Goes up or down

DOWN

1. D.E.A. agent
2. On a deck, perhaps
3. Pad
4. Gem State
5. Depended on
6. From a distance
7. *Reusable one
8. Hacienda brick
9. Cleopatra's necklace
10. Moonfish
11. Boundary line

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12. Looker or ogler
15. Capable of movement
20. One of the Muses
22. Shoshonean
24. Railyard worker
25. Gabbana's partner
26. Relating to bees
27. Edward Teach's facial feature
29. *Prepared food department
31. Contributes
32. Get ready to drive (2 words)
33. Type of wheat
34. *Ricotta and eggs section
36. Semiaquatic tetrapod, for short
38. Sips from a flask?
42. Bar by estoppel
45. Novelist HonorÉ de ____
49. Blackbird dessert
51. Paragons
54. Galactic path
56. Pomp
57. Be unsuccessful
58. Dramatic part
59. Sportscaster Andrews
60. JFK or ORD postings
61. Japanese alcoholic beverage
62. Tiny amount
63. Not in favor of
64. Lecherous look
67. *O in BOGO

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- ♥ **WARM AND CARING STAFF** with passion for serving seniors.
- ♥ **APPOINTMENTS WITHIN DAYS,** not months.



Tawni Yardley, DNP
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