

Insight

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PAID PROMOTIONAL FEATURE

Small Changes, Big Results



"I cannot tell you how many patients I have seen who lost 10 to 15 pounds and the next thing you knew they weren't taking their diabetes medicine," says Dr. Joseph Bennett, radiation oncologist at RBOI's Lecanto facility. "They weren't taking their high blood pressure medication. So, just a small 10 to 15 pound weight loss can make a huge difference."

Maintaining a healthy weight is one of Dr. Bennett's "Six Ways to Improve Your Health," his wellness talk at RBOI. The other five are smoking cessation, moderating

alcohol intake, exercising regularly, getting enough sleep, and eating a healthy diet.

New Year's resolutions are often short-lived. But making small changes is the trick that can help those resolutions stick. Maintaining a healthy weight cuts your risk of diabetes, hypertension, heart disease, stroke, osteoarthritis, and colon and uterine cancers.

"Enjoy your food but eat a little bit less," Dr. Bennett advises. "The minute you start to feel full, stop." He cautions about diets promising quick results. "If you all

of a sudden lose the weight and then start doing whatever you want to do again, you're going to start having this yo-yo effect, and you tend to go up higher every single

Living a Balanced Life

Our sense of balance decreases with age, so balance exercises are recommended for people over 50. The older you get, the greater the chance of complications if you fall and break a bone.

time. If you're going to do a diet, you want to approach it eating foods that you can sit with."

Know Your Drinks

Women should limit alcoholic drinks to one per day and men to two per day. A standard drink is a 12-ounce beer or wine cooler, or 5 ounces of wine, or 1.5 ounces of liquor.

5 Week Mindfulness For Health Class

For those dealing with cancer and their loved ones. Space is limited, please pre-register with Amy Roberts 352.732.0277. Classes are Wednesdays from 10a.m. to 11:30a.m., RBOI Villages Office.

Beginning January 15th, 2020.

Pillow Talk

Getting enough sleep is important for good brain function and for letting your body rest and recover. Dr. Bennett suggests the following if you have trouble sleeping:

- Make your room as dark as possible.
- Don't watch TV in the bedroom, and get rid of bright screens.
- Keep your room cool.
- Don't get overstimulated before going to bed.

You can use dark tape to cover the lights on electronics in your bedroom or use a sleep mask. A noise machine can help you sleep, but you can become accustomed to one and need to take it with you when you travel. And although alcohol is a depressant, it does not lead to good, productive sleep.

Over-sleeping can be as harmful as under-sleeping. "Just because you can sleep 12 hours a day doesn't mean you should," Dr. Bennett says.



C. Joseph Bennett Jr. M.D.
Radiation Oncologist

by the numbers

1

Quitting tobacco is the most important healthy behavior

150 to 200

Recommended minutes per week of moderate-intensity aerobic exercise

2

Recommended times per week for strength training

7 to 8

Recommended hours of sleep per night

Resources You Can Use

Tobacco Free Florida can help you quit smoking. Go to <http://tobaccofreeflorida.com/quityourway> or call 1-877-U-CAN-NOW.

Ocala Health has a dietitian. Call 352-401-1338.

Florida Department of Health, Marion County, has fitness programs. Go to <http://marion.floridahealth.gov/> or call 352-629-0137.

Livestrong at the YMCA (a physical activity and well-being program) helps people who have or had cancer and their families. In Citrus County, call Bill Coyle at 352-500-9622 or email bcogle@ymcasuncoast.org. In Marion County, call Tiffany Brown at 352-368-9622.

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