

TODAY'S CHICAGO WOMAN



TEE TIME

TIFFANI
KIM

Expert Q & A

How does sleep affect your heart?

Our new study, published in the December 24-31 issue of JAMA by the University of Chicago Medical Center, found that skipping out on sleep can put you at higher risk for heart disease – lack of sleep signals coronary artery calcification, an early step down the path to heart disease. Our study found getting just one extra hour of sleep each night can help decrease this risk. Women benefited greater from an extra hour of sleep than men did. Higher education levels are also associated with both a lower risk of heart disease and a tendency to get more sleep. Bottom line: sleep matters. This is the first study to link objectively measured sleep duration to a pre-clinical marker for heart disease. It can't prove that short sleep actually causes artery clogging, so it must be confirmed by other research.

Diane S. Lauderdale, PhD, associate professor of Health Studies, University of Chicago Medical Center



DIANE LAUDERDALE, PhD



JAENA STANLEY-GONZAGA, DC

What are some ways to prevent the common cold and chase it away faster?

Be aware of the warning signs of a cold and take action. You will typically experience a sore and scratchy throat, sneezing, runny or watery nose and a sense of just not feeling well. Stop consuming foods that increase congestion and worsen your cold. This includes the consumption of stimulants, protein, dairy, sugar and fruit. Cleanse your body by increasing water intake, eating more cooked vegetables, soups and broth. Cleansing will be more enhanced by taking additional nutritional support such as digestive enzymes, trace minerals and probiotics. Boost your immune system by taking Oil of Oregano. Peppermint oil, an essential oil, also helps soothe a sore throat just by adding a couple of drops in a cup of water and sipping it throughout the day or night.

Jaena Stanley-Gonzaga, DC, ChicagoHealers.com practitioner

How soon can I get back to work after reconstructive surgery? How many surgeries before I am all done?

All depends on the type of procedure performed. The more involved the procedure (work on deeper structures – muscle, bone, blood vessels) the longer the recovery. However, you can usually return to work before the absolute final healing if your work is not that physically demanding. You must prepare for a gentle progression to your full duty and make arrangements to start part-time and then progress to full-time work. Fatigue is normal in the early recovery phase and you must be patient with yourself and your body's healing. Most reconstructive surgeries take more than one procedure before the final result. The majority of "after" photos are taken following more "touch-up" procedures after the initial reconstruction. Fortunately, these secondary procedures are usually smaller in nature, have a rapid recovery period and are mostly done as an outpatient procedure.



GINARD HENRY, MD

Ginard Henry, MD, assistant professor of Surgery, University of Chicago Pritzker School of Medicine, Section of Plastic Surgery ■

Compiled by Lindsey Reiser