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Healthy Living An In-Depth Look

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HEALTHY LIVING

AN IN-DEPTH LOOK

DOCTOR'S ORDERS

DISEASES AND DISORDERS CAN VARY GREATLY BETWEEN THE SEXES. HERE, PHILLY'S FINEST DOCTORS AND MEDICAL CENTERS SHARE HOW WOMEN CAN SLEEP BETTER, LOOK YOUNGER, AND LIVE LONGER.

**BY DR. NINA RADCLIFF WITH
ADDITIONAL REPORTING BY
KRISTIN DETTERLINE**

Researchers are continuing to discover that men and women are more different psychologically and physiologically than realized. It turns out that major illnesses such as heart disease and lung cancer are indeed influenced by gender. Research shows that women are more likely to develop certain chronic illnesses and have different symptom presentation and response to treatment than men, and may need different treatment approaches. Today's groundbreaking medical and scientific advancements along with technology are expanding our knowledge and improving care. Bolstering women's health not only decreases illness and disease, but has far-reaching benefits on the individual as well as her entire household, community, and society in general.

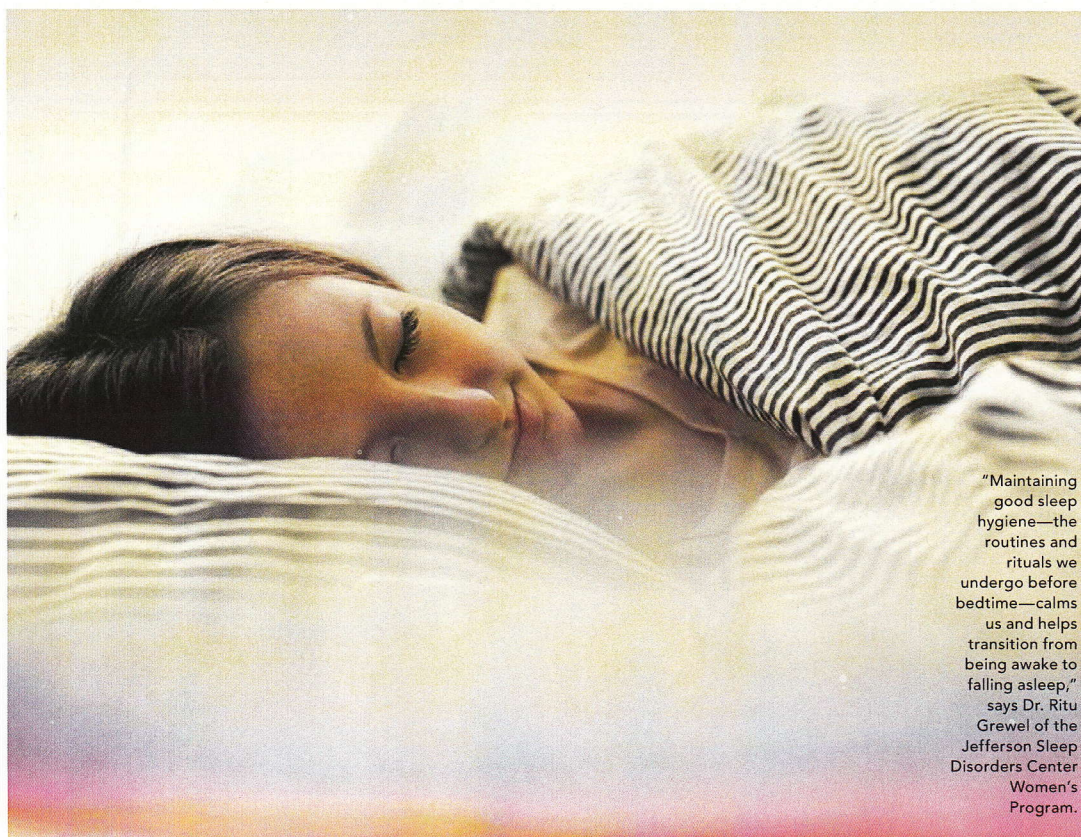
REST EASY

Sleep is a treasure. It is vital to a healthy lifestyle and optimal function. Chronic sleep disorders have been shown to increase our risk for heart disease, obesity, memory impairment, and even premature death. Today, nearly 70

The ability to detect abnormalities in DNA is just one of the many medical research advancements helping women enjoy longer, healthier lives.

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HEALTHY LIVING



"Maintaining good sleep hygiene—the routines and rituals we undergo before bedtime—calms us and helps transition from being awake to falling asleep," says Dr. Ritu Grewal of the Jefferson Sleep Disorders Center Women's Program.



LOVELY BONES

ROTHMAN INSTITUTE WEIGHS IN ON EASY WAYS TO PREVENT OSTEOPOROSIS.

Osteoporosis is a disease in which the bones become weak because of decreased bone mineral density. According to the National Osteoporosis Foundation, 10.2 million adults in the US have osteoporosis. And while the disease can occur in both men and women at any age, it is most common in post-menopausal women. According to Dr. Natacha Falcon (ABOVE), a Physical Medicine and Rehabilitation physician at Rothman Institute, "It is considered a silent disease. Often women are unaware that they have it until a painful, disabling fracture occurs, typically in their spine, hip, or wrist." Treatment is available, but lifestyle changes can make all the difference. Notes Falcon, "Osteoporosis is preventable with early care, adequate nutrition of calcium and vitamin D, and [regular practice of] weight-bearing exercises such as walking, jogging, and weightlifting." 925 Chestnut St., 800-321-9999; rothmaninstitute.com

million American men and women suffer from insomnia—difficulty falling asleep, staying asleep, or waking up too early.

"Women face a unique set of lifestyle and life-cycle changes, such as menopause, that can make getting adequate sleep even more challenging," says Dr. Ritu Grewal, a pulmonologist and attending physician at Jefferson's Sleep Disorders Center Women's Program. "More women are in the workforce and many work night shifts," she says. "Women are oftentimes mothers—some are single mothers—and caregivers. This juggling of responsibilities can lead to chronic sleep deprivation. Our Women's Program

teaches strategies to improve sleep hygiene." Maintaining good sleep hygiene—the routines and rituals we undergo before bedtime—calms us and helps transition from being awake to falling asleep.

Dr. Grewal remarks that "One-third of our day is meant to be spent sleeping. We need to power down the television, laptop, and smartphone, avoid alcohol, and learn effective strategies to put our worries to rest, so that we can get our rest."

Research shows that nearly half of all women experience sleep disturbances as they enter menopause. "Reproductive hormones or the lack of them can result in hot

flashes, depression, sleep apnea, and restless leg syndrome," Dr. Grewal says. She goes on to explain that after a comprehensive sleep evaluation, a sleep study may be ordered for evaluation of sleep apnea. Short-term hormone replacement therapy may be appropriate in some situations. Antidepressants and non-pharmacologic therapy like cognitive behavioral therapy for insomnia may help in some cases of insomnia in postmenopausal women.

Dr. Grewal notes that "because women tend to experience fatigue instead of daytime sleepiness" when they do not get adequate sleep, they are less likely to realize they have a problem.

"If you are fatigued and suspect a sleep issue, start by cleaning up your sleep hygiene. If you continue to have sleep issues, speak to your healthcare provider." Sweet dreams. *Jefferson Sleep Disorders Center, 211 S. Ninth St., Ste. 500, 215-955-6175; hospitals.jefferson.edu*

MIND MATTERS

Alzheimer's disease (the most common type of dementia) has a far-reaching impact on our nation: More than 5 million Americans are affected, with that number expected to triple by 2050. It is the only leading killer that has no cure or medication to slow down progression or treat its symptoms—and