



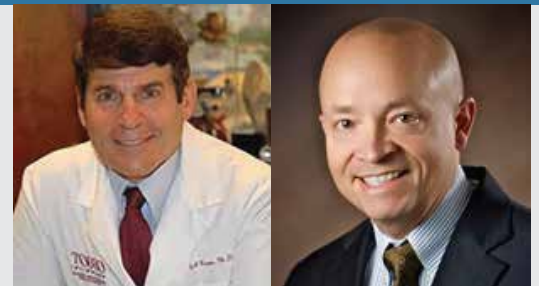
# Neil Baum M.D.

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Welcome to the May 2015 issue of the

## YOURology Update!



Welcome to the May issue of YOURology Update! This is certainly a busy month during which we'll celebrate Cinco de Mayo, Mother's Day, Armed Forces Day and Memorial Day.

May is also Military Appreciation Month, which gives the nation a time to draw attention to our appreciation and recognition of our armed services. So we're sharing some ways that children, schools and universities can show their appreciation.

Cinco de Mayo may be a day devoted to eating tortilla chips and wearing sombreros, but there's much more to the holiday, so we're sharing some fun facts that might just surprise you.

We're also sharing a quick and easy recipe for a hearty gluten-free Rosemary Potato Frittata that is loaded with red potatoes, eggs, spinach and tomatoes, with a light rosemary flavor. It's a healthy and delicious dish for Mother's Day morning.

While losing weight isn't something that happens overnight, doing some prep work the night before can make all the difference when you step on the scale, so we're sharing our top four tips to help you along.

**On the medical side, we're sharing some important information regarding underactive bladder and what you should know about sexual intimacy after a heart attack.**

***We hope that you and your family are enjoying the warmer weather and all that it has to offer!***

- Dr. Neil Baum

*"On the battlefield, the military pledges to leave no soldier behind. As a nation, let it be our pledge that when they return home, we leave no veteran behind."*

~Dan Lipinski

# Sex After a Heart Attack: What You Need To Know

Every man or woman who has had a heart attack has concerns regarding when they can resume having sexual intimacy. Certainly the movie, *Something's Gotta Give* with Jack Nicholson and Diane Keaton, offers the protagonist advice about engaging in sexual intimacy after a heart attack until the man can climb two flights of stairs without shortness of breath or chest pain.

Every woman is concerned whether resuming sexual activity may trigger another heart attack in her partner. We know depression is extremely common after a heart attack, especially for women. This article will attempt to answer some of those questions that men and women have after a heart attack.

First, most cardiologists believe that it is helpful for men to be in a supervised exercise program. These cardiac rehab programs teach men and women that it's fine for them to exercise after a heart attack. However, if the patient begins to experience symptoms such as chest pain, abnormal shortness of breath, fatigue, dizziness, or palpitations, it definitely makes sense to slow down what you're doing, whether you're a man or a woman.

If you're pretty certain it's angina, which is temporary pain or pressure in the chest when the heart doesn't get enough oxygen, it might help to take your nitroglycerin tablet under your tongue.

Now the warning: Just like the movie, *Something's Gotta Give*, men who use medication for erectile dysfunction, such as Viagra, Levitra, or Cialis, should not take nitroglycerin. Your blood pressure can fall to dangerously low levels, and there's an increased risk of heart attack and even death. If you're on an erectile dysfunction drug and have heart-related symptoms during sex, call your doctor.

Yes, and sexual intimacy is often related to the emotions that follow a diagnosis of heart disease. It influences people's lives in many different ways, and sexual activity is one of them. A new diagnosis of heart disease — or even a surgical scar — can make people feel less attractive. Some drugs have side effects that diminish sexual interest and performance. When patients feel angry and frustrated, it affects not only their sex lives but also their relationships.

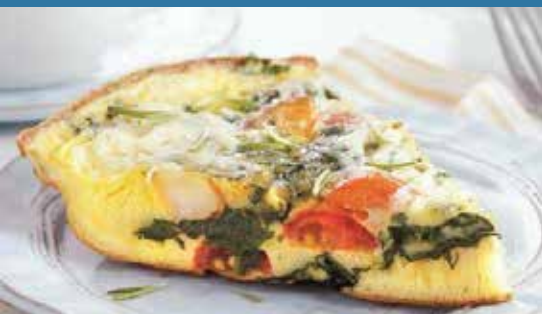
Sexual intimacy is like a stress test. Engaging in sex shows that you're capable of doing physical activity in which your heart rate and blood pressure go up. In a sense, you're doing a stress test on your heart. If you tolerate that well and you feel good doing it, it suggests good things about your overall level of fitness and therefore your risk of heart disease.

Sex can also be a sign of healthy relationships and social supports. It shows you have the opportunities, frankly, and that you're interested and engaged. Sex is a barometer for overall health.

*Bottom Line: Sex is a good thing and sex is okay after a heart attack if your doctor gives you permission to exercise and engage in sexual intimacy. This is a discussion every man and woman needs to have with his or her doctor after suffering a heart attack and before leaving the hospital.*



## Gluten-Free Rosemary Potato Frittata



10 grape tomatoes, cut in half  
Olive oil cooking spray  
2 teaspoons chopped fresh rosemary leaves  
6 eggs  
¼ cup milk  
¼ cup Bisquick Gluten Free mix  
¼ teaspoon salt  
¼ teaspoon pepper  
1 tablespoon olive oil  
2 small unpeeled red potatoes, cut into cubes (1 cup)  
4 oz. fresh spinach leaves, stems removed, chopped (about 5 cups loosely packed)  
½ cup gluten-free shredded Parmesan cheese (2 oz.)

*Spray tomatoes with cooking spray. In 10-inch nonstick skillet with sloping sides (omelet or crepe pan), cook tomatoes and 1 teaspoon of the rosemary over medium-high heat 4 to 5 minutes or until browned.*

*Remove from heat; place in small bowl. In medium bowl, beat eggs and milk with fork or wire whisk until blended. Stir in Bisquick mix, salt and pepper. Set aside.*

*In same skillet, heat oil over medium heat. Cook potatoes in oil about 6 minutes, stirring frequently, until tender. Add spinach and remaining 1 teaspoon rosemary; cook 1 to 2 minutes or until spinach is wilted. Reduce heat to low.*

*Spread potatoes and spinach in skillet; top with tomatoes. Pour egg mixture over top. Stir well with rubber spatula. Cover and cook 14 to 15 minutes, lifting edges occasionally to allow uncooked egg mixture to flow to bottom of skillet, until bottom is lightly browned and set. Sprinkle with cheese. Cover and cook 1 minute longer. Garnish with additional rosemary.*

## Underactive Bladder-Also a Quality of Life Condition

Information about overactive bladder or OAB is everywhere today from your television to the Internet. However, an equally serious and common bladder condition is underactive bladder or lazy bladder. This condition is characterized by urinary symptoms such as hesitancy of urination, straining to urinate, and incomplete bladder emptying.

An underactive bladder is a chronic disease where the bladder holds large amounts of urine, yet the individual cannot feel when the bladder is full, nor does the bladder muscle contract sufficiently for the bladder to empty completely.

Risk factors for under active bladder include:

- Damage to the nerves that go from the back to the bladder;
- Diabetes;
- Pelvic surgery that may cause injury to the bladder nerves;
- Changes caused by aging;
- Urinary tract infections;
- Medications that cause the bladder muscle to relax such as antidepressants, antihistamines, and bladder muscle relaxants;
- Spinal cord injuries.

Underactive bladder has no known cure. The management focuses on reduction of the residual urine or the amount of urine left in the bladder after voiding, avoidance of over distention of the bladder and protecting the kidneys from damage.

Currently, the treatments for underactive bladder include medications, scheduled voiding by the clock, i.e., going to the restroom every 2-3 hours whether you feel that you have to empty the bladder or not, double voiding, and intermittent catheterization, which is usually done 3-4 times a day depending upon the amount of fluids consumed.

## Four Things to do Before Bed Tonight to Lose Weight Tomorrow

**Brown Bag It:** Not planning ahead is one mistake nutritionists agree causes weight gain. You can avoid the temptation of eating countless calories at the local cafe by packing a lunch from home. Whatever you choose, it's much easier to calculate the calories on lunches you pack from home. And when it's prepared the night before, there's no morning stress or forgoing it altogether because you don't have time.

**Morning Time-Saver:** After you've packed your lunch, take a little time to prepare tomorrow's breakfast. Eating breakfast is one way to jumpstart your metabolism, and if it's full of fiber and protein, you'll feel satisfied all morning long which eliminates the urge to snack on more calories. Instead of grabbing a quick bowl of cereal, a sugar-laden scone at the local coffee shop, or skipping out on breakfast altogether because you're rushed, making breakfast at night will save time and calories.

**Gather the Goods:** Skip the fitness gear morning roundup by getting everything you need for your workout ready the night before. Get together everything you need - and lay it out or throw it in your gym bag. Calorieburning workouts are much more likely to happen if you deliberately take the time to prep for them. And if you make this a habit every night before a workout, you're more likely to get in the rhythm of a regular exercise routine.

**Get Chopping:** You don't want to undo all the good you did for the day by coming home tomorrow night starving and throwing together a quick and unhealthy meal. So now that tomorrow's lunch, breakfast, and workout gear are all set, take a little time to prep for tomorrow night's dinner. Cut up some peppers, zucchini, and sweet potatoes to roast or grill later. Or make an enormous salad and cook up some whole grains like millet or barley.



# National Military Appreciation Month: How Children and Schools Can Show Tribute

National Military Appreciation Month (NMAM), as designated by Congress, provides a period encompassing both the history and recognition of our armed services with an in-depth look at the diversity of its individuals and achievements.

It allows Americans to educate each generation on the historical impact of our military through the participation of the community with those who serve encouraging patriotism and love for America.

- Invite local service members (active, guard, reserve, or retired) to speak at your class, school or university.
- Study the contributions made by the military to American history.
- Students can read well-known patriotic addresses by an American President or military hero.
- Select essays from class or school-wide competitions.
- Send notes and cards to hospitalized veterans or those living in veteran homes.
- Create a large poster signed by all students – send to nearest VA medical center.
- Schedule field trips to military points of interest, memorials & museums.
- Feature stories by veterans in school publications.
- School libraries can prepare lists of recommended military related reading material and present displays.
- Study the history of our "Pledge of Allegiance", National Anthem and Flag.
- Ask student council or ROTC to Post the Colors at assemblies, and raise flag on the school flagpole.
- Ask local veterans service organizations to participate in school events.

Why not have your child take this list to school to encourage participation? Our military members will appreciate it!



## Cinco de Mayo Fun Facts

**The holiday celebrates an unexpected victory** when the smaller and ill-equipped Mexican army defeated the French at the Battle of Puebla on May 5, 1862.

**Cinco de Mayo is a bigger deal in the United States** than it is in Mexico.

**The world's largest Cinco de Mayo celebration takes place in Los Angeles** and draws over 300,000 people.

**Chandler, Arizona, celebrates the day** with Chihuahua races and crowning two of the dogs as king and queen.

**There are 367 U.S. companies that make tortillas**, according to the United States Census.

