Summer Viruses

Although winter viruses get more attention, summer viruses are nothing to sneeze at. We want to share these tips for avoiding sickness over the summer. Unfortunately, viruses don’t take a summer break. Be on the alert for these two summertime troublemakers. Enteroviruses - The leading cause of summer colds, which sometimes cause nastier symptoms than the winter variety Parainfluenza - A respiratory bug that is especially hard on very young children, and leads to more than 250,000 U.S. emergency room visits per year.

Summer Colds
Summer colds are more frequent than you might think, and it’s not just allergy symptoms. Enteroviruses cause 10 million to 15 million infections in the United States each year, according to the CDC. This large group of viruses can infect tissues in your nose, throat, eyes, digestive tract or other parts of your body. Many people who are infected have no symptoms at all. Others have only a mild, cold-like illness. Some summer colds can take up to 10 days to fully exit the body.

Symptoms may include:
- Runny nose
- Sneezing
- Coughing
- Fever
- Body and muscle aches
Enteroviruses can also cause pink eye or hand, foot and mouth disease (a common illness in babies and children that leads to fever, mouth blisters and skin rash).

Summer Viruses are nothing to sneeze at!

Summer Cold or Allergies?

If you have had a runny nose in the middle of summer, you have probably wondered if it is a cold—a viral upper respiratory infection—or seasonal allergies. It’s complicated because allergies and colds cause similar symptoms. Both can trigger attacks for persons with asthma, and a cold can make allergies more difficult or vice versa.

Differences in Symptoms
Both colds and allergies are common, but how do you tell them apart and what can you do about it?
Post-nasal drip, scratchy throat, headache, and congestion are common symptoms of both colds and allergies. Fever with or without body and muscle aches often happens with a cold, but never with allergies.
Although an increase in mucus production can be a sign of either allergies or a cold, a change from clear and colorless to cloudy or discolored mucus is more likely an indication of a cold.

These infections, caused by various viruses such as rhinovirus and coronavirus, typically last three to 14 days and go away without any specific treatment. Untreated allergy symptoms last as long as you are exposed to pollens, dust, or other things to which you are allergic.

Source: Centers for Disease Control and Prevention

One particular virus strain, enterovirus D68, is known for causing more severe respiratory symptoms, such as wheezing and trouble breathing. Children with asthma have an increased risk of developing such symptoms.

Nothing to Sneeze at
Parainfluenza is another viral infection to watch out for. Although anyone can catch parainfluenza, it occurs most often in babies and young children. Symptoms may include fever, runny nose and coughing. In some cases, parainfluenza leads to more severe respiratory problems, such as croup, bronchitis or pneumonia. It’s the second-leading cause of hospitalization for a respiratory illness in the very young.

Source: Group Health
Strength Training: The Benefits

Yes, strength training will add definition to your muscles and give men and women alike more fit and toned bodies. But working out with weights does so much more:

1. **Strength training helps keep the weight off for good.**
   Not only does strength training aid in shedding pounds, it helps maintain weight loss, too.

2. **Strength training protects bone health and muscle mass.**
   After puberty, whether you are a man or a woman, you begin to lose about 1 percent of your bone and muscle strength every year.

3. **Strength training makes you stronger and fitter.**
   Strength training is also called resistance training because it involves strengthening and toning your muscles by contracting them against a resisting force.

4. **Strength training helps you develop better body mechanics.**
   Strength training has benefits that go well beyond the appearance of nicely toned muscles.

5. **Strength training plays a role in disease prevention.**
   Studies have documented the many wellness benefits of strength training.

6. **Strength training boosts energy levels and improves your mood.**
   Strength training will elevate your level of endorphins, which will make you feel great.

7. **Strength training translates to more calories burned.**
   You burn calories during strength training, and your body continues to burn calories after strength training, a process called "physiologic homework."

**Strength Training: Getting Started**

"Please don't limit yourself to thinking that lifting weights, expensive machines, or gym membership is the only way to do strength training," says Tuttle. "Pushups, jump squats, lunges, and mountain climbing are all examples of exercises that provide strength training."

If you have any health issues, ask your doctor what type of strength training is best to meet your needs and abilities. You can also work with a fitness expert to design a strength-training program that will be safe and effective for you.

Source: Everydayhealth.com

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**Strong Ways to Build Good Health**

If you want good health, a long life, and to feel your best well into old age, the most important thing you can do is strength training, said Dr. Brett Osborn, author of Get Serious, A Neurosurgeon’s Guide to Optimal Health and Fitness.

“Our ability to fight off disease resides in our muscles,” Dr. Osborn said. “The greatest thing you can do for your body is to build muscle.”

He cites a large, long-term study in the British Medical Journal of nearly 9,000 men ages 20 to 80. After nearly 19 years, the men still living were those with the most muscular strength.

Strength training has health benefits for everyone, no matter their size. He recommends this back-to-basics routine as the pillar of a solid training regimen (trainers at your gym can show you how to do these exercises):

- The squat is a full-body exercise.
- The overhead press primarily activates the shoulders, arm extenders, and chest.
- The deadlift centers on the hamstrings, buttocks, lumbar extenders, and quadriceps.
- The bench press mostly targets the chest, shoulders, and triceps.
- The pull-up/chin-up stresses upper body musculature into the body.

Source: Deer Oaks

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**Around Texarkana: Pinkerton Fitness Center**

The Pinkerton Health and Recreation Complex is one of the finest campus recreational facilities in Texas. It offers the opportunity to participate in many indoor and outdoor recreation activities. The 28,000 square foot athletic facility, combined with the 30,000 square foot Aquatic Center, makes this complex a participant’s delight.

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**Facility Includes:**

- Olympic Indoor Pool
- Eight Lighted Tennis Courts
- Dressing Rooms/Shower/Locker/ Saunas
- Four Racquetball Courts
- Classroom
- Full Cam II Weight Facility
- 1/2 Mile jogging track
- Exercise/Aerobics/Dance Studio
- Multi-Use Gym Area: Basketball/Volleyball/Badminton/Tennis
- Fitness Room: Stationary Bicycles, Treadmills, Stairmasters

Hours change depending on the semester, so check the website for hours.

https://www.texarkanacollege.edu/campus-life/fitness/

The Pinkerton Fitness Center is free to Texas A&M-Texarkana employees and their spouses. Just provide your staff/faculty ID card when signing in.
Nearly half of American adults eat sandwiches on any given day. These meals account for approximately one-fifth of our sodium intake, according to a recent study. All this extra salt can add up to high blood pressure, heart disease and strokes.

**Build a Smarter Sandwich**
Most Americans have far more than the 2,300 daily mg of sodium recommended for healthy adults (those with high blood pressure or heart problems should stick to 1,500 mg). Cut back on salt and your blood pressure can drop in a matter of weeks.

**Mind your meats.** Just six thin slices of cold cuts or cured meats can provide as much as half of your daily sodium needs. Check nutrition labels for lower-sodium versions.

**Back off on bread.** Whether white, wheat or pumpernickel, bread and rolls also count as a major source of salt. One slice can contain anywhere from 80 to 230 mg of sodium — so opt for low-sodium or no-salt-added versions.

**Cut out condiments.** Use only a small amount of barbecue sauce, mustard, ketchup, horseradish or pickles. Instead, flavor your food with garlic, herbs, and spices.

**Peek at your peanut butter.** A two tablespoon serving of peanut butter can have 40 mg to 250 mg of sodium. Organic versions tend to have less. Try reduced sodium or unsalted peanut butters for less salt and better flavor, higher sodium peanut butters tend to mask the peanut flavor.

**More Ways to Shake the Salt**
Other healthy lunch tips include:
- Add veggies. They help decrease your blood pressure by providing potassium and other nutrients.
- Go halves. Eat a half sandwich with a side salad. Use low-sodium dressing or plain oil and vinegar.
- Check nutrition facts. Most chain restaurants offer them. If your lunch spot doesn’t, ask them to provide details — and lower-sodium offerings.

Sources: [Prevention.com](http://www.prevention.com); [Eatright.org](http://www.eatright.org)

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**Shrimp, Avocado, and Grapefruit Salad**

**Ingredients:**
- 2 1/2 tablespoons olive oil, divided
- 12 ounces peeled and deveined medium shrimp
- 1/2 teaspoon salt, divided
- 1/4 teaspoon freshly ground black pepper, divided
- 1 grapefruit
- 2 tablespoons chopped fresh tarragon
- 2 teaspoons brown sugar
- 1 teaspoon chopped shallots
- 6 cups chopped romaine lettuce
- 1 peeled avocado, cut into 12 wedges

1. Heat a large skillet over medium-high heat. Add 1 1/2 teaspoons oil to pan; swirl to coat. Sprinkle shrimp with 1/4 teaspoon salt and 1/8 teaspoon pepper. Add shrimp to pan; cook three minutes or until shrimp are done, stirring frequently. Remove from pan; keep warm.

2. Peel and section grapefruit over a bowl, reserving three tablespoons juice. Combine grapefruit juice, remaining two tablespoons oil, remaining 1/4 teaspoon salt, remaining 1/8 teaspoon pepper, tarragon, brown sugar, and shallots in a large bowl, stirring well with a whisk. Add lettuce; toss.

Arrange two cups lettuce mixture on each of four plates. Top each serving with three avocado wedges; divide shrimp and grapefruit sections evenly among servings.

**Nutritional Information**

**Amount per serving:** Calories 291, Fat 17.7 g, Sat. fat 2.6 g, Mono. fat 11.3 g, Poly. fat 2.5 g, Protein 19.9 g, Carbohydrate 15.5 g, Fiber 6 g, Cholesterol 129 mg, Iron 3.4 mg, Sodium 433 mg, Calcium 96 mg

Source: [myrecipe.com](http://www.myrecipe.com)
What illnesses often coexist with depression?
Other illnesses may come on before depression, cause it, or be a consequence of it, but depression and other illnesses interact differently in different people. In any case, co-occurring illnesses need to be diagnosed and treated.

Anxiety disorders, such as post-traumatic stress disorder (PTSD), obsessive-compulsive disorder, panic disorder, social phobia, and generalized anxiety disorder, often accompany depression. PTSD can occur after a person experiences a terrifying event or ordeal, such as a violent assault, a natural disaster, an accident, terrorism, or military combat. People experiencing PTSD are especially prone to having coexisting depression.

In a National Institute of Mental Health (NIMH) funded study, researchers found that more than 40 percent of people with PTSD also had depression four months after the traumatic event. Alcohol and other substance abuse or dependence may also coexist with depression. Mood disorders and substance abuse commonly occur together.

Depression also may occur with other serious medical illnesses such as heart disease, stroke, cancer, human immunodeficiency virus (HIV), acquired immunodeficiency syndrome (AIDS), diabetes, and Parkinson’s disease. People who have depression along with another medical illnesses tend to have more severe symptoms of both depression and the medical illness, more difficulty adapting to their medical condition, and more medical costs than those who do not have co-existing depression. Treating the depression can also help improve the outcome of treating the co-occurring illness.

What causes depression?
The most likely cause of depression is a combination of genetic, biological, environmental, and psychological factors. Depressive illnesses are disorders of the brain. Longstanding theories about depression suggest that important neurotransmitters (chemicals that brain cells use to communicate) are out of balance in depression. Some types of depression tend to run in families. However, depression can occur in people without family histories of depression too. Scientists are studying certain genes that may make some people more prone to depression. Some genetics research indicates that risk for depression results from the influence of several genes acting together with environmental or other factors.

Source: Deer Oaks