



## HEALTHY BYTES

### Trial Participants Needed



#### Are You Frustrated with Caring for Your Alzheimer's Patient? You are NOT alone.

Please contact our office at 717-267-3606 or write to Kathy at [kathy@scotlandfamilymedicine.com](mailto:kathy@scotlandfamilymedicine.com) if you, a friend or family member would be interested in being considered for a **new medication** that is being investigated to help with behavior of patients with **Alzheimer's** disease. Visit [www.triadstudy.com](http://www.triadstudy.com) for

more.

### The Science Of Sleep

#### Why is Sleep Important?



Getting enough sleep is an important part of a healthy lifestyle. Insomnia can affect you mentally and physically. It can make you feel tired, depressed and irritable. It can also make it hard for you to concentrate or perform tasks during the day. If you have insomnia, you may also worry about being able to sleep. If you don't get enough sleep on a regular basis, you're at increased risk of diseases such as high blood pressure, heart disease and

diabetes.

## How Much Sleep Do I Need?

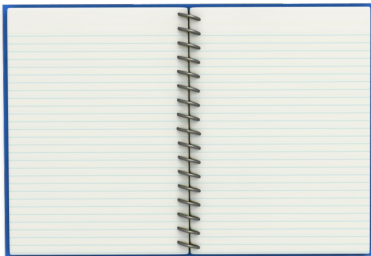
Most adults need about 7 to 8 hours of sleep each night. You know you're getting enough sleep if you don't feel sleepy during the day. The amount of sleep you need stays about the same throughout adulthood. However, sleep patterns may change as you age. For example, older people may sleep less at night and take naps during the day.

## What If I Can't Sleep?

Dr. Rictor may ask you some questions about your sleep habits (such as when you go to bed and when you get up), what medicines you take, your intake of caffeine and alcohol and he will ask about your smoking history.

Dr. Rictor may ask how long you've been having insomnia and if you have any pain (such as from arthritis). If you have a bed partner, you will be asked if snoring is an issue. Dr. Rictor may also ask about events or problems in your life that may be upsetting you and making it hard for you to sleep.

## Sleep Diary



If the cause of your insomnia is not clear, Dr. Rictor may suggest that you fill out a sleep diary. The diary will help you keep track of when you go to bed, how long you are in bed before falling asleep, how often you wake up during the night, when you get up in the morning and how well you sleep. A sleep diary may help you and Dr. Rictor identify patterns and conditions that are affecting your sleep.

## How To Sleep Better

Learning good sleep habits may help treat insomnia. Behavior therapy can teach you about good sleep habits, and is often just as effective as prescription sleeping medicines. Behavior therapy for sleep usually includes learning ways to relax and not worry as much about sleep. You can also learn muscle relaxation and deep breathing exercises to help you relax.

If a medicine is causing your insomnia, Dr. Rictor may be able to prescribe a different medicine for your condition to help you sleep better.



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## The House Call

In the early 1960s, house calls by doctors were 40% of doctor-patient meetings. By 1980, it was only 0.6%.

Reasons for the decline include increased specialization and technology. In the 1990s, team home care, including physician visits, was a small but growing field in health care, for frail older people with chronic illnesses.

House calls have made a small revival among the wealthy through concierge practices. However, thanks to DPC, patients now have access to house calls from Dr. Rictor at no extra cost.

House calls are appropriate for patients with debilitating illness that prevents them from traveling. Dr. Rictor will also consider making house calls to patients who's transportation to the office is prohibited by other extenuating circumstances such as inclement weather.



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## The Art Of Giving Care



According to the Administration on Aging, approximately two-thirds of all family caregivers also work outside the home. If you're currently caring for a loved one, chances are you often feel overwhelmed by the difficulty of balancing your responsibilities to your loved ones, your home, and your job. You're not alone.

Caregiving has many faces: you may be caring for an aging parent, a loved one with a chronic or terminal illness, or a child who has medical needs. No matter who you are caring for, it's very common to feel stressed or overwhelmed from time to time. Learn how to take care of yourself, as well as your loved one, with "Who Cares For Me", written by Dr. Rictor. Copies available for purchase at the office.

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## Coming Up...

Keep your eyes peeled next month for another interesting Healthy Bytes! If you enjoy these newsletters, share them with your friends on Facebook and other social media sites. Share the love!

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## Any Suggestions?

We'd love to hear any suggestions you might have for us. If there's a specific topic you'd like us to cover, a preference on how often you'd like to receive these newsletters or any other thoughts you have on how we're doing, please contact us **here** or just give us a call at 717-267-3606. Thanks!



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