



Wayne

HealthSports

Volume 7, Issue 3 – October 2021

ATHLETES *in action*



Upcoming *events*

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PASP COURSE

Monday, February 7, 2022
6:00 to 8:30 pm

Location:

Wayne HealthCare Outpatient
Rehabilitation Center
1111 Sweitzer Street
Greenville, OH 45331

To register, contact:

Jim Beyke, Director of
Rehabilitation Services
937.569.6941
james.beyke@waynehealthcare.org
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Staying Healthy During Flu Season

Flu season is upon us. Try these tips to boost your immune system and stay healthy all winter long.

Manage Stress

Excessive stress increases inflammation. Over time, this can wear down the body's defenses and make us more susceptible to illness. This makes stress management a critical part of disease prevention.

- Meditation and deep breathing have been shown to reduce wear and tear on the cardiovascular system. Even a minute or two of diaphragmatic breathing can help to reverse symptoms of stress.
- Exercise is a great mood booster with lots of positive effects including improved cardiorespiratory function and increased white blood cell production. Only 150 minutes of moderate activity or 75 minutes of high intensity exercise a week are needed to start reaping benefits.
- Spend some time outdoors. Bright sunlight can help to lift your spirits in addition to stimulating endogenous Vitamin D production.

Eat a Balanced Diet

Our bodies use vitamins and minerals to repair and rebuild. Good nutrition is essential to making sure that our immune system has all the tools it needs to perform at peak condition.

- Vitamin C, Vitamin D, and zinc have been in the news a lot and for good reason. They have all been linked to decreased risk of illness. If you aren't getting enough in your diet, consider using supplements.
- Antioxidants help to prevent free radical damage, keeping your cells in tip-top shape. These compounds can be found in a variety of fruits and vegetables- foods like berries and red peppers are great sources.

Get Enough Sleep

Our bodies use sleep as a chance to repair and regenerate after a long day. A lack of sleep can contribute to inflammation and decreased immune responses while quality sleep can boost health.

- Darkness stimulates melatonin production, a hormone that helps to regulate sleep. Consider using tools like blackout curtains or a sleep mask to filter out light.
- Blue light emitted by digital devices can block melatonin and keep you awake longer. If you do need to look at a screen, consider investing in blue light blockers.
- Maintaining a consistent schedule helps to encourage your body's natural rhythm, making it easier for you to fall asleep quickly.



WALK-IN CARE



GET YOUR FLU SHOT TODAY!

Covered by most insurance; \$25 without.
No appointment necessary.

Walk-In Care is conveniently located right next to the hospital.
828 Central Avenue, Greenville

HOURS:

Mon, Tues, Thurs, Fri: 8am-5pm | Wed: 8am-12pm
Closed 12-1pm for lunch.

Questions? Call 937.569-6996

Healthy Meals

Herbed Chicken Marsala

Prep Time: 15 min **Cook Time:** 20 min
Ready In: 35 min **Yield:** 4 servings

Smothered in low-calorie sautéed mushrooms and sun-dried tomatoes, this dish is both healthy and satisfying. A little bit of butter goes a long way in the sauce; just a touch adds creamy richness.

Ingredients

- 4-ounce boneless, skinless chicken breast cutlets
- Kosher salt and freshly ground black pepper
- 1/3 cup whole wheat flour
- 1-1/2 tablespoons extra-virgin olive oil
- 3/4 cup low-sodium chicken broth
- 1/3 cup sun-dried tomatoes (not packed in oil; not rehydrated), finely chopped or very thinly sliced
- 1/2 teaspoon finely chopped fresh rosemary
- 10 ounces white button or cremini (baby bella) mushrooms, sliced
- 1/3 cup sweet Marsala wine
- K2 teaspoons unsalted butter
- 1 to 2 tablespoons roughly chopped fresh parsley

Directions

- Place the chicken cutlets between 2 pieces of plastic wrap and pound with a meat mallet (or the flat side of a chef's knife) until about 1/3 inch thick. Sprinkle with 1/4 teaspoon salt and 1/4 teaspoon pepper.
- Put the flour on a medium plate. Heat the oil in a large nonstick skillet over medium-high heat. Dredge the chicken in the flour to fully coat, shaking off any excess. Add the chicken to the skillet and fry until fully cooked and golden brown, about 4 minutes per side. Transfer to a platter and tent with foil to keep warm.
- Add 1/2 cup of the broth, the sun-dried tomatoes and rosemary to any remaining drippings in the skillet and cook, stirring frequently, for 1 minute to plump the tomatoes. Add the mushrooms, 1/4 teaspoon salt and 1/2 teaspoon pepper and cook until the mushrooms are soft, about 5 minutes. Add the Marsala and bring to a boil. Add the remaining 1/4 cup broth and the butter and simmer until the butter is fully melted, about 30 seconds.
- Spoon the mushroom mixture and sauce over the chicken, sprinkle with the parsley and serve.

Note: This recipe uses regular whole wheat flour, but for a slightly more refined coating, whole wheat pastry flour can be substituted.



Nutrition Facts

4 Servings

Amount per serving

Calories 294

Total Fat 11g

Saturated Fat 3g

Cholesterol 78mg

Sodium 569mg

Total Carbohydrates 19g

Dietary Fiber 3g

Protein 30g

Sugar 7g

RECIPE COURTESY OF FOODNETWORK.COM

Meet Our New Doctor!

Dr. Natalie J. Bauer

Hand, Upper Extremity & Microsurgery Specialist



Natalie J. Bauer, MD

Orthopedic Surgeon,
Orthopedic Associates

800.824.9861

Natalie J. Bauer, MD, earned her Doctor of Medicine degree in 2010 and completed her surgical residency at Wright State University Boonshoft School of Medicine in Dayton, Ohio. Dr. Bauer subsequently completed her fellowship training in Hand and Microsurgery at The Christine M. Kleinert Institute in Louisville, Kentucky.

Dr. Bauer is board eligible through the American Board of Surgery. She is a candidate fellow for the American Society of Surgery of the Hand as well as the American Association for Hand Surgery.

Dr. Bauer has particular interest in microsurgery, nerve related problems of the upper extremity, arthritis and trauma, including sports-related injuries. As a Dayton native, Dr. Bauer is thrilled to return home and join Orthopedic Associates. Dr. Bauer is currently accepting new patients.



Wayne HealthSports

For more information about Wayne HealthSports or Wayne HealthCare Outpatient Rehabilitation, please contact:

Wayne HealthCare Outpatient Rehabilitation Center

1111 Sweitzer Street
Greenville, OH 45331

937.547.5714

For more information about rehabilitation, orthopedic and sports medicine services, please visit:

WayneHealthCare.org

ATHLETES *in action*

