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June 2017

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**What's Eating  
your Brain?**

**Alzheimer's  
vs Dementia**

**Health, Wealth, & Happiness**

Alzheimer's & Brain Awareness Issue



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## Contents

Introduction	3
Dementia vs Alzheimer's	4
5 Factors to Reduce your Risk of Dementia	5
Stroke Awareness Word Search Answers	5
Brain Training Effectiveness	6
Dementia, Alzheimer's & Care of the Suffering	7
Making Fresh Decisions at Farmer's Markets	8
Living on a Budget	8
Maintaining Optimism in a Negative Situation	9
Alzheimer's & Brain Awareness Word Search	9
Recipe Corner	10



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# Dementia vs Alzheimer's

By Staff Writer

## Dementia

- A syndrome, not a disease.
- It is a group of symptoms that affects mental cognitive tasks such as memory and reasoning.
- People can have more than one type of dementia known as mixed dementia.
- According to World Health Organization, 47.5 million people around the world are living with dementia.
- Symptoms include forgetfulness and confusion.
- As it progresses into advanced stages behaviors can turn into depression and aggression.
- People are more likely to develop dementia as you age, but some other contributing factors are infections such as HIV, vascular diseases, stroke, depression and chronic drug use.
- Some treatment includes analyzing the conditions that causes dementia, such as drugs, tumors, metabolic disorders and hypoglycemia.
- Under most circumstances, the disease is not reversible.

## Alzheimer's

- A progressive disease of the brain that slowly causes impairment in memory and cognitive function.
- The National Institutes of Health estimate that more than 5 million people in the United States have Alzheimer's disease.
- Symptoms generally begin after age 60, but can also occur in younger people.
- Damage to the brain begins years before symptoms appear.
- Abnormal protein deposits form plaques and tangles in the brain.
- Connections between cells are lost, and they begin to die. In advanced cases, the brain shows significant shrinkage.
- Symptoms include difficulty remembering recent events or conversations, apathy, depression, impaired judgment, disorientation, confusion and behavioral changes.
- In advanced stages it can cause difficulty speaking, swallowing and walking.
- There is no known cure for Alzheimer, but there are options to manage symptoms.

“The National Institutes of Health estimate that more than 5 million people in the United States have Alzheimer's Disease.”

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# 5 Factors to Reduce Your Risk of Dementia

By Staff Writer

## Regular Physical Exercise

- According to Age UK, this can reduce developing dementia by as much as 36%.

## Eating a Mediterranean Diet

- According to Mayo Clinic, this diet is associated with a lower level of oxidized low-density lipoprotein (LDL) cholesterol
- Increases overall mortality.
- Associated with a reduced incidence of cancer, and Parkinson's and Alzheimer's diseases.
- Women who eat a Mediterranean diet supplemented with extra-virgin olive oil and mixed nuts may have a reduced risk of breast cancer as well.

## Stop Smoking

- Smokers over the age of 65 have a nearly 80% higher risk of Alzheimer's than those who have never smoked.
- When you stop smoking, the brain benefits from improved circulation.

## Drinking in Moderation

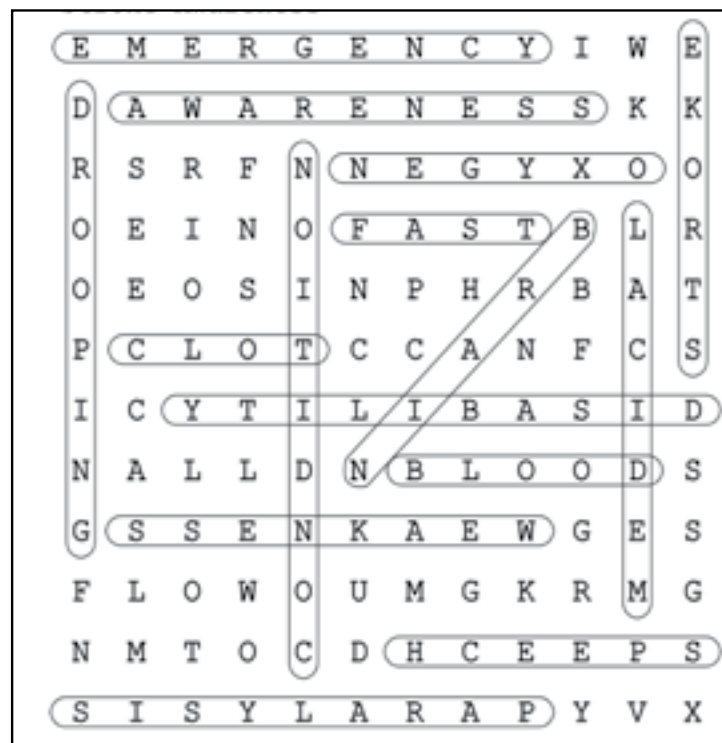
- There is some benefit to drinking red wine in moderation, but heavy alcohol consumption can dramatically raise the risk of Alzheimer's and accelerate brain aging.

## Prevention of Diabetes

- A recent study in the Neurology journal found that people with type 2 diabetes were more likely to develop the brain "tangles" commonly seen in people with Alzheimer's disease.



## Stroke Awareness Word Search Answers May 2017



How did you do? Check your answers here!



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# Brain Training Effectiveness

By Staff Writer

A new study, appearing in the Proceedings of the National Academy of Sciences Journal, discovers that one hour of brain training will increase IQ by five to 10 points, however, the catch is only if you believe the training will work. A study from George Mason University put two kinds of posters around the campus. One set invited students to join a study whose aim was to train their brains. The other invited students to take part in training that would provide credits. The people who believed the training would boost their cognition performed 5 to 10 points better on a later IQ test than the other group.

Previous studies have suggested that other existing methods may work just as well. Meditative yoga for example, has at least as many benefits for cognition as brain training programs. Yoga especially excelled over brain training when dealing with spatial memory. The changes were seen on the level of the brain via MRI, and even extended to the participants' mood, coping skills and stress levels. This study is not suggesting brain training technology doesn't work; however, it is simply emphasizing the other factors involved in whether they will work. Our personal beliefs going in tend to weigh heavily on the results. Brain training may well be a helpful tool, if you want them to be.

## Alzheimer's Facts & Stats

Learn the knowledge!



Alzheimer's disease is the 6th leading cause of death in the USA.



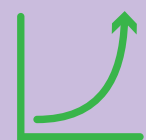
Alzheimer's Disease is the only top 10 cause of death that cannot be prevented, cured, or slowed.



Every 66 seconds, someone in the USA is diagnosed with Alzheimers.



1 in 10 people age 65 and older have Alzheimers dementia.



Since 2000, deaths from Alzheimers have increased by 89%.



About 2 out of 3 of Americans with Alzheimers are women.



At age 70, 61% of those with Alzheimer's are expected to die before the age of 80.



An estimated 5.5 million Americans of all ages have Alzheimer's disease.

# Dementia, Alzheimer's & Care of the Suffering

By Zafarul Azam

Alzheimer is ultimately a fatal disease that erases memories and destroys mental and physical capacity. CDC in a recent report identifies it as the 6th leading cause of deaths in the US, responsible for 3.6% of all deaths in 2014. The report also found the death rate for Alzheimer's climbed to over 55% from 1999 to 2014. The numbers afflicted with this disease will continue to rise three folds over to 16 million in the next 30 years, if left unchecked.

Alzheimer's deaths are an indicator of the caregiver burden as nearly everyone in the final stages of Alzheimer's needs constant care. Alzheimer related deaths at home increased from about 1 in 7 in 1999 to 1 in 4 in 2014. If this trend continues, those dying from these diseases will be 1 in every 3 at home with a care giver and hospice support.

Taking care of a dying loved one who doesn't recognize you or exhibits trust in you, can be a terrible experience for the one providing the care. While the caregivers might benefit from education, respite care, and case management that lessens the burden, the experience leaves you in awe beneath its destructive power of this wretched disease. I know, because I experienced it three years ago taking care of my father (with a lot of help from my siblings, my wife and my family). I also had daily help from Kay, a caregiver who had previously taken care of Alzheimer and Dementia patients. She gave him the utmost care and respect that even loved ones sometimes fail to show, making herself available at odd hours and on short notice, with a constant smile on her face for papa, who passed away on August 9, 2016.

The nature of this disease takes away the ability to talk, express, recognize, eat, drink and all the characteristics that make us human. It tears you apart when you see those blank eyes looking at you, with distrust as a stranger, every time you face them (I even tried wearing a nametag for days to help him recognize me). It breaks your heart, hourly and daily, to see your loved one, who has spent their productive life providing love, shelter, help, guidance and care to so many people, now not being able to express a basic need or point to a pain or ailment. You just cannot imagine what they are going through if Alzheimer hasn't taken, that one critical function of thought away from them.

While, I am no expert in this area, I humbly list my takeaways for caring for those suffering from Dementia and Alzheimer's.

1) The person is the same, their history with you is still the same, what they meant to you and what they did for you will never



change, even though they may not recall it or recognize you, ever again!

2) In earlier stages, when they still have some ability to speak, don't try to complete their sentences. Don't ask them to repeat what they tried to express. Try to understand by extrapolating what they may be trying to say.

3) Set a time table for them, to your convenience, as you will have to follow it every day for the rest of their lives.

4) Have them at a familiar place, do not change locations. Familiarity to surroundings and people around them helps them remain uncluttered mentally.

5) Talk to them normally, without raising your voice, in short clear sentences, repeating those as needed.

6) Have a "Kay" around to get you away from the repetitive nature of the care you have to do on a daily basis.

7) Don't take things personally, read 1) above, again.

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# Making Fresh Decisions at Farmer's Markets

By Lauren Antkowiak

As the summer begins, certain fruits and vegetables bloom in season. It's the perfect time to enjoy foods such as strawberries, blueberries, raspberries, cherries, peaches, oranges, nectarines, watermelon, summer squash, honeydew, and plums. Not to mention mangos, sweet corn, cucumbers, green beans, kale, radishes, beets, avocado, spinach, arugula, basil, thyme, chives, mint, and many more. You can find all of these delicious foods at your local Farmer's Market. These ingredients can be combined to make delicious and healthy meals throughout the summer while also helping you save money. How is that possible though?

Getting food at a Farmer's Market ensures that you are getting the best bang for your buck. In some cases, food may be a little more expensive, but you know you are getting the best quality while supporting your local community and businesses. You know the food you are getting is fresh and contains no processed ingredients or pesticides. Reassuring one that the food is safe to eat and also giving you an earlier start on cooking meals because of needing less prep time to clean your food of those chemicals. Shopping at a Farmer's Market also helps you stay on budget. Since you already know how fresh and healthy the food is, it deters you from ordering out so often, leading to a healthier diet and cutting back on extra expenses. With all that fresh food in your house, you can plan out your meals weekly, which helps leads to a healthier lifestyle

and helps save you money because you will want to use all the food you purchased before it goes to waste. So if you are lucky enough to be near a Farmer's Market, take advantage of it and get fresh delicious foods for the best prices. June is a wonderful time of the year for a variety of produce, so get out to the market and start picking!



# Living on a Budget

By Brittany Maxwell

Does the word budget make you cringe or does it make you happy? For me I am one of those people who felt confined when I heard the word budget. Last year, I used to not budget anything. I would always wonder how I wound up hardly making anything after my expenses were paid off. This year I decided to finally break that habit and create my own personal budget for expenses. It honestly has proven to be one of the best decisions I have ever made!



With a budget in mind I am able to do fun things with friends and family with my allotted entertainment section, pay off all my bills and still have enough money set aside to grow interest in my bank account. If you struggle with finances, try looking at some of the example templates that Microsoft Excel already has programmed in their system. I based my budget off of what they had there already and I customized one to my personal finances. The best part is if you download the Excel app on your phone and you have your budget on the app you can easily update your expenses instead of waiting till you arrive home where you might have already forgotten what you spent. In the end, a budget has proven to work for me with only using one for half the year. I already know I will have enough set aside for the holidays at the end of the year and will not be scrambling to find money to pay for everything. One day when it's rainy, why not use that time indoors to set yourself up with a budget for your financial security? It will prove to be good for your overall wellness and give you piece of mind.

# Maintaining Optimism in a Negative Situation

By Tehniyet Azam

Happiness is the key to life. No matter what life throws at us we should always have a positive approach to everything. A car that breaks down in the middle of your street can be frustrating, but what if we were on the highway going 65 miles per hour? The car stalls, and leads to a fatal situation. Sometimes its not easy to see the positivity in situations when everything in your life seems to fall apart.

miserable. Being upset or depressed about certain situations in life is not a bad thing. It is a normal emotion, but finding the positive in every negative makes the hard situation easier to handle. Thinking positively doesn't mean that it will solve the problem it will just give you success, which is defined as the ability to enjoy your achievements and solve problems as life throws them at you.

### Believe in yourself:

There are moments in life related to personal or professional life when anyone would think that they have failed at life or things are not happening the way they were supposed to be. Your friends will always tell you that everything happens for a reason and at the right time. This is said to you so that you can feel confident about yourself, and you can move on. The most important thing that anyone can do is believe in themselves. One should never doubt their abilities. Everyone is born with a gift and should be proud of it. Believing in yourself wont make everything 100 percent, but it gives you confidence to solve the problems.

### Count your blessings:

Sometimes with life situations, it's hard to look at the positives that we have in life. A person going through a messy breakup will think that their life is ending, and that they are going to be lonely forever. It's okay to feel depressed and sad but not looking at the positive aspect of that breakup can be unhealthy. The partner could be abusive, he/she was asking for financial help could leave you in debt and much more. Look around and see what makes you happy. Maybe it's your child, your pet, your parents anything that makes you feel loved, that makes you feel blessed. One should always look at the blessings that they have, that will make your lousy day seem better.

We come in this world for a very short period of time. We should focus more on how to make this stay worthwhile than being

## Alzheimer's & Brain Awareness Word Search

Now that you have discovered vital information about Alzheimer's, it's time to put your knowledge to the test! Find the various terms in the word search below. Words will be forward, backward, and diagonal.

T	N	I	R	I	F	N	I	E	T	O	R	P	D
N	O	M	N	S	O	N	I	A	R	B	F	V	N
E	I	P	O	E	R	O	N	L	D	H	M	O	E
M	T	A	I	M	G	E	N	L	P	I	I	I	S
G	A	I	S	O	E	I	M	C	N	T	Y	C	A
D	T	R	S	R	T	A	A	I	A	P	O	P	E
U	N	M	E	D	F	O	S	L	E	G	O	P	S
J	E	E	R	N	U	O	U	P	N	H	E	P	I
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E	R	T	E	S	R	T	T	U	M	R	S	L	Z
E	O	A	D	I	A	I	T	N	E	M	E	D	A
G	S	A	C	I	V	E	S	I	R	B	W	E	J
R	I	A	R	E	N	O	I	S	U	F	N	O	C
E	D	C	E	X	E	R	C	I	S	E	K	X	Q

Alzheimers  
Brain  
Circulation  
Cognitive  
Confusion

Depression  
Disease  
Disorientation  
Dementia  
Exercise

Forgetful  
Impairment  
Judgment  
Protein  
Syndrome



# Recipe Corner

## Strawberry Chicken Salad with Strawberry Balsamic Dressing

Serves 4-6  
Ingredients:

- 2 cups cooked chicken, chopped
- 4 cups romaine, chopped
- 2 cups strawberries, chopped
- ½ cup dried cranberries
- ¼ cup sliced red onion
- ¼ cup crumbled goat cheese
- ¼ cup sliced almonds

### Strawberry Balsamic Dressing:

- 1 cup strawberries
- ¼ cup balsamic vinegar
- ¼ cup extra-virgin olive oil
- 1 tbsp Dijon mustard
- 1 clove garlic, minced
- ¼ tsp salt
- ¼ tsp pepper

Directions:

1. To make the strawberry balsamic dressing: Pulse the strawberries, balsamic vinegar, olive oil, dijon mustard, garlic, salt and pepper until smooth in a food processor or blender. Then set the dish aside.
2. In a large bowl toss the chicken, romaine, strawberries, dried cranberries, red onion, goat cheese, and sliced almonds. Toss with dressing or drizzle on top of served portions.



## June WNY Health Events

### Current Events

**Buffalo Superhero Race:** June 9th at 6:00 pm to 10:00 pm at Delaware Park and St. George's Church in Buffalo, NY. To register, please visit [buffalosuperherorace.com](http://buffalosuperherorace.com).

**2017 Komen Western New York Race for the Cure:** June 10th at 7:00 am at Buffalo RiverWorks in Buffalo, NY. To register, please visit [komenwny.org](http://komenwny.org).

**Ride for Roswell:** June 23rd and June 24th. There are different times, locations, and races to register for, so for more information please visit [rideforroswell.org](http://rideforroswell.org).

**Buffalo Bills 50 Yard Finish:** June 24 at 9:00 am at New Era Field in Orchard Park, NY. For more information, please visit [buffalobills.com/fans/50-yard-finish](http://buffalobills.com/fans/50-yard-finish).

### Future Events

**Fitness in the Parks:** Various FREE classes at various locations throughout the summer. For more information, please visit [independenthealth.com](http://independenthealth.com).

**Riverworks and Outer Harbor:** Visit these two locations for various activities and events throughout the summer. Independent Health members receive special discounts. For more information, please visit [outerharborbuffalo.com](http://outerharborbuffalo.com) and [buffaloriverworks.com](http://buffaloriverworks.com).

**Slow Roll Buffalo:** Every Monday night at various locations throughout the summer from 6:00 pm to 8:00 pm. For more information, please visit [slowrollbuffalo.org](http://slowrollbuffalo.org).

**Run Jimmy Run Charity 5K:** July 16th at 10:00 am at One James D. Griffin Plaza in Buffalo, NY. To register, please visit [runjimmyruncharity5k.com/the-race](http://runjimmyruncharity5k.com/the-race).

**Walk to End Alzheimer's:** September 16th at 10:00 am at Delaware Park in Buffalo, NY. To register, please visit [alz.org](http://alz.org).

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