


In Praise of Failure

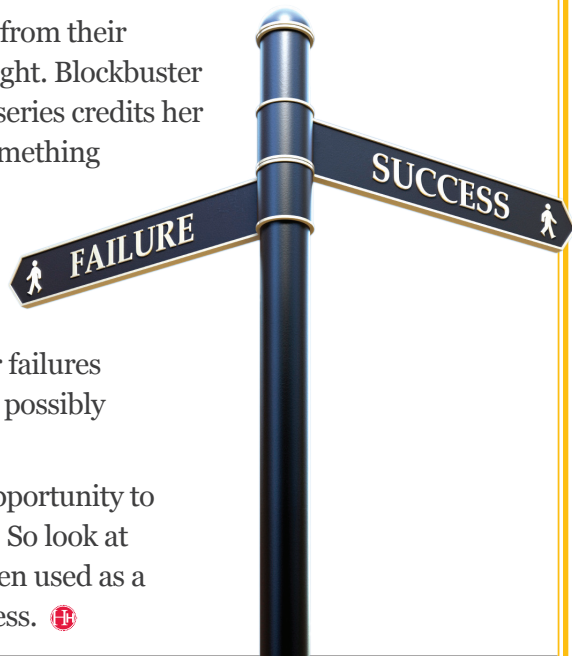
According to successful people, failure is getting a bad rap.

Instead of viewing failure as a negative, they suggest looking at failures as stepping-stones to success. This mindset can give you courage to take risks in business and relationships. Plus, knowing mistakes will happen can give you the confidence to “try, try again.”

The Wright brothers learned a great deal from their initial failed airplanes before achieving flight. Blockbuster author J.K. Rowling of the *Harry Potter* series credits her financial failures for pushing her to do something she loved, writing.

Like the Wright brothers and Rowling, each time you fail at a specific task, you learn where you should focus to improve your skills. Similarly, understanding your failures allows you to avoid repeating mistakes in possibly riskier circumstances.

Henry Ford said, “Failure is simply the opportunity to begin again, this time more intelligently.” So look at failures as temporary setbacks which, when used as a learning experience, are essential to success. 




Just Relax

Occasional anxiety and bouts of the blues are part of life. Fortunately, they often can be addressed with simple actions rather than professional therapy.

Relaxation is one way to restore a healthy state of mind. Picture yourself in a calm, peaceful place or simply take slow, deep breaths. Consider practicing meditation, yoga or progressive muscle relaxation (tensing and relaxing the muscles). Over time, try to reframe negative thoughts and practice positive self-talk, and aim to get plenty of sleep and exercise.

Reaching out to social contacts, support groups or religious leaders also makes a difference for some individuals. Remember, however, if you have thoughts of suicide, or if chronic emotional distress interrupts your daily life, seek professional help.

Hill Physicians provides free emotional health resources at www.HillPhysicians.com/YourHealth, including relaxation podcasts, web videos and a full health library. Go to www.HillPhysicians.com/Classes to learn more about free classes addressing emotional and physical health topics. 

The Best Health Care for Me

Use shared decision-making to get the care you want and need.

When Tanya was diagnosed with uterine fibroids, she wanted as much information as possible about her treatment options and she rapidly decided to have surgery. But when Jane received the same diagnosis, she did very little research. Her doctor told her fibroid size and symptoms can change over time, so she decided to avoid surgery and wait to see if her condition worsened. Who made the right decision?

Medical decisions can be complicated, especially when there are multiple options for care. But experts agree the most effective healthcare reflects a patient’s personal preferences. This shared decision-making puts you in charge and your healthcare team by your side.

Working with your doctor, first explore and understand all of your options. Know that different people need and want different levels of information to help make the decision that’s right for them. For example, some want to review medical journals. Others get overwhelmed by that level of detail. Let your doctor know when you have enough information or if you need more.


Shared decision-making also includes considering your values, goals and quality of life. For example, for an optional

procedure, people who want to avoid surgery or medications might choose to “watch and wait” for any further symptoms. Others value taking action quickly.

Decision-making scenarios

Shared decision making can occur at every step of care – from screenings and diagnosis to treatment and recovery. To make the best decisions for your care, consider treatment and lifestyle options now and for the future. Hill Physicians offers online guides to help you make many healthcare decisions, including:

- * Uterine fibroid treatment
- * Breast cancer treatment
- * Prostate cancer testing and treatment
- * Hip replacement
- * Knee replacement
- * Weight-loss surgery
- * Spine surgery
- * End-of-life care

For resources about shared decision-making for these and other conditions, call Hill Physicians Member Health Improvement department at (800) 445-5747. 




Stopping Diabetes



Q: I’ve been diagnosed with prediabetes. Can I prevent it from becoming diabetes?

A: More than 56 million Americans have prediabetes, though millions don’t know they live with the condition. Prediabetes is diagnosed by measuring blood glucose levels after fasting or after an oral glucose tolerance test. The elevated blood sugar levels of prediabetes indicate increased risk for developing type 2 diabetes. Women who had gestational diabetes during pregnancy also share this risk. However, physical activity and dietary changes can delay – or even prevent – diabetes onset. In one study, prediabetic participants cut diabetes rates by 58 percent with just 30 minutes of moderate daily exercise and a 5 to 7 percent weight reduction.

To lower your diabetes risk, engage in physical activity for 30 to 60 minutes a day at least five days a week. No gym is necessary; simply walking, bicycling or hiking can make a difference. Control your food portions, choosing whole grains and avoiding sugary drinks, processed foods, sodium and saturated fats. If you smoke, try to quit, and aim to lower your blood pressure and cholesterol levels. 



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If you need guidance on eating well with prediabetes, ask your physician for a dietitian referral or contact Member Health Improvement at (800) 445-5747 to be connected with a Hill Physicians-contracted nutritionist.



* Be HEARD

How to cope with a loved one’s hearing loss



Hearing loss is not just an issue for the person whose hearing is impaired. Friends and family also can feel frustrated, angry or isolated because of the hearing loss. For example, among couples, one of the

most frequent complaints concerning hearing loss is a lack of spontaneity: It can take great effort to share everyday thoughts and ideas. So many conversations are limited or never even begin.

Hearing problems also can cause loved ones to worry. The ability to hear noises – from car horns to a doctor’s instructions – impacts health and safety.

You can take steps to ease the stress. Talk about how you feel and ask the person with impaired hearing to share ideas to improve communication. Explore assistive hearing devices together. And take these steps to be sure you’re understood:

- * Use the person’s name to get his or her attention.
- * Make sure the person can see your facial expressions.
- * Limit background noise. 