



**MIR** NEUROLOGY &  
SPINE CENTER  
*The EMG Specialists*

DIAGNOSIS IS OUR STRENGTH

FALL 2011 EDITION

## WHAT'S INSIDE:

- 1 AUTUMN: A TIME FOR CHANGE
- 2 AN APPLE A DAY
- 2 APPLE-CINNAMON GRANOLA
- 3 ABDOMINAL EXERCISES
- 3 FALL FITNESS
- 4 EEG COMING TO MIR
- 4 LIKE US ON FACEBOOK

Sarim R. Mir, M.D.  
Board Certified in Neurology  
Board Certified in Clinical Neurophysiology

[www.mirneurology.com](http://www.mirneurology.com)  
301-797-7600

IN HAGERSTOWN:  
11110 Medical Campus Rd.  
Suite 151  
Hagerstown, MD 21742

IN CUMBERLAND:  
600 Memorial Ave.  
Suite 304  
Cumberland, MD 21502

## Autumn - A Time for Change

The fall season seems to be one associated with change – the leaves change color, the weather turns cooler, new television shows, school starts...and stinkbugs return! So, with the world around us changing so rapidly, this can be a good time to look at ourselves and make some small changes that can lead to improved health and wellness.

- **Exercise.** Enjoy the year's most beautiful season with its warm, sunny days, cool evenings and postcard colors by getting outside to walk, bicycle and hike.
- **Diet.** Add all the fall vegetables to your diet. Many of the root vegetables are in season now and are an inexpensive and nutritious way to add variety to your diet.
- **Drink More Water.** Replenishing lost fluids is just as important in the fall as it is in the summer. Dehydration can increase the risk of hypothermia.
- **Go to Bed Earlier.** In fall, the days start getting shorter, this means less time to sleep. Try going to bed earlier than usual to help stop fatigue which is common in the fall.
- **Sunscreen.** Even in the fall and winter months you should be thinking about sunscreen. Don't let the cold temperatures fool you.
- **Health Habits.** Cover your mouth and nose when you sneeze or cough. Wash your hands often to prevent the spread the season's cold and flu germs.
- **Get Your Flu Shot.** Nothing is worse than being home from school or work with the flu. Get your flu shot early.

As the season progresses and the weather becomes colder and the days shorter, we can find ourselves becoming blue. Incorporating some of the small changes above, as well as adding colorful mums to your home or trying meditation can help you to embrace the season and maintain your physical and mental health.

"As human beings, our greatness lies not so much in being able to remake the world – as in being able to remake ourselves." ~ Gandhi

## An Apple A Day

In many parts of the country, autumn is synonymous with the apple harvest. Apple picking can provide you with an opportunity to get outdoors and experience some exercise, but is there any truth to the adage, “an apple a day keeps the doctor away?”

Apples are rich in anti-oxidants and soluble fibers which are good for removing cholesterol and ridding the body of heavy metals. Eating apples may also decrease your risk of heart disease and age-related memory changes. In addition, an apple a day can reduce the risk of diabetes, high blood pressure and many types of cancer.



They also reduce tooth decay by cleaning one’s teeth and killing off bacteria. It has also been suggested by Cornell University researchers that the quercetin found in apples protects brain cells against neurodegenerative disorders like Alzheimer’s disease.

Are other fruits as good for you as apples? Sure. All fruits are loaded with nutrients that are building blocks to good health. Bananas are loaded with potassium, blackberries are loaded with fiber, and strawberries contain vitamin C and fiber. Remember that each of us should be getting at least four to five servings of fresh fruit and vegetables every day.

CONTINUED ON PAGE 4

## Apple-Cinnamon Granola

Cholesterol-lowering oats and omega-3 fatty acids from walnuts make this tasty granola a powerhouse for heart health. Use it to top regular or frozen yogurt for a simple dessert, or enjoy on its own as a low-fat, fiber-rich snack.



### Ingredients:

3 cups regular oats  
1 cup whole-grain toasted oat cereal  
(such as Cheerios)  
1/3 cup oat bran  
1/3 cup finely chopped walnuts  
2 teaspoons ground cinnamon

1/4 teaspoon ground cardamom  
2 tablespoons butter  
1/3 cup applesauce  
1/4 cup honey  
2 tablespoons brown sugar  
Cooking spray  
1 cup chopped dried apple

Preparation: Preheat oven to 250°.

Combine first 6 ingredients in a large bowl, stirring well to combine. Melt 2 tablespoons butter in a medium saucepan over medium heat. Add 1/3 cup applesauce, honey, and brown sugar to pan, and bring to a boil. Cook for 1 minute, stirring frequently. Pour applesauce mixture over oat mixture, stirring to coat. Spread mixture in an even layer on a jelly-roll pan coated with cooking spray. Bake at 250° for 1 1/2 hours, stirring every 30 minutes. Allow to cool completely. Stir in chopped apple.

Note: Store granola in an airtight container up to one week.

## Abdominal Exercises to Strengthen Your Core

**A**bdominal exercises are an important part of a fitness program. Some reasons why you should pay more attention to these exercises in our routine:

1. Improves balance and stability.
2. Don't require specialized equipment or gym membership.
3. Helps tone abs.
4. A strong core prevents further back injuries and posture.

### How to Do the Bicycle Crunch

- Lie flat on the floor so that your lower back is pressed to the ground and your core is engaged.
- Put your hands beside your head & lift your knees to about a 45-degree angle.
- Slowly, at first, go through a bicycle pedal motion.
- Alternately touching your elbows to the opposite knees as you twist back and forth.
- Breathe evenly throughout the exercise.

Regular exercise can help you control your weight, reduce your risk of heart disease, and strengthen your bones and muscles. But if you haven't exercised for some time and you have health concerns, you may want to

talk to your doctor before starting a new exercise routine.

So what are the best core exercises for you? There are core exercises to match every fitness level – everything from the plank, to crunches and oblique twists. However, researchers at the University of San Diego recently studied various abdominal exercises and have agreed that the bicycle crunch is the best way to strengthen your abdominals.



## Fall Fitness

**F**all can be a great time to start a new fitness program because you can create good habits before the holiday season and upcoming winter months. Also, with the change of seasons comes a renewed time to rethink and restart.

Here are a few ways to start making the most of the season.

1. Take advantage of the weather. Go apple and pumpkin picking, or rake the leaves.
2. Be active while you watch TV. While watching your favorite television show, walk in place, do lunges or lift weights.
3. Think outside the box. Many new classes start in the fall. Use this time to try something you've always thought about learning – like dancing, zumba or yoga.
4. Get involved. Many communities host turkey trots and various charitable walks during the fall months. Watch your community papers for events that will keep you active and give back at the same time.

As with any new routine, try and remember the 30-day rule. It takes about four weeks for the body to adapt to lifestyle changes. After a month, behavior patterns will have adapted and it will be much easier to stick with it after that.

## EEG Coming to Mir Neurology

**M**ir Neurology and Spine Center is pleased to announce that we will soon be offering EEG testing and diagnosis for our patients. An electroencephalogram (EEG) is a test that measures and records the electrical activity of your brain.

Special electrodes are attached to our head and hooked by wires to a computer. The computer records your brain's electrical activity on the screen or on paper as wavy lines. Certain conditions, such as seizures, can be seen by the changes in the normal pattern of the brain's electrical activity.

An EEG is also useful in determining epilepsy, problems with consciousness or dementia, sleep disorders and nervous system disorders.

CONTINUED FROM PAGE 2

So, will an apple a day keep the doctor away?... probably not by itself.

However, enjoying this tasty and healthy crop of the season is an excellent start to maintaining a healthy diet.

### MISSION STATEMENT

To promote wellness by encouraging positive lifestyle changes.

To become a resource for the community by sharing our knowledge, expertise and experience.

To maintain a thirst for wisdom and knowledge striving for continuous improvement and excellence in all areas.



You can learn more about EEG testing by going to our website at [www.mirneurology.com](http://www.mirneurology.com)

## Like Us on Facebook to Receive Tips, Recipes and Other Freebies

**J**oin us on Facebook to receive tips, recipes and other freebies. Simply go to [www.facebook.com/MirNeurology](http://www.facebook.com/MirNeurology) and click the "LIKE" button.

Facebook is the most used social media networking site with over 800 million active users. By joining the Mir Neurology community you can access information and participate in discussions that are relevant to not only our patients, but to the community at large.

Once you have joined, send a quick email to [ddean@mirneurology.com](mailto:ddean@mirneurology.com) letting her know you've become a member of our community and to receive a free thank you gift.

