

ANNIE'S MAILBOX

Boyfriend's ex still a part of life

Dear Annie: "Ron" and I have been living together for more than a year. I love him and believe he loves me. We are both in our 60s and retired.

Ron is good to me in all but one way: He can't seem to cut off contact with his old girlfriend. He was still with this woman when we met, although he was the one who broke it off. He hadn't heard from her in months, and then she called him on his birthday. That started it.



Kathy Mitchell & Marcy Sugar

I told Ron I wouldn't share him and don't believe it is good for our relationship if he keeps in touch with her. I admit I went a little nuts at first, and it affected our relationship.

Ron told me he loves me and wants us to spend the rest of our lives together. I thought we were happy. Now I find that he is still in touch with this other woman. So far, it is only via Facebook, but I am afraid a personal meeting is only a matter of time. I can't understand why he doesn't see how much this hurts. It shows a total lack of respect for me and our relationship. I want to trust him, but it's hard when he lies. Any thoughts?

— *Expecting To Be Two-Timed*

Dear Expecting: You have two problems: The first is that Ron is undermining your relationship by staying in contact with this woman. The second is that you allow that contact to push all your buttons into hyperdrive. Not all communication between exes is threatening, but Ron seems determined to keep in touch with his, and this is not a good sign.

Talk to Ron as calmly as possible, and explain how hurtful and disturbing it is to you when he goes behind your back to contact his ex. If the answer doesn't resolve the problem for you, we don't know whether the relationship can be saved.

Dear Annie: We have boxes of memorabilia associated with each of our several children who are now in their 40s and 50s. Most of it is good report cards, honors and achievements, cute drawings they made, etc. However, some of it is not so good. We also kept the disappointing report cards, unfavorable teacher comments, letters and other documents that recall failures, problems and disappointments, etc.

We don't know what to do with all this stuff. Should we give each child their own things as is? Should we pass along only the good things? Should we toss all of it out? My husband favors giving them only the good stuff, but I would not have wanted my parents to make those decisions for me. What do you say?

— *Undecided Mom*

Dear Undecided: It's sweet that you still want to protect your children from their childhood flaws, but they are not fragile little flowers. They can handle disappointing report cards and failing notices from teachers. They've already lived through it. We vote to give them everything and let them decide what to keep.

Dear Annie: I, too, am a "Worried Driver." A few years ago, I purchased 100 bumper stickers on the Internet that say "Hang Up and Drive." We put one on our car, and my daughter and I have been handing them out to anyone who sees it and shares the sentiment. I have about 20 left, and when they are gone, I will buy more.

I am very passionate about this subject, but I would not risk my life to make a hand signal to a perpetrator. Most people who text or talk while driving think their business is more important than anyone's safety. But if they can read, they get the message.

— *Sandra in Fort Myers*

SLEEP SCIENCE FROM PAGE C1



Cliff and Laura Silverman talk with sleep consultant Claudette Parker at the Sit 'n Sleep in Palmdale.

RON SIDDLE/Valley Press

in sleep deprivation as the week goes on. People with short biological clocks may want to increase exposure to light at night and eliminate it in the morning. Night owls should reduce light exposure before bedtime and get bright light in the morning.

Most people regularly sleep with a partner, and some research has shown that people wake up more and have less deep sleep when they sleep with another person. Still, people generally say they are more satisfied with their sleep when they are with a loved one, despite different sleeping habits.

"Almost always, couples need different mattress conditions to get the best sleep possible," Miller said. "These days, sleep consultants can do body diagnostic tests and have a different firmness on each side of the bed."

"The tests take into account areas of pain, sleep positions, center of mass and recommends a firmness that's pretty dead on for every individual."

The AASM's study also showed that women, on the whole, get more

sleep and fall asleep faster than men. About 30% of women said they sleep eight hours or more on weekdays, compared with 22% of men, according to the National Sleep Foundation's 2005 Sleep in America Poll, which surveyed 1,506 people. A small study looking at the sleep of healthy young adults found women slept an average of seven hours, 43 minutes in a night, or 19 minutes more than men. And women took 9.3 minutes on average to fall asleep, whereas men took 23.2 minutes. The study, published in the journal *Chronobiology International* in 2005, followed 16 men and 15 women — a small but not uncommon number for sleep studies — over three nights in a sleep laboratory.

"It's important to replace your mattress every eight to 10 years as the internal parts break down," Miller said. "You can spend \$1,000 on a good mattress and use it for 10 years, one of the least expensive luxuries around. Instead of spending it at Starbucks, spend it on a good night's rest."

spaine@avpress.com

HEART ATTACK FROM PAGE C1

grief. In any event, love and marriage remain key contributors to longevity and other aspects of a healthy life, particularly for men.

We often hear that in long-married couples, one spouse is so profoundly affected by the death of the other that within a short period he or she dies of a "broken heart." In fact, the mortality rate soon after the loss of a loved one is significant, but should not be confused with the "broken-heart syndrome," called stress cardiomyopathy, which mimics a heart attack but has been known to reverse itself within a short period.

Recent research described in the January 2012 issues of *Circulation: The Journal of the American Heart Association* tells us that bereavement puts one at greater risk. The risk is 21 times higher than average the first day after the loss of a loved one, and then diminishes over the next month.

Elizabeth Mostofsky, M.P.H., Sc.D., a postdoctoral fellow in the Cardiovascular Epidemiology Research Unit at Beth Israel Deaconess Medical Center, in Boston, told me in an interview that "the grief associated with bereavement involves increased feelings of depression, anxiety and anger, and those have been shown to be associated with increases in heart rate, blood pressure, and tendency for blood clotting — all of which can lead to a heart attack."

Regarding those studied for actual heart attacks, Mostofsky said that "an important message from this study is that people dealing with the death of a loved one should recognize that this involves a period of acutely height-

ened risk."

Most often it is high blood pressure that we associate with heart disease, and this has not changed. The journal *Circulation* also reported that researchers at Northwestern University's Feinberg School of Medicine "concluded that bringing high blood pressure under control at any time reduces risk of disease."

Whatever the emotional roller coaster that love can bring, most people want to be in love, even in the face of the fact that so many relationships they see every day appear to be crumbling.

Consider one of the most comprehensive reports about marriage and health — the Lamberto

Manzoli Study in 2007 of 250,000 elderly adults in the U.S. and Europe. Its researchers determined "a significantly higher risk of death for those who were single, divorced, separated, and never marrieds in both genders."

Meanwhile, Dr. Edward O. Laumann, of the University of Chicago, says that men are trading up in terms of younger women. He noted: "The more sexually active men will die in the arms of a younger woman, whereas older women often die alone in nursing homes." Laumann is the analyst for the Global Study of Sexual Attitudes and Behavior, a survey of 27,500 men and women age 40-80 in 29 countries.

While many men often say that a dog is man's best friend, the dog may not be a predictor of good health. In any event, research shows that love and sex ease stress, boost heart health, fight aging and strengthen the immune system. If you are on the fence about "going to the chapel," February is the perfect month for "Takin' a Chance on Love."

Yoga in Quartz Hill
Yoga for Adults & Children
Morning & Evening Classes
661-339-0638
visit yogainquartzhill.com

HELPLINE

TODAY

- Hoffmann Hospice Children/Teens Grief Support Group — 5:30-6:30 p.m., 655 West Ave. Q, Suite A, Palmdale. (661) 272-2355.
- Heritage Clinic — 1037 West Ave. N, open 8:30 a.m.-5:30 p.m. Monday through Friday, offers no-cost mental health treatment and case management services to low-income seniors with Medi-Cal. (661) 575-9365.
- Compulsive Eaters Anonymous, HOW Concept — Meditation meeting, noon, Larry Chimbole Cultural Center, 38350 Sierra Highway, Palmdale. (661) 267-5656.
- ProCare Hospice — Children's eight-week group: ages 10-14, 3:45-4:30 p.m., 42442 10th St. West, Suite E, Lancaster. Call for enrollment. (661) 951-1146.
- Co-Dependents Anonymous — 7 p.m., Seventh-Day Adventist Church, 43824 30th St. West, Lancaster, the back building. (661) 944-4927.
- Beyond the Light — 1:30-2:30 p.m., Transitional Youth Services, 43423 Division St., Suite 107, Lancaster. (661) 947-1595.
- National Alliance on Mental Illness Family Support Group — 7 p.m., at the Desert Vineyard Christian Fellowship, 1011 East Ave I, in the Surf Shack room, Lancaster. (661) 341-8041.

TUESDAY, FEB. 14

- AV Al-Anon — 7-8 p.m., AV Hospital, Conference Room 4, Lancaster. (661) 718-3759.
- ProCare Hospice — Adolescents eight-week group ages 12-18, 5-6 p.m.; Adult eight-week group, 6-7 p.m.; Spanish-speaking adult eight-week group, 10:30-11:30 a.m., 42442 10th St. West, Suite E, Lancaster. (661) 951-1146.
- Ups and Downs/Anxiety — 11 a.m.; Dual Diagnosis Anonymous — noon; Co-Dependents Anonymous — 1 p.m.; AV Discovery Resource Center, 1609 East Palmdale Blvd., Suite G. (661) 947-1595.

Buy One Breakfast Panini Get 2nd Breakfast Panini FREE
With purchase of 2 regular drinks Expires 3/15/12

Camille's
sidewalk cafe
43901 15th St. W. Lancaster • 661.940.5878
www.avcamilles.com

Living Healthy
Connecting residents with community wellness resources
ProCare Hospice

When people hear the word "hospice," many thoughts come to mind. The belief for many people is that it means they are dying. Many patients and families have expressed that the term "hospice" itself scares them.

What hospice care is, is caring for those patients that are very ill and have a disease or illness, that if it runs its typical course, the individual will likely have 6 months or less to live.

However, it is not uncommon for people to improve while on hospice, and actually "graduate" off of hospice and return to their primary care doctors for routine care.

For those patients that do not improve, our goal is to provide the best nursing care, help with bathing, provide social work services, chaplain services, education, certain medications, and any medical equipment needed in the home... all to help make a very challenging and emotional time just a little bit easier for the patient and their family.

Pain management and comfort of the patient and support of their family members is the top priority. Availability of someone to call 24 hours a day, often helps the family feel more at ease to know that help is just a phone call away.

Another goal is to try to prevent

the patient from having to return to the hospital or the emergency room. We try our best to prevent this as it is typically very uncomfortable for a hospice patient to sit on a stretcher in the Emergency Room for a long period of time, and expose them to various illnesses.

Once a patient signs on to hospice, it is important for them to know that if they choose to come off of service at any time, they can. Typically we see this the most when

patients improve and actually no longer require hospice care.

ProCare Hospice is dedicated to our patients, their families and the community. Please feel free to contact ProCare Hospice at any time, if you have questions regarding the services we provide. Our address and phone number is, 42442 10th Street West, Suite D, Lancaster, 661-951-1146

Paid Advertisement

Living with Grief After Sudden Loss?
FREE Support Groups
ProCare Hospice of Antelope Valley
Professionals who care when caring matters most.
Call for details (661) 951-1146
For more information, or to advertise on this page, please call 940-5373.

Internal Medicine
K. Sivalingam, M.D., F.A.C.P.
43860 10th St. West
Lancaster
726-3724

Westside Collections
20% OFF 1st Month Services
For all medical collection/billing needs.
661-609-0723

Diseases of Ear, Nose & Throat Related Head & Neck Surgery
Phillip Whong, M.D.
Diplomate American Board of Otorhinolaryngology
Accepting NEW Patients **949-5353** Accepts Most Insurance
44215 N. 15th St. West, #304 • Lancaster

Beltone ...the place to go when you want to hear better.
Serving the AV for 40 Years!
Call Today for Your Appointment and a FREE Hearing Test.
Better Hearing Through Professional Care
753 West Lancaster Blvd.
942-4327 or 942-HEAR
Across from Performing Arts Center
Beltone Helping the world hear better
www.beltone.com

ANTELOPE VALLEY LUNG INSTITUTE MEDICAL GROUP
SLEEP DIAGNOSTIC CENTER
SYED S AHMED MD, FCCP
PRADEEP B DAMLE MD, FCCP
SHAN A NATHAN MD, FACP, FCCP
Certified American Board of Internal Medicine
Certified American Board of Pulmonary Medicine
Certified American Board of Critical Care Medicine
Board Certified in Sleep Medicine
• Bronchitis • Asthma • Emphysema/ COPD • Breathing Disorders Related to Sleep • Sleep Apnea / Sleep Study
• Insomnia / Narcolepsy • Pneumonia • Lung Cancer • Pulmonary Function Testing • Internal Medicine • Occupational Lung Diseases
Office Consultations • Most Insurances Accepted • Office Hours By Appointment
AV Lung Institute Medical Group
1331 West Avenue J, Suite 101
945-8717
Additional Offices in Ridgecrest (760) 446-4656 & Tehachapi (661) 822-5544
Sleep Diagnostic Center
1601 West Avenue J, Suite 204
949-1550

SPAY & NEUTER WEB SPECIAL DISCOUNT!
Apply Online at:
www.quartzhillveterinary.com
Quartz Hill Veterinary Clinic
Also Available... Low-Cost Vaccination Clinic Every Thursday from 5pm-7pm
Monday-Friday 8am-7pm Saturday 8am-1pm
42237 50th St. West, Quartz Hill • 661-943-7896