

HealthWise

Summer 2008

Improvements continue at WCH

As we move forward with our renovation and modernization project, Wayne County Hospital (WCH) continues to focus on providing the best patient experience and outcomes. Areas receiving attention in the past year include:

- ✓ Continued commitment to modern medicine and equipment as shown by the installation of a new chemical analyzer in the laboratory, providing reliable test results; new operating-room lights improving visibility and a new anesthesia cart with improved patient monitoring capabilities in the surgical department; plus a state-of-the-art high-definition digital imaging system for laparoscopic surgeries, providing a more efficient environment for surgical procedures.

- ✓ Opportunities for staff to improve their skills through “CareLearning.com,” an online continuing-education program designed specifically for hospital personnel.

- ✓ Hospital efficiencies, such as our new clinical documentation system. We established a wireless network providing Internet access throughout the facility, which permits mobile, computerized charting by our clinic staff and provides our visitors access to stay in touch with family and friends while visiting loved ones.

We’re committed to providing an exceptional experience for our patients and know this ultimately comes from the heart and soul of our staff. ●

Buy a brick for the
WCH Patio of Progress.

Proceeds go toward the
WCH renovation project.

Call **641-872-2260, ext. 327.**



**Drop
the pop!**
Opt for healthier
drinks

**Obesity
and activity**
Finding the
right balance

Adult asthma
What you need
to know

**Cholesterol
lowdown**
3 steps to better
levels

Don't let obesity prevent activity



Trying to be active when you're obese can be challenging: It may be difficult to find exercise equipment that supports you. Bending or moving a certain way may feel impossible. You may be self-conscious exercising around other people.

But activity is essential to a healthy lifestyle. And you can be physically active no matter what your size.

GET PHYSICAL

Before you start any physical activity, talk with your healthcare provider. Experts recommend at least 30 minutes of moderate activity on most, if not all, days to help you maintain a healthy weight. But you'll need at least 60 minutes a day to drop excess pounds.

If that sounds overwhelming, break up your daily exercise into manageable bites—for example, three or more 10-minute sessions.

Consider the following three types of activity:

1 Nonweight-bearing workouts put less stress on your joints because you're not lifting or pushing against your weight.

Great activity: Water workouts

Why it works: You can bend and move in ways that may not be possible on land. And the water keeps you cool while you're hard at work! Check your local recreation center or pool to see whether it offers classes with certified instructors. A group water aerobics class is a great way to get motivated.

Great activity: Bicycling

Why it works: Biking doesn't put stress on any one part of the body; instead, it evenly distributes weight over your arms, back and hips. It's also flexible: You can pedal away on an indoor stationary bike or outdoors on a road bike. Or try a recumbent bike: You're not seated upright and the seat is wider, so you may be more comfortable.

2 Weight-bearing activities force you to lift or push against your body weight. You don't need special equipment to benefit.

Great activity: Walking

Why it works: It gets you moving and is easy to do. Start slowly. Walk for up to five minutes a day for the first week. When you feel comfortable, slowly add time to your walks each week. You can also start to walk faster.

3 Lifestyle activities such as vacuuming count toward your daily physical activity and can help improve your health. You can also modify some activities to make them harder.

Why it works: Physical activity doesn't have to be planned. For instance, ditch the TV remote and get up to change the channel and march in place during TV commercials. Skip the elevator and take the stairs or walk to your co-worker's office instead of calling or e-mailing.

If you're still not sure how to get started, talk with your healthcare provider. And remember: No matter what activity you choose, any amount of movement is a step to a healthier you. ●

Kick the can

Why you should nix the soda pop

Sugar-sweetened soft drinks are the beverage of choice for many people. And they're the largest single source of calories in the American diet, contributing more than 7 percent of your daily calories.

Unfortunately, the bubbly beverage provides no nutrients. And some studies have linked soda pop to a host of health problems.

POP GOES THE SODA

A study published in the journal *Circulation* found that people who drink more than one 12-ounce can of soda a day—including the diet variety—had a 44 percent higher risk of metabolic syndrome compared with nonsoda drinkers. Metabolic syndrome increases your odds of developing heart disease and type 2 diabetes. It occurs when three or more of the following risk factors are present: high blood pressure, elevated levels of triglycerides (a type of blood fat), low levels of heart-protecting HDL cholesterol, high fasting blood sugar levels and larger waist sizes.

Why sugar-sweetened soda and diet soda seem to increase the risk isn't known, but health experts have several theories:

- Pop's sweet taste may make soda drinkers crave more sugary, fattening foods.
- The caramel in soft drinks leads to specific metabolic changes that result in insulin resistance.
- Drinking large amounts of calorie-laden liquids doesn't fill people up the way solid food does, so they eat a lot on top of all those soda calories.
- People who drink soda may have less healthy diets to begin with.

Other studies have linked soda consumption to nighttime acid reflux. And, as with any sugar-packed food item, soda can lead to cavities. All sodas also contain phosphoric acid, which can interfere with the body's ability to absorb

calcium—an essential nutrient for strong teeth and bones.

In general, drinking more soda pop than healthier beverages like milk can put you at risk for vitamin and mineral deficiencies, so it's not only what's *in* soda pop that's a cause for concern, but what's *not* in it. Either way, soda pop is a lose-lose health situation. ●

> So long, pop! 5 healthier stand-ins

Soda isn't the only game in town. Plenty of other healthy beverages can help quench your thirst:

1 Water is the ideal drink, but if you find it a little blah compared with pop, dress it up with a slice of lemon or a little squirt of orange or cranberry juice.

2 Skim milk doesn't contain any fat, and it provides you with bone-building calcium.

3 Fruit juice is a great way to start your day. Just make sure it's 100 percent juice—and not a cocktail of a little fruit juice and a whole lot of high fructose corn syrup. Even 100 percent juice is high in calories and sugars, so keep an eye on your intake.

4 Seltzer can satisfy that craving for fizz. Give plain seltzer a twist by adding a little fruit juice.

5 Vegetable juice helps you get more daily servings of vegetables. Make sure to select low-sodium versions.



HealthExtra

{ WELLNESS NEWS FROM THE WORLD OVER }

> Red alert! It may not be acne



You thought you'd left acne behind in your teens, but there it is, a rash in the center of your face that slowly progresses to your cheeks, forehead, chin and nose. Not about to go through that again, you head

to the dermatologist only to learn it's rosacea. Rosacea (pronounced row-say'-sha), with its redness and pimples, usually develops in fair-skinned adults ages 30–50. To reduce symptoms and prevent flare-ups, the American Academy of Dermatology suggests you:

- **Be careful.** Avoid triggers—hot drinks, spicy foods, caffeine and alcoholic beverages—that may make your face flush. Keep a diary of flare-ups and note associated foods, drinks, medicines, activities or facial products to help you identify triggers.

- **Be sun-shy.** Limit sun exposure and use a broad-spectrum sunscreen with an SPF of 15 or higher whenever you leave home. Reapply every two hours.

- **Be cool.** Avoid extreme temperatures, both hot and cold.

- **Be gentle.** Don't rub, scrub or massage your face.

- **Be smart.** Stay away from products that contain alcohol. Talk to your doctor about treatment for a flare-up.

> Saving lives in 5 easy steps

Taking advantage of that ounce of prevention could mean a pound of cure for more than 115,000 people every year. That's according to a study by the National Commission on Prevention Priorities, which suggests tens of thousands of lives would be saved if 90 percent of Americans adopted these five healthy habits:

1. **Have an aspirin a day.** If 90 percent of U.S. adults took a preventive aspirin, 45,000 lives would be saved each year. People who benefit include those who have had a heart attack or a stroke or who face a higher risk of having one. Always talk with your healthcare provider first before you start any regimen.

2. **Quit for good.** If adults who smoked were given medication or other assistance to kick the habit, 42,000 more might live.

3. **Get saved by a screen.** Getting colorectal cancer screenings would save an additional 14,000 lives. Fewer than half of adults ages 50 and older get them now.

4. **Get shot.** About 12,000 lives would be saved if another 53 percent of adults ages 50 and older got an annual flu vaccination.

5. **Get a mammogram.** For nearly 4,000 women ages 40 and older, getting mammograms once every two years would be the life-and-death difference.

You can extend your life span with some simple actions.



> Love your liver

Did you know you can help prevent many diseases by taking care of your liver? Your liver processes everything you eat, drink, breathe and absorb. It helps digest alcohol and most drugs, breaks down toxins and converts food into energy—just to name a few functions. The American Liver Foundation says that to maintain a lively liver, you should:

- **Be cautious with chemicals.**

Handle harsh cleansers, aerosol products and insecticides with care and use only as directed. Avoid tobacco. Be careful taking over-the-counter and prescription medications and ask your doctor or pharmacist about drug interactions and determining safe doses of vitamins, nutritional products and herbal remedies.

- **Use diet discretion.** Cut down on fried, fatty foods. Enjoy a variety of fresh fruits and vegetables, whole-grain breads, rice and cereals. Maintain a healthy weight and exercise regularly.

- **Go softly on spirits.** Men should limit alcohol intake to no more than two drinks a day, and women shouldn't have more than one drink. If you've been diagnosed with liver disease, avoid alcohol completely.

New rehabilitation therapy center opens

Wayne County Hospital (WCH) is delighted to announce the opening of our new Rehabilitation Services Center. Located at the northwest corner of the WCH campus near the cafeteria, the new Center provides easy parking and convenient patient access. Home to the Physical, Speech and Occupational Therapy specialties, this previously vacant space has been entirely renovated by the WCH Plant Operations crew. The relocation of this department was necessary to provide space for the Emergency Department expansion.

Patients coming for therapy treatment will enjoy the attention to detail given to providing a comfortable and efficient setting for patient care. The facility is fully carpeted and features four private treatment rooms with individual call lights and adjustable tables in each room. The separate gym area is enhanced by large windows and is fully equipped for therapeutic exercise with two handicapped-equipped recumbent step machines, an upper body exerciser, two mat tables, a treadmill, plus a paraffin heat-therapy bath.

Our Rehabilitation Services Team is trained to assist in the management of individual rehabilitative needs, and is skilled in a variety of treatment options. Patients are seen by physician referral for conditions relating to disabilities due to injury, strain, disease or postoperative therapy. Early treatment or intervention can often relieve pain and prevent permanent damage. We also provide ergonomic studies, work-site education, work-hardening training, injury prevention programs and a urinary incontinence clinic. For more information about these special services, please call us at **641-872-2260, ext. 246**.

We're excited to welcome you into our new home. ●



David Carroll, P.T., Director,
Rehabilitation Services

Debbie Hullinger, P.T.A.
Debbie Hullinger, P.T.A.

> Make meals a family affair

You may often think nothing you say or do gets through to your teenager but—surprise!—you're wrong. Teens who eat meals with their families are more likely to retain good eating habits, consume more fruits and vegetables, get more nutrients and drink fewer soft drinks, says research published in the *Journal of the American Dietetic Association*. Teenagers who were surveyed and said they had seven or more meals a week at home with their families were questioned again about their eating habits at age 20. Researchers found that these young adults ate more servings of fruits and vegetables a day than those who never ate with their family as teens. They were also more likely to eat breakfast and dinner and place a high priority on meal structure and social eating. The study concluded that family meals give parents the chance to expose teens to healthful food choices and to model healthy eating habits.

> Just say 'no' to imported drugs

Many Americans continue to buy prescription medicines online, having them mailed from foreign countries. U.S. Food and Drug Administration (FDA) investigators, examining more than 2,000 drug packages, found that 88 percent contained medicines available in the United States. Dietary supplements, products with incomprehensible or illegible labels and medicines not available in the United States made up the balance. More than half the products had an FDA-approved generic version. Moreover, about half the sampled products are available in

several national drugstore chains for \$4, which is often less than shipping costs for drugs purchased online. Experts believe that consumers are attracted to online medications because they don't require a prescription—and hence, don't require a doctor visit—instead of any potential monetary savings. People taking several drugs examined during the investigation—including antibiotics, antidepressants, blood thinners and thyroid hormone replacements—require special monitoring by a healthcare provider to prevent dangerous complications. The FDA warns consumers that Internet drug sellers are unregulated and many of their products contain the wrong ingredients or toxic substances.

> Move free: Practice tai chi

Not every exercise regimen requires vigorously pumping your arms and legs and drenching yourself in perspiration. One ancient exercise form, tai chi, involves a routine of slow, relaxed and graceful movements. Each movement flows into the next as you breathe deeply and meditate. The National Center for Complementary and Alternative Medicine says tai chi may help you:

- improve muscle strength, coordination, balance and flexibility
- ease pain and stiffness, such as from arthritis
- improve sleep
- reduce stress



You're *never* too old for asthma

It can strike at any age

If you think you're too old to develop asthma, think again. While many people develop asthma in childhood, the condition can appear at any stage of life.

Unfortunately, some cases of adult-onset asthma may go undiagnosed. Most adults naturally have a decrease in lung capacity after middle age, which may lead you to overlook asthma as a possible source of breathing problems. Asthma can also mimic the symptoms of illnesses that appear in older adults such as hiatal hernia, rheumatoid arthritis, heart disease or chronic obstructive pulmonary disease.

Left untreated, asthma can cause an even greater loss of lung function. Your best defense is to learn how to recognize the disease so you can seek help to manage it.

THE FACE OF ASTHMA

What causes asthma to develop later in life isn't known, though factors such as heredity, allergies, certain illnesses and viruses, obesity, hormonal fluctuations in women and exposure to certain household cleaners have been linked to increased risks. Symptoms include:

- a wheezing sound when you breathe (sometimes only when you have a cold)
- a dry cough, especially at night or in response to allergic triggers; the cough may also produce mucus
 - shortness of breath
 - chest tightness
 - chest colds or colds that last for 10 days or more

Adults who are newly diagnosed with asthma usually have persistent symptoms and may need daily doses of asthma medicine.

MAKE A PLAN AND STICK WITH IT

If you have asthma, two written plans for how to manage your asthma—daily and emergency plans—can provide peace of mind.

[1] A daily self-management plan outlines the steps needed to control and monitor your asthma and



includes a list of medications and instructions on how to take them.

[2] An asthma action plan describes how to prevent and treat sudden asthma attacks, as well as when you should seek help. If you aren't sure what to put in the plans, ask your healthcare provider to help you draft them. When you have the plans in place, share them with someone who could help during an emergency. Keep copies in your wallet or purse in case you're away from home when the next attack occurs. ●

> The asthma-hormone therapy link

A Harvard Nurses' Health Study discovered that women who take estrogen supplements for 10 years or more following menopause were more likely to develop asthma than women who had never taken estrogen, suggesting female sex hormones may play a part in asthma risk. If you take hormone therapy, ask your healthcare provider about the link between hormones and asthma, particularly if you smoke.

Curbing cholesterol

Tame yours in 3 simple steps

High cholesterol—especially high levels of LDL, or bad cholesterol—increases your risk for heart disease. Having low levels of HDL, or good cholesterol, can also greatly increase that risk.

But there's good news: You have the power to change your cholesterol numbers. All you need is a little TLC.

GET WITH THE PLAN

To help you meet your cholesterol-reduction goals, the National Institutes of Health has devised the Therapeutic Lifestyle Changes (TLC) plan.

Ideal total cholesterol is considered anything under 200 mg/dL. Breaking those numbers down even further, your ideal HDL should be 60 mg/dL or higher. LDL should be less than 100 mg/dL.

The TLC plan can help you reach those cholesterol goals with the following three steps:

1 Eat a heart-healthy diet. TLC specifically calls for you to have:

- Less than 7 percent of your daily calories from saturated fat. For example, if you consume 2,000 calories a day, your daily saturated fat intake should be no more than 13 grams.
- Less than 200 mg of cholesterol daily.
- 25 percent to 35 percent of daily calories from total fat (including saturated fat).
- 2 grams a day of plant stanols or sterols, found in small amounts in plant foods such as fruits, vegetables, nuts and seeds, and some salad dressings and margarines.
- 10–25 grams daily of soluble fiber, found in oatmeal, fruits and beans.

2 Get active. Regular physical activity helps you manage your weight, which can lower cholesterol. Keep these exercise tips in mind:

- Try to get at least 30 minutes of moderate-intensity activity—brisk walking, gardening and house cleaning—on most, if not all, days. (Talk with your healthcare provider first if you have a health condition.)
- Break up your exercise sessions into 10-minute intervals if you're pressed for time or can't handle longer times.
- Step up the pace as you get stronger.

3 Lose weight. By following the first two parts of the program, you're well on your way to shedding excess pounds. Consider, too, the following:

- Checking with your doctor to determine what your healthy weight is. A BMI of 25 or higher and a waist measurement of 35 inches or more for women and 40 inches or more for men equals excess weight.
- Losing weight gradually, about one to two pounds a week, is safest.
- Watching your fat intake is important, but you need to count calories, too. Fat-free or low-fat food doesn't necessarily equal fewer calories.

When cholesterol levels just won't budge, you may need cholesterol-lowering medicine to supplement your new heart-healthy habits. ●

Ideal cholesterol

Type	Optimal level
HDL	>60 mg/dL
LDL	<100 mg/dL
Total	<200 mg/dL





An Affiliate of Mercy Medical Center

New patient apparel a hit

Tired of those old, open hospital gowns, that never stayed in place? We've heard your concerns. Wayne County Hospital continues to lead the way when it comes to your comfort and care and recently introduced Karen Neuberger Hospitalwear™ for patients. Developed a few years ago, the Karen Neuberger® product line was created in response to healthcare organizations' desire to improve the comfort and dignity of patients while in a hospital setting.

The soft fabric, comfort-inspired garments have performed well when put through rigorous hospital laundry performance tests. In addition to providing comfort, the design offers functional features and benefits pertinent to the hospital setting such as full coverage in the back, openings below the neckline and snaps along the sleeves to give clinical personnel instant access while maintaining a patient's comfort, dignity and privacy. The innovative wraparound ties make it easy for patients to use and keep in place while moving around.

"We are very excited to offer this superb hospitalwear to our patients," says Sheila Mattly, Chief Nursing Officer. "Our selection includes an IV/telemetry gown, a drawstring pant and a special mammogram gown all created from the Karen Neuberger brand signature soft cotton/poly blend fabrics. Not only are they more

comfortable and convenient for the patient, they also give nurses easier access to IV lines, while continuing to provide privacy for the patient."

Wayne County Hospital continues to focus on patient satisfaction and providing quality care. "Our continued commitment is to enhancing the patient experience and providing a comfortable healing environment. Patients have expressed their surprise and absolute delight at the comfort and coverage the gown provides," says Brian D. Burnside, CEO. ●



KN® gown front



KN® Mammography gown

HealthWise is a community educational service provided by

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Brian D. Burnside, CEO

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