



Affiliate of Mercy Medical Center Des Moines, Iowa

HealthWise

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Digital mammography at WCH

Wayne County Hospital (WCH) offers the latest diagnostic technology available in mammography with the introduction of our new Selenia™ digital mammography machine from Hologic® for breast cancer detection. This state-of-the-art system is equipped with the R2 CAD ImageChecker, which uses a diagnostic process to double-check each image for any suspicious areas and identify the areas the radiologist should further review.

Digital mammography provides improved clarity, increasing the physician's ability to detect cancer and other abnormalities. The radiologist can magnify the images and adjust the contrast for better detection. Earlier detection means a higher success rate when treating cancer. "Our investment in digital mammography supports our commitment to improve breast care in our region," says Katie Newton, R.T.(R)(M), Radiology Department Director.

The WCH Radiology Department, supported by the PACS digital image archiving system, is networked to accurately store and retrieve digital images. This system allows providers at multiple locations to view and interpret images simultaneously.

From a patient's perspective, digital mammography feels identical to conventional screening. Since there is no waiting for film to be developed, patients will notice shorter exam times and a reduction in the need for repeat exams due to improper film exposure.

For more information or to schedule a mammogram, call the WCH Mammography Department at **641-872-5247**. ●

4WCH



Surprising germ hot spots

Back pain
5 common reasons

Cut calories and feel full

Stress-busting techniques

Feel full without adding calories

Cutting calories doesn't have to mean feeling hungry. Choose what you eat carefully and pay more attention to how you eat and you'll find you can shave calories from your diet without sacrificing the satisfaction of a full tummy. These tips can help.

Rethink your drink. A glass of water quenches your thirst just as well as soda, juice or any other beverage. Even better, water is calorie-free, so you can drink as much of it as you like without sabotaging your weight loss. If plain water sounds boring to you, try adding a splash of fruit juice or garnish with a citrus or cucumber wedge. Or, try sparkling water.

Bring on the veggies. Vegetables are high in dietary fiber and water content, two of a dieter's best friends because they help you feel full. They're also rich in vitamins and nutrients and usually quite low in calories. So, eat them generously. Try adding carrots to red sauces. Increase the amount of beans you might normally put in your chili. Top pizzas with slices of squash and florets of broccoli. And when you include vegetables as a side dish, get into the habit of filling half your plate with them.

Crunch on carrot and celery sticks instead of chips. A cup of sliced carrots has just 50 calories, while an ounce of chips has 150. Besides being a satisfying snack, fresh vegetables have lots of nutrients those chips lack. Can't resist the urge to dip? Reach for hummus or bean dip, or choose light versions of your favorite ranch or French onion dips.

Satisfy your sweet tooth with fruit. Have a hankering for a sugary dessert? Try fresh berries instead. You can even add a sprinkle of sugar or sugar substitute. Or release the natural sweetness of apples, peaches or pears by heating them in a saucepan, oven or microwave.

Choose low-fat or fat-free dairy. Do you like your entrees dripping with melted cheese? Can't quite shake

your milkshake habit? Screaming for ice cream? Switching to lighter varieties is an easy way to save on calories, and you may find that you can't even tell the difference. Even swapping out the half-and-half you put in your morning coffee for skim milk can make a difference over time.

Allow yourself the occasional treat. While store shelves are stocked with low-calorie versions of just about everything these days, sometimes it seems that only the real deal will satisfy your deepest cravings. So, indulge a little—just not too often. ●

HealthExtra

{ WELLNESS NEWS FROM THE WORLD OVER }

> Moisturizers fall short on sun protection

Skin creams make a lot of claims, but they may not all be true—especially if the statements involve broad-spectrum protection against two of the sun's powerful rays: UVA (which are less intense rays that penetrate deeper into the skin) and UVB (which damage the skin's more superficial layers). Both rays can contribute to cancer. In study results published in the *Archives of Dermatology*, only six products out of 29 actually protected skin adequately against wrinkle-causing UVA rays. Researchers say the duds didn't contain the right mix or concentration of ingredients. The Food and Drug Administration doesn't regulate

UVA protection in these products. (The SPF, or sun-protection factor, rating on a label refers to UVB protection). While the brand names weren't mentioned in the study, researchers noted that price didn't indicate a product's effectiveness. Instead, when purchasing a product, look for ingredients that provide good UVA protection. The study says that includes more than 2 percent avobenzone with more than 3.6 percent octocrylene (7 percent to 10 percent octocrylene is even better), with or without ecamsule at 2 percent; or zinc oxide at more than 5 percent.

> Is there a diabetes and breast cancer link?

New research published in the *Journal of Clinical Oncology* suggests that having both breast cancer and diabetes can greatly increase a patient's chance of dying. In six out of seven previously published studies used in their analysis, researchers found that breast cancer patients who also had diabetes were more likely to die than those who didn't have the condition—50 percent more likely on average. Researchers

discovered that women with type 2 diabetes tend to have their breast cancer diagnosed later or be in poorer overall health, which decreases their ability to tolerate some chemotherapy drugs. Or, doctors may decide to treat the cancer less aggressively than that of women who don't have diabetes. While these are preliminary findings, they offer another reason to reduce your risk for diabetes, or keep it under good control if you have the disease. By eating healthy foods (plenty of fruits, vegetables and whole grains), getting at least 30 minutes of activity a day and shedding excess pounds—losing just 5 percent of your body weight can help—you'll be doing your part.

Only **six skin creams out of 29 tested** actually protected skin adequately against wrinkle-causing UVA rays.

—*Archives of Dermatology*



More than half of Americans now take vitamins.

—Centers for Disease Control and Prevention

> Vitamin use is common among Americans

Got vitamins? If you're like most Americans, the answer probably is yes. More than half of Americans now take vitamins, according to the Centers for Disease Control and Prevention. For most, this means a daily multivitamin. But other supplements are becoming more common. Women ages 60 and older, for instance, are increasingly taking calcium supplements. And use of vitamin D supplements has increased among both men and women in all age groups.

Are vitamins and other supplements really necessary? Some experts say no. For most people, it's best to get nutrients from food. But they can be a wise choice for people who have difficulty eating a balanced diet or have special dietary needs. This includes people who eat fewer than 1,600 calories a day, pregnant women, vegans and vegetarians and those with certain health conditions. Not sure if you need one? Your doctor can help determine if supplements are a good idea for you. If you choose to take

them, keep these guidelines in mind:

- **Read labels carefully.** Check to see what's in a supplement, and keep an eye on expiration dates.

- **Avoid megadoses of vitamins.** Choose a vitamin that contains about 100 percent of the daily value rather than one that has, for example, 1,000 percent. Calcium is the exception to this rule: It is best when a person consumes no more than 500 mg at one time; therefore, a person who takes 1,000 mg/day of calcium should split the dose.

- **Be aware of government advisories.** The Food and Drug Administration posts alerts and issues on their website.

Remember, a vitamin supplement is not a substitute for a balanced diet.



Because time doesn't heal all wounds ...

Wayne County Hospital is pleased to offer the services of our wound-care specialists at our new Wound Healing Center. Focused on providing specialized care for patients who suffer from nonhealing or problematic wounds, the Wound Healing Center is located in the Specialty Clinic of the Wayne County Hospital.

Most wounds will heal within a two-week period. However, when a wound does not heal easily it is usually due to infection, blood flow issues, diabetes-related complications, poor nutrition or an unsuitable healing environment. These wounds require special attention and treatment to aid the healing process. Patients receive the care needed to help chronic wounds heal more quickly.

A TEAM EFFORT

To facilitate the healing process, patients and their families or care providers are shown how to care for the wounds at home. This combination of coordinated care and advanced treatment methods leads to excellent outcomes.

Under the direction of Cindy Salsberry, M.S.N., ARNP, the Wound Healing Center accepts referrals from primary care providers, long-term care facilities, specialty clinic providers and self referrals. Appointments may be made by calling **641-872-5259**.



4WCH

Turn a bad day around!

Everyone has bad days. Maybe you got off to a late start, got stuck in traffic and then spilled coffee on your new shirt—just before a big meeting you’ve been stressing about for weeks. It may seem that once a bad day gains momentum, you can’t do anything but hope for a better tomorrow.

Fortunately, you *can* stop bad days in their tracks. Stress-busting techniques such as these are just what you need to turn them around.

Get active. Exercise triggers the release of endorphins—“feel-good” chemicals—in your body and refocuses your attention on your movement, giving you a mental break from your worries. Even modest activity can boost your mood and energy. So, take a brisk walk or try to squeeze in a lunch-hour visit to the gym.

Connect with others. It may be tempting to retreat and isolate yourself, but the support of friends and family

can be invaluable. Chances are, they can relate to your feelings. And, as living, breathing reminders of the good things in your life, they can help retool your perspective. Reach out to those you care about, even if you have time only for a quick e-mail, text or phone call.

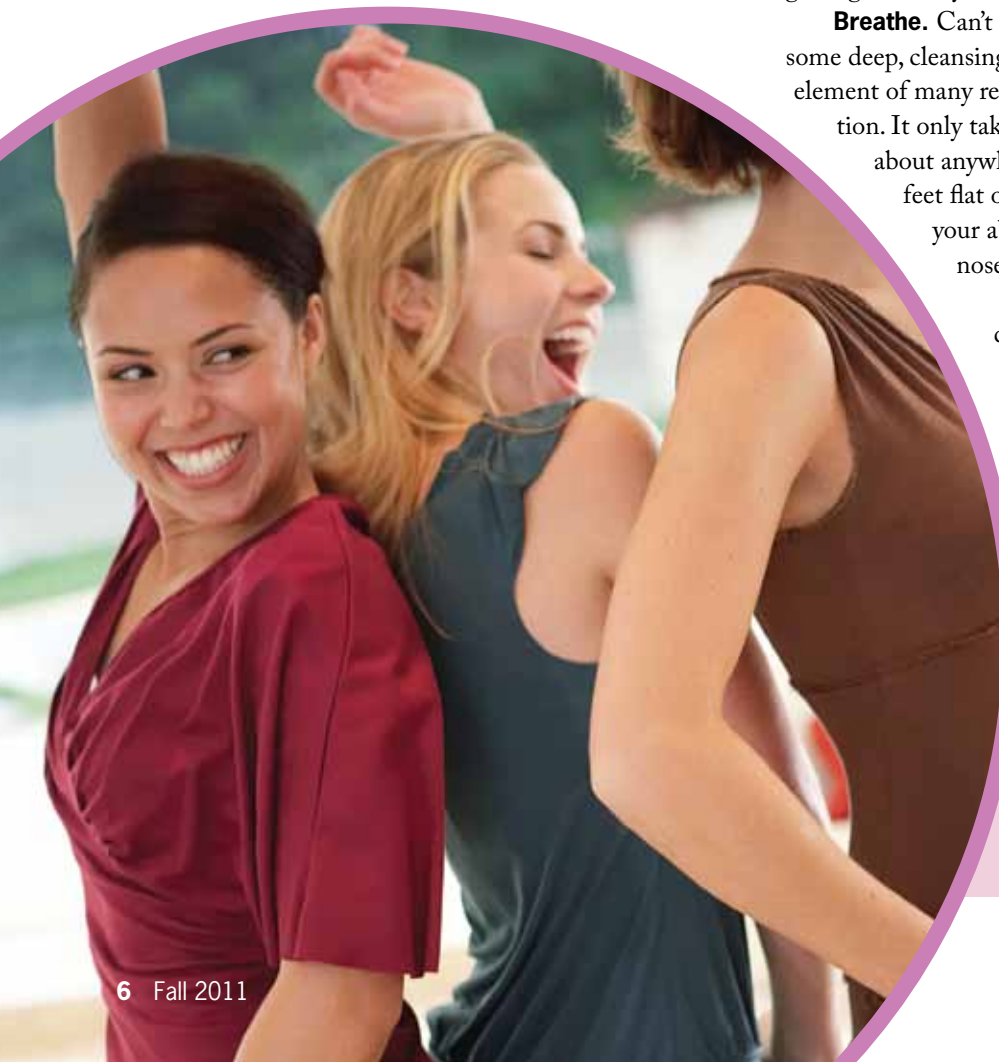
Laugh it off. Hear any good jokes lately? Maybe you should seek some out. Laughter produces physiological changes in the body that help disarm your stress response. You may actually feel the tension easing in your muscles with a hearty laugh. You get bonus points if you can find humor in and laugh at the trials of your bad day.

Crank up some tunes. Nothing uplifts and inspires quite like music. Whether you prefer soothing instrumentals or electronic dance hits, a few minutes of your favorite music can leave you feeling recharged. Let loose with some funky dance moves (and release some mood-improving endorphins while you’re at it) or belt out some lyrics before getting back to your day.

Breathe. Can’t get away for even a quick break? Try some deep, cleansing breaths. Focused breathing is a key element of many relaxation techniques, such as meditation. It only takes a few minutes and can be done just about anywhere. Sit upright in a chair with your feet flat on the floor. Take deep breaths from your abdomen, inhaling slowly through your nose and exhaling through your mouth.

Remember, while we all have off days, if you feel overwhelmed by stress, or if feelings of depression or anxiety interfere with your everyday life, seek help. ●

Let loose with some funky dance moves or belt out some lyrics before getting back to your day.





5 reasons your back hurts

Sometimes you know just why your back hurts. You may have strained the muscles that support your spine while moving furniture or lifting heavy boxes. Maybe you have some lingering discomfort from a past injury. Poor posture, aging, being overweight or obese, sleeping on an unsupportive mattress and conditions such as osteoporosis or arthritis are all widely recognized causes of back pain.

At other times, you can't pinpoint why your back bothers you. You might want to consider some of these factors that can—perhaps surprisingly—lead to back pain.

1 SITTING AT A DESK ALL DAY If you work in an office, you may spend much of your time slouched in an office chair, perhaps typing on a keyboard that sits higher or lower, closer or farther away than it should. You may find yourself twisting around to grab items from shelves, rather than standing to retrieve them, and so forth. These activities can take a toll on your back.

2 BAD POSTURE WHILE DRIVING Good posture is important in everything you do—walking, standing, sitting and even driving a car. This is especially important for those who have a long commute and log many hours each week behind the wheel. Just as your office chair should support your back, so should your driver's seat.

When you drive, your knees should be about level with your hips. You should be able to reach the controls without leaning or stretching, but you shouldn't sit too close to the steering wheel, either. The National Highway Traffic Safety Administration advises keeping at least a 10-inch distance between your breastbone and the center

of the steering wheel to minimize the risk of injury should the airbag deploy.

3 BAD FORM DURING EXERCISE We often think of exercise as a way to prevent back pain—and with good reason. Losing weight and strengthening the muscles that support your back are two of the best things you can do to prevent backaches. But if you're lifting weights incorrectly or using the wrong posture for other exercises, you could end up doing more harm than good. A personal trainer can show you the proper positions for each exercise and guide you toward optimal posture for performing them.

4 SMOKING Smoking can prevent key nutrients from reaching tissues in the body, including the disks in the back. Smoker's cough can be an issue, too, as it may cause wrenching of muscles in your body. In addition, nicotine inhibits the absorption of the calcium that's so essential in keeping bones strong. In fact, smokers have double the risk of osteoporotic fractures than nonsmokers. Smokers also tend to heal more slowly, so it can take longer for backaches to ease.

5 HIGH-HEELED SHOES Wearing high heels throws off your natural balance and center of gravity and requires muscle groups to work in different ways than the body is intended to naturally.

If you must don those stilettos, wear them only for short periods. Consider packing a pair of flats in your bag so you can make a switch if your high heels become uncomfortable. ●

HealthWise is a community educational service provided by

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Lineville Medical Clinic **641-876-2070**
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South Central Iowa Medical Clinic **641-872-2063**

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Affiliate of Mercy Medical Center Des Moines, Iowa

Introducing Mike Thomas

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ayne County Hospital (WCH) is pleased to announce that Mike Thomas has joined the organization as Associate Administrator. Mr. Thomas brings extensive healthcare experience in operational and financial management, revenue cycle management and project management (including implementation of electronic health records), as well as human resources, regulatory compliance and strategic planning. He has extensive knowledge of hospital and clinic collaboration and has experience in provider recruitment, clinical protocols and integration of ancillary services and staff.



Michael A. Thomas

"We are extremely fortunate to have someone with Mr. Thomas' operational expertise and clinical background joining the organization. His enthusiasm and belief in our goals make him a tremendous asset," says Daren Relph, CEO.

Most recently, he served as founding owner and Chief Operations Officer of Innovative Solutions, LLC, as well as Vice President of Operations and Clinical Services at the Britton Center in St. Paul, Minn.

A RETURN TO HIS ROOTS

A Corydon native and graduate of Wayne Community High School, Mr. Thomas continued his studies in business administration with an emphasis in healthcare management. He has maintained his connection to WCH over the years as a PRN Critical Care Paramedic Specialist and was previously the Director of Ambulance Services at WCH.

Mr. Thomas' family includes his wife, Abbey, his daughter, Michaela (age 12) and son, Nicholas (age 8). Abbey is originally from Albia, Iowa, and they both enjoy the small-town way of life and have a strong commitment to community involvement.

LOOKING TO THE FUTURE

Mr. Thomas states, "It is with loyalty and commitment to the future of Wayne County that I proudly accept the position of Associate Administrator. Although I have sought additional education and experience outside of the county, it was with the steadfast goal of returning with my own family, so that I can make a difference and impact the future of Wayne County and WCH." ●