

HealthWise

Fall 2008

Construction Q & A

Q: What is the current timeline for the construction project?

A: Several different construction project phases are taking place simultaneously. Our target project completion date for each area is as follows:

- New Emergency Department—Fall 2008
- Renovated Imaging and Laboratory areas—Winter 2008
- New Patient Care Wing—Spring 2009

Q: What will be different in the new Emergency Department?

A: Designed with special attention to patient privacy, individual trauma treatment rooms eliminate the previous wardlike setting. A dedicated reception area greets patients as they arrive, ensures prompt attention and treatment, and is complemented by a comfortable new waiting room.

Q: What are some key project benefits?

A: Focused on providing the best healing environment for a comfortable and quick recovery, the new Patient Care Wing includes private patient rooms complete with private bath and shower and will provide adequate space for today's modern medical equipment. The remodeled Imaging Department will benefit patients with dedicated patient treatment rooms and the added convenience of an adjoining waiting room.

Progress is made daily on this exciting project. If you're interested in receiving more detailed information, please call Brian D. Burnside, CEO, at **641-872-2260, ext. 255.** ●

Buy a brick for the
WCH Patio of Progress.

Proceeds go toward the
WCH renovation project.

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



Making the joint decision

Is replacement surgery right for you?

7 ways to get more energy

Don't get caught in the Web

Preventing stroke
5 ways to lower your risk


Joint efforts


Surgery may help ease your joint pain

Your knees and hips carry a lifetime of weight, so it's no wonder that they can eventually break down, causing you aches and pains. Your health-care provider may recommend pain medicine, physical therapy, a brace, a cane or a walker. But if all else fails, you may want to talk with him or her about joint replacement. Many of these procedures can last up to 20 years.


FOR THE HIP


Total hip replacement requires a surgeon to make a 10- to 12-inch incision, remove the end of the thighbone and replace it with a metal ball, which fits into a plastic and metal socket in the pelvis and allows for movement.

 **Recovery time:** Most people can resume some level of their activities six to eight weeks after surgery. Full recovery usually takes at least six months.


 **The outcome:** Total hip replacement is typically effective in 90 percent of cases.


Minimally invasive total hip replacement is much like a traditional total hip replacement and uses the same implants. However, the surgeon makes either a single incision of only three to six inches or two smaller incisions.

 **Recovery time:** Because the incisions cause less muscle damage, you may expect less pain, faster recovery and days shaved off of your hospital stay.

 **The outcome:** More research is needed to determine the long-term benefits and risks of this type of surgery.

Hip resurfacing reshapes and preserves the end of the thighbone instead of removing it. A metal implant is then fitted into the joint socket.


 **Recovery time:** Many patients experience less surgical trauma and recover quicker. Regular activities may be resumed in as little as a couple of weeks. Full recovery can take several weeks or more.


 **The outcome:** Though more data is needed, some surgeons already consider the procedure to be a viable alternative to hip replacement for some patients.




FOR THE KNEE


Total knee replacement replaces your natural knee joint with an artificial one, or an implant, through an incision in the knee. The implant may be metal, plastic, ceramic or a combination of materials.

 **Recovery time:** Recuperation varies, but most people can resume normal activities a month or two after surgery. Full recovery can take up to a year.


 **The outcome:** At least 90 percent of patients experience relief. However, the range of knee motion is limited, and you may have to avoid certain activities, such as jogging or high-impact sports.


Minimally invasive total knee replacement is performed in almost the same way as total knee replacement. However, instead of the eight- to 10-inch long incision with traditional surgery, minimally invasive surgery requires only a four- to six-inch-long cut.

 **Recovery time:** Some studies show that smaller incisions may result in a shorter hospital stay—one to three days—and faster rehabilitation time.

 **The outcome:** More research about the effectiveness of these techniques is needed. Possible complications include poorer positioning of the implant, which can lead to earlier wear and tear.

Partial knee replacement removes either the inner (medial) or outer (lateral) compartment of the knee (or joint) and replaces it with an implant instead of replacing the entire knee.

 **Recovery time:** Most patients go home a day after surgery. Your rehabilitation may also be quicker and you may be able to return to normal activities sooner than with a traditional total knee replacement. You're also likely to experience less pain after surgery.

 **The outcome:** Most patients have a better range of motion following this type of surgery. And, if you need a total knee replacement down the road, the implant may be easily changed. ●

Tired of feeling tired?

7 tips to re-energize

Every day is the same: You struggle to get up in the morning, drag yourself through your workday and then go home to wearily cook dinner for the family. Sounds like your batteries need a little recharging. Re-energize by:

1 Sleeping tight. Most adults need seven to eight hours a night to help the body feel rested and energized in the morning.

Tip! **Get those zzzs:** Set a sleep schedule and stick to it. Exercise can help you get more restful sleep, but try to workout at least five or six hours before bed. Avoid stimulants such as caffeine and nicotine, alcoholic drinks and large meals right before turning in. If you must nap earlier in the day, don't go longer than 20 to 30 minutes.

2 Eating your breakfast. Skipping this meal is like driving your car on no gas: Breakfast gives your brain fuel.

Tip! **Open up:** No time, you say? Start your day 10 minutes earlier and nosh on fresh fruits and vegetables, whole-grain muffins or cereals and protein-rich nonfat milk, low-fat yogurt or a hard-boiled egg.

3 Taking a walk. Exercise can boost energy levels. If you have a pre-existing health problem, consult your doctor first.

Tip! **Move it:** Walk at least three times a week, adding two or three minutes onto your time each week until you're walking for at least a half-hour.

4 Putting stress to rest. Being stressed forces your body to work overtime, leaving you feeling fatigued and subject to sleep problems.

Tip! **Unwind:** If you're having conflicts at work, talk with the people involved to see whether you can find a resolution. Try your hand at meditation techniques like yoga or tai chi.



5 Drinking up! Even mild dehydration can sap your energy. Water needs vary from person to person, but if you rarely feel thirsty and are producing colorless or slightly yellow urine every day, you're probably doing OK.

Tip! **Quench thirst:** You may already be dehydrated if you have a dry mouth and increased thirst. Drink a glass of water or more until the feeling of thirst subsides. Then, remember to drink water before, during and after exercise, with each meal and in between.

6 Not fearing snacks. Nibbling on healthy fare between meals can curb cravings and give you extra energy and nutrients.

Tip! **Just eat it:** Select high-fiber snacks such as whole-grain crackers, low-fat cheese and yogurt, fruits and vegetables, and nuts and seeds. Just remember, a snack isn't a meal. So, trim down the portion size.

7 Making it magnesium. Not getting enough of the mineral magnesium makes your body work harder and tire more quickly.

Tip! **Get enough:** The recommended daily magnesium intake for men over age 30 is 420 mg, and for women, 320 mg. You can find magnesium in halibut, nuts, dark green leafy vegetables, beans and vitamin supplements. (Talk with your healthcare provider before taking any supplements.) ●

HealthExtra

{ WELLNESS NEWS FROM THE WORLD OVER }

> Rid yourself of back pain

Chances are, at some time in your life, you'll have a backache. In fact, it's the second most popular reason Americans see their doctors, just behind colds and flu. Your lower back supports most of your body weight, so it's not surprising that it's often the site of aches and pains. The U.S. National Library of Medicine recommends you follow these suggestions to help prevent being laid low by back pain:

- Get plenty of exercise to help you strengthen your back, improve flexibility, lose weight and avoid falls.
- Learn to lift and bend properly.
- Don't wear high heels.
- Quit smoking—your back will heal faster.



> Exercise: Step it up!

Clipping a pedometer to your belt each day may help you get more exercise. In fact, say researchers, people wearing pedometers increased their distance by just over 2,000 steps, or about one mile, a day. The report, published in the *Journal of the American Medical Association*, was based on a review of 26 studies that examined using pedometers as a physical activity motivator. Participants, mostly female and relatively inactive before they began their walking program, lost weight, decreased their body mass index and lowered their blood pressure. Having a step goal, say researchers, helped pedometer users stay motivated and improved their physical activity.

> Smoking's hair-raising impact

Smokers may run the risk of losing their hair, say Taiwanese researchers. Looking at 740 men, average age 65, investigators found that cigarette smoking played an important role in developing moderate or severe hair loss when men smoked 20 or more cigarettes a day. Authors of the study, published in *Archives of Dermatology*, suggest that smoking may destroy hair follicles, interfere with blood and hormone circulation in the scalp or increase estrogen production.



> 4 healthy habits = 14 more years

Changing just four behaviors may increase your lifespan by nearly a decade and a half, say Cambridge University researchers. In questionnaires completed by more than 20,000 healthy men and women ages 45–79, one point each was awarded for not smoking, eating five or more servings of fruits and vegetables a day, being physically active (inactivity was defined as having a sedentary job and not participating in any regular exercise) and consuming only moderate amounts of alcohol. After taking age, gender, social class and body mass index into account, investigators found that, over 11 years, study participants who'd scored zero were four times more likely to die than participants with a score of four. In addition, those scoring zero had the same risk of dying as participants 14 years older but with a score of four.

Making just four lifestyle changes may increase your lifespan by nearly a decade and a half.

> Be wise: Immunize

Getting routine immunizations isn't just for travelers or kids. Vaccines can help prevent infectious diseases and save lives, whether you're a young adult or a senior citizen. The Centers for Disease Control and Prevention suggests you check with your healthcare provider to be sure you're up to date on these immunizations:

- **tetanus-diphtheria**—all adults, every 10 years
- **influenza, or flu**—adults at risk and those ages 50 and older
- **pneumonia**—adults at risk and those ages 65 and older
- **hepatitis A and B**—adults at risk
- **measles, mumps, rubella**—susceptible adults
- **varicella (chicken pox)**—susceptible adults
- **meningitis**—adults at risk
- **zoster (shingles)**—adults ages 60 and older

> Don't let the bedbugs bite!

Word is that the bedbug invasion is on. The one-quarter-inch bloodsucking night stalkers hide everywhere: in box springs, mattresses and bed-linen seams; behind headboards and night-stands; in floors; and behind wood trim, picture frames, wallpaper and electrical outlet switch plates. They can be found



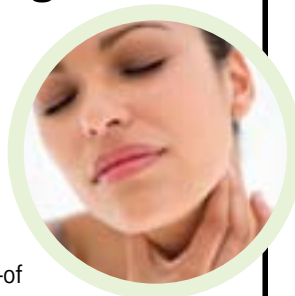
in hotels, apartment buildings, dormitories—everywhere humans live. Bedbugs aren't known to transmit infection, but they bite and cause an itch like mosquitoes and fleas do. To limit your risk of exposure to bedbugs, follow these tips from Harvard University experts:

- Before checking into a hotel, check into their mattresses. Carefully remove the sheets and examine mattress and box-spring seams and tufts and both sides of the headboard. You may see the tiny insects or their characteristic dark brown or reddish fecal spots. While you're checking, don't leave your luggage on the floor or near anything that can harbor bedbugs.
- Don't bring your favorite pillow on vacation. You may end up bringing home some unwanted souvenirs.
- Think twice before purchasing used furniture, luggage and curtains.

> Shhh ... It's laryngitis

If you've ever woken up and found you can't speak above a whisper, you know the discomfort—and inconvenience—of having laryngitis. A

swelling of the vocal cords, laryngitis is usually caused by a viral infection, according to the American Academy of Otolaryngology–Head and Neck Surgery. Swollen vocal cords vibrate differently, leading to hoarseness. Because antibiotics aren't effective in treating a viral infection, resting your voice is the best medicine. Swollen vocal cords are at risk for serious injury, such as blood in the vocal cords or formation of vocal-cord nodules, polyps or cysts. So be smart: Be quiet!



New eLearning for WCH employees

Wayne County Hospital now offers *careLearning*, an Internet-based learning program, for employees to meet their educational competency training requirements. Specifically designed for healthcare professionals, *careLearning* provides healthcare providers a convenient and cost-effective way to meet mandatory education requirements pertaining to health and safety compliance, as well as receive credit towards continuing education.

The system will document and verify employees' competencies to ensure up-to-date certification and licensing. The program selections include courses on disaster preparedness, fire safety, hand hygiene, moving and lifting, abuse and neglect and many others.

The program is designed to provide organizations the ability to manage and track employee training records while providing employees a flexible, self-paced learning scenario. The online program makes scheduling easy for employees, with interactive courses available anytime.

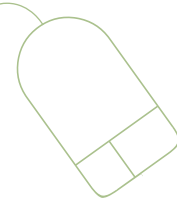
Endorsed by the American Hospital Association, *careLearning* has successfully enhanced healthcare professionals' capability to obtain timely and relevant education. "Having *careLearning* as part of our educational program has greatly enhanced our ability to provide the right curriculum for our employees by offering a wide selection of courses from patient care to materials management, while also providing the option of developing our own customized courses. This is an excellent tool," says Brian D. Burnside, CEO. ●

To learn more about the **WCH renovation project** and how your contribution can help, please contact Brian D. Burnside, CEO, at **641-872-2260** or **wchsolution@mercydesmoines.org**. For updates and to view proposed site plans, check **waynecountyhospital.org**.

4WCH

Caught in the Web

Danger lurks for 'cyberchondriacs'



Just as you suspected, you have appendicitis. Or maybe it's gallstones. Come to think of it, your abdominal pain could be a case of irritable bowel syndrome. These are all possibilities, according to your Internet search.

While the Web offers a wealth of useful information, it can also lead surfers down the dark path of self-diagnosis. For people who suffer from hypochondria—a disorder in which a person is convinced that minor physical symptoms, such as a cough, are really signs of a more serious condition—the Internet can help fuel their fears.

So, before you start diagnosing yourself, consider these drawbacks:

- **You can misdiagnose yourself.** You may think a minor symptom is really something more; on the flip side, you may dismiss your symptoms as minor when, in fact, you

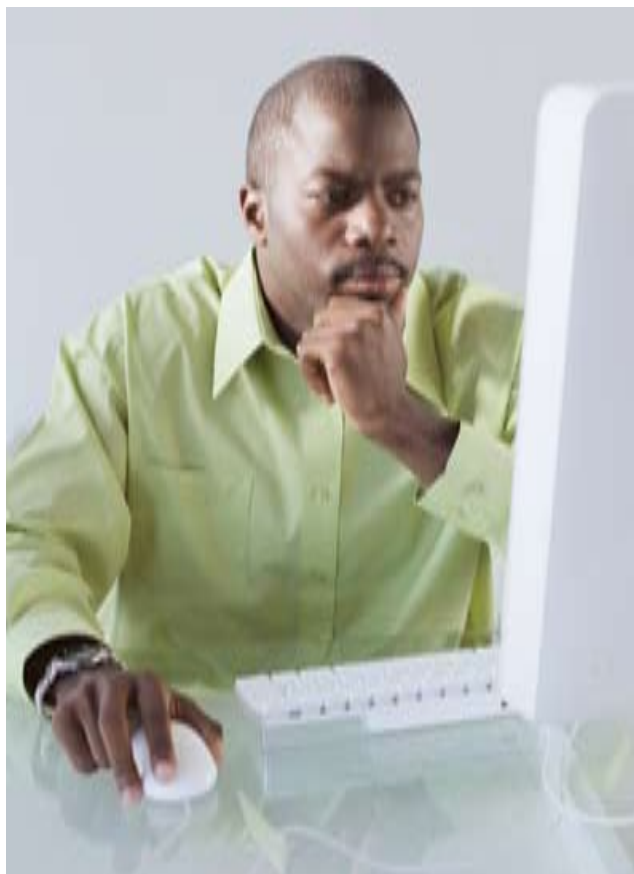
could have a condition that requires medical treatment.

- **You may fall into a “quack” trap.** Looking for quick relief for your ailment may lead you to seek out questionable cures that haven't been proved effective or even safe for treatment.

- **You could fall victim to misinformation.** For every reliable Web site out there, you may find a dozen more of questionable origin. Some sites may give you false or misleading information about a condition to sell their product.

- **You may be complicating healthcare visits.** Your healthcare provider appreciates that you've done your homework and can contribute to a meaningful discussion about your health. However, if you demand a cutting-edge procedure that's only available overseas or a new medication you read about online, you're not letting your healthcare provider do his or her job.

If you feel that you may suffer from an illness, set up an appointment to discuss it with your healthcare provider. Unlike the Internet, he or she knows your medical history best and has the training to accurately diagnose and treat your condition. ●



> Safety 'net

Armed with the right information, you can be an active part of your healthcare decision making. Ask yourself these questions when perusing a Web site:

- **Who runs the site?** Government agencies, medical schools, health-related organizations such as the American Cancer Society and professional organizations like the American Medical Association are good sources. Beware of sites run by companies looking to sell a product.

- **Is the information current?** Look at the bottom of the page, where the date of the most recent review is usually posted. Medical information is ever changing, so it's important to make sure the site is kept up to date.

- **Does the site promise miracles?** Be on the lookout for the words “dramatic results” or “secret ingredient” and use of exclamation points.

Staving off stroke

While diseases such as heart disease and breast cancer seem to get the bulk of attention nowadays, don't forget about the third leading cause of death in this country and the No. 1 cause of disability: stroke.

Eighty percent of strokes are preventable simply by lowering risk factors, according to the National Stroke Association. And risk factors for stroke are often intertwined, so treating one of them can often positively affect another. For example, quitting smoking can bring down blood pressure. You can do a number of things to reduce your stroke risk:

- **Eat your fruits and veggies.**

Experts recommend five or more servings a day. You should also be getting at least six servings of grains a day, eating fish like albacore tuna and salmon twice a week and including fat-free dairy products, beans, lean meats and skinless poultry into your everyday diet. The name of the game is to limit foods high in saturated fats, trans fats, cholesterol and calories, which, in turn, can lower your blood cholesterol. High cholesterol is a risk factor for stroke.

- **Move, move, move.** Lace up your shoes and hit the pavement for at least 30 minutes on most or all days. If you need to lose weight, increase that activity time to at least 60 minutes.



- **Lower your blood pressure.**

You'll only know you have high blood pressure—140/90 mm Hg or higher—if you get it checked. A healthy diet that limits daily salt intake to 2,300 mg (about one teaspoon) or less and regular exercise can often bring down the numbers. If not, you may need medication.

- **Butt out.** Nicotine and carbon monoxide damage your cardiovascular system, so talk with your healthcare provider today about quit-smoking aids such as patches and medications.

- **Control your diabetes.** Having diabetes increases your stroke risk,

but uncontrolled diabetes puts you at an even greater risk. Make sure to keep your blood sugar levels under control and visit regularly with your healthcare provider to stay on top of the condition.

Advancing age, a family history, being male, being of African-American descent and having had a prior stroke are all risk factors you can't control. But by taking the measures listed above, you can help reduce your risks and help prevent yourself from becoming a statistic. ●

> Stroke and younger women

More than 100,000 women under 65 will have a stroke in this country this year, according to the American Stroke Association. Lesser-known stroke risk factors for younger women include:

- migraines
- menopausal and other hormone therapy
- autoimmune diseases such as type 1 diabetes or lupus
- clotting disorders

> Look for the signs

Knowing the symptoms of stroke can allow you to get the help you need fast and reduce damage. That's why the American Academy of Neurology, the American College of Emergency Physicians and the American Stroke Association have teamed up to create "Give Me 5: Walk, Talk, Reach, See, Feel"—an easy-to-remember checklist of stroke signs:

- 1. Walk**—Is your balance off?
- 2. Talk**—Is your speech slurred or face droopy?
- 3. Reach**—Is one side of the body weak or numb?
- 4. See**—Is your vision all or partly lost?
- 5. Feel**—Is your headache severe?



An Affiliate of Mercy Medical Center

Invest in a healthier future

We applaud the generous spirit and continued support of our many loyal contributors. Your generosity ensures progressive development and necessary improvements for our continued delivery of exemplary, compassionate care. We invite you to be a part of our exciting new renovation project and invest in a healthier future with Wayne County Hospital (WCH).

Several ways to give include:

- 1) making a donation via cash, check or credit card
- 2) sponsoring the purchase of specific equipment or furnishings for the renovation project
- 3) purchasing a "Buy-A-Brick" as part of the memorial patio (Small bricks: \$125, large bricks: \$500)
- 4) including WCH in your estate or investment planning

**Wayne County Hospital is a tax-exempt healthcare facility, and donations are tax deductible to the extent allowable by law.



Yes, I want to help and give a gift to invest in the future of Wayne County Hospital.

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So we can acknowledge your gift properly, please fill this out, clip and mail with your donation to the address below. Thank you.

Fundraising goal: \$1.25 million



\$1 million received

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Brian D. Burnside, CEO

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