

HealthWise

Fall 2010

Our commitment to you

Whether you are visiting the hospital for an outpatient procedure, inpatient stay or having a hip replacement, Wayne County Hospital (WCH) is committed to providing exceptional customer care to each one of our patients, during every visit.

To ensure this level of quality, we encourage patient feedback and are constantly working to improve our service level. Our culture is built around a commitment to excellence in everything we do.

Patient satisfaction surveys are provided for our Emergency Department, Inpatient Services and Outpatient Services areas. "We encourage our patients to provide us with honest feedback. When they receive a survey, it is their opportunity to highlight things we do well and point out areas where we could improve," says Laurie Ehrich, Chief Development Officer. "Ongoing patient feedback allows us to continually know how we are performing and fine-tune our delivery of excellent care and service."

Patient feedback and patient satisfaction survey results are discussed by service teams and at departmental meetings. The results are part of each department's performance evaluation, and the information is presented at quarterly meetings so all employees are aware of the results and know how we can do better. Everyone at WCH is committed to making a difference for each of the patients we serve. ●

The "Buy-a-Brick" program is ongoing and new bricks are installed every few months. To purchase a brick, contact Laurie Ehrich at **641-872-2260, ext. 5327**.

7 secrets men should know about their health

Your quirks:
Normal or not?

**Conquer
the flu**



Fight the flu!

Prepare yourself to stay healthy

Battling influenza, a.k.a. the flu, isn't a pleasant experience. The fever, body aches, fatigue and runny nose can make you feel lousy. Each year, more than 200,000 people are hospitalized with flu-related complications. Protect yourself and others with these bug-battling guidelines:

GET VACCINATED

A yearly flu vaccine is the first and most important step to protect against the flu, says the Centers for Disease Control and Prevention. The vaccine is especially important for people at high risk for flu complications, such as young children; pregnant women; people with chronic health conditions like asthma, diabetes or heart and lung disease; people 65 years and older; healthcare workers; and people who live with or care for high-risk people. This year's flu vaccine will include protection against the H1N1 virus so you won't need a separate vaccine.



GET MOVING

Research shows that regular exercise boosts your immune system and decreases your risk of getting colds and the flu. If you do get sick, exercise can cut the number of days you're out of commission in half. How? Physical activity may help flush bacteria from the lungs, which could lower your chances of getting a cold or the flu.

> Yogurt to fight tummy troubles?

Yes! Bacteria can help fight the gastrointestinal symptoms that often come along with the flu. Certain kinds of yogurts have the added bacteria *lactobacilli* and *bifidobacteria*. These bacteria are called probiotics. They're "good" bacteria that naturally live in your large intestine. Research shows that eating foods that contain probiotics can decrease the gas, pain and bloating associated with diarrhea.



Exercise also sends antibodies and white blood cells (the body's defense cells) through the body more quickly to detect illnesses faster. Aim for at least two-and-a-half hours of activity a week.

TAKE TIME TO SNOOZE

Sleeping is your body's way of recharging your immune system. The neurons that control sleep work closely with your immune system. Cytokines, the chemicals your body produces while fighting infection, are powerful sleep inducers, which explains why you're so tired when you're battling a bug. On average, most adults need seven to eight hours of sleep a night.

WASH YOUR HANDS

Proper and frequent hand washing is the best way to prevent colds and the flu. Use warm water and soap, scrub your hands for at least 15 to 20 seconds and rinse them well. No water around? Use an alcohol-based hand sanitizing gel that contains at least 60 percent alcohol.

EAT RIGHT

You know that a good diet is important for your overall health. But did you know that a poor diet actually lowers your immunity and makes you more vulnerable to infection? Be sure to eat plenty of fruits and vegetables, whole grains and lean protein. And don't forget to drink water to stay hydrated. ●

7

health threats for men

Act now to stay on top of your game

You may worry about having a heart attack or getting cancer, but you don't bother to wear a seatbelt. Well, you should. The Mayo Clinic has determined that accidents are among the top seven health threats to men. Check out these other dangers, then take action to avoid them:

1 HEART DISEASE. There's a reason worrying about a heart attack is a cliché: American men die from heart disease more than anything else, and more than one in three men has some form of cardiovascular disease.

>> Prevention: Maintain a healthy weight, eat a low-fat diet, exercise often and find ways to de-stress. Follow your doctor's orders if you have high cholesterol or hypertension, and control your blood sugar if you have diabetes.

2 CANCER. More American men die of lung cancer than any other form of cancer, according to the American Cancer Society. Prostate cancer and colorectal cancer are the next two greatest concerns.

>> Prevention: Don't smoke, and avoid secondhand smoke, to reduce lung cancer risk. To minimize your risk of other forms of cancer, maintain a healthy weight, exercise regularly, wear sunscreen, drink alcohol only in moderation and see your doctor regularly for cancer screenings.

3 INJURIES. Think twice before speeding or weaving in traffic: Car crashes are the top cause of fatal accidents among American men, according to the Centers for Disease Control and Prevention (CDC).

>> Prevention: Always wear seatbelts, and obey

posted speed limits. Never drive under the influence of alcohol or when you're sleepy.

4 STROKE. When a blood vessel in the brain bursts or is blocked by a blood clot, the resulting lack of oxygen to areas of the brain can have devastating results, including paralysis on one side of the body, speech problems and memory loss.

>> Prevention: You can't change all of your stroke risk factors (like age and race), but quitting smoking, eating a low-fat diet, taking hypertension medication, losing weight and getting regular exercise can help lower your chances.

5 TYPE 2 DIABETES. Eleven percent of American men ages 20 and older have type 2 diabetes, according to the American Diabetes Association. Complications can cause hypertension, heart disease, stroke, kidney disease, blindness and amputations.

>> Prevention: Lose weight if you're too heavy. Exercise regularly and stick to a low-fat diet.

6 CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD). COPD encompasses a group of chronic diseases like emphysema, bronchitis and asthma, which negatively affect breathing.

>> Prevention: Quit smoking, and avoid air pollution or inhaling chemicals whenever possible.

7 SUICIDE. Caucasian men commit suicide more often than any other group. Depression is a major risk factor for having suicidal thoughts.

>> Prevention: Seek treatment or counseling for depression; talk therapy and medication are often effective measures. ●



HealthExtra

{ WELLNESS NEWS FROM THE WORLD OVER }

> The kettlebell craze is coming

Tired of the treadmill, exercise bike and dumbbells? Pick up some kettlebells. Proponents of the cannonball-shaped weights claim that you can increase your muscular strength, endurance and aerobic capacity in just a 20-minute workout, two to three times a week. Could it be true? In research led by the American Council on Exercise, experts studied a group of 10 experienced kettlebell users ages 29 to 46 to see how much of a workout the volunteers got. Participants performed a 20-minute kettlebell workout, typical of a gym routine. The results? The average calorie burn was 20.2 calories per minute. That's equal to the pace of a six-minute mile! If

you're looking for an excellent resistance-training workout that can also help you lose weight (and who isn't?), give kettlebells a try. Look for a class at your gym or check out your local sporting goods store for at-home equipment.



> Is cost keeping healthy foods out of your kitchen?

When you think about eating healthfully, are dollar signs the first things to pop into your head? Recent research published in the *American Journal of Clinical Nutrition* examined how lowering the price of healthier foods could



impact shoppers' grocery carts. More than 1,100 shoppers in New Zealand received either a 12.5 percent discount on healthy foods, tailored nutrition education, a combination of the two or no intervention at all. After six months, people paying the lower prices bought approximately 1.7 more pounds of healthy food a week compared to those not receiving a discount. Almost two-thirds of the additional healthy purchases were fruits and vegetables. Researchers agreed that pricing strategies could be an effective way to improve diets, and with two-thirds of the nation classified as overweight or obese, every bit helps. While you wait for lower prices to be a reality, the National Institutes of Health offers these cost-saving tips for buying and preparing healthy foods:

- Purchase low-fat or fat-free cheese, yogurt and other healthy foods in bulk, if you know your family will eat them.
- Try regular or plain oatmeal; it often costs less than instant or flavored types.
- Consider buying canned fish packed in water.
- Prepare meatless meals on occasion.

> Heart message still not getting to women

The message seems to be everywhere in the media: Heart disease is the No. 1 killer of women. The American Heart Association (AHA) even has a Go Red For Women campaign, which focuses on educating women and reducing heart disease and stroke. Despite these efforts, almost half of all American women still aren't aware that heart disease is their top cause of death, reports an AHA survey. This survey also found that only half of women could identify heart attack symptoms, and just a little more than half would call 911 if they were experiencing warning signs (nausea; pain in the jaw; or pain, tightness or squeezing in the chest). Researchers say heart experts need to come up



with different ways to relay prevention messages—perhaps via community programs or social networking sites like Facebook or Twitter. Women also need to be proactive about their heart health, making sure to eat healthfully, exercise and, if they think they may be experiencing a heart attack, not to hesitate to call 911.

> Just say no to tanning beds

You may think tanning beds are a safer alternative to sunbathing, but that's just not the case. Last summer, the World Health Organization bumped tanning beds up to its highest cancer risk category—group 1, or “carcinogenic to humans.” But if that's not enough to deter you, consider these other facts about tanning beds, courtesy of the American Cancer Society and the U.S. Food and Drug Administration:

- Using a tanning bed before age 30 raises the risk of deadly melanoma by 75 percent.
- Tanning beds can cause irreversible eye damage and have been linked to melanoma of the eye. This type of cancer is rare, accounting for less than 5 percent of skin cancer cases, but it causes a large number of skin cancer deaths.
 - The beds cause premature aging.
 - The ultraviolet (UV) radiation the beds emit can suppress your immune system, making you more susceptible to disease.

- The beds may be more dangerous than the sun because, unlike the sun, they can be used at the same high intensity every day of the year. The sun's intensity varies with the time of day, the season and cloud cover.



> The truth about third-hand smoke

Walk into a smoker's house and you are immediately hit with the stale, lingering tobacco odor that is now being dubbed “third-hand smoke.” Only it's more than just a stinky nuisance, say researchers at the Lawrence Berkeley National Laboratory in California. They found that third-hand smoke leaves behind tobacco-specific nitrosamines, or TSNAs, cancer-causing agents that stick to surfaces in the home and can be picked up in dust or by fingers, making for yet another potential smoking health hazard—especially for children and infants. According to the researchers, TSNAs are among the most potent carcinogens present in unburned tobacco and tobacco smoke. A thorough housecleaning may get rid of most of the chemicals, but the safest solution is to finally kick this deadly habit for good.

Providing gifts from the heart

Wayne County Hospital (WCH) received a wonderful gift in June when the hospital auxiliary completed their most recent project—the opening of their Gifts From the Heart gift shop. It's all about location. Situated off the east lobby of the main entrance, you couldn't ask for better accessibility.

Filled with unique gift items, ranging from a wonderful selection of eye-catching handbags and jewelry, gift cards and books to cuddly baby clothes, there's something for everyone. Seasonal specialty items keep things interesting. The shop is operated by trained auxiliary volunteers and is open Monday to Friday from 10 a.m. to 4 p.m. Evening hours are offered every second and fourth Monday of the month from 6 to 8 p.m.

To make things fun, the auxiliary invited WCH employees to design the gift shop logo. Lisa Reece, Respiratory Therapist, won the contest and her design of cascading hearts and ribbons graces the entry (see below).

“We are very fortunate to have an incredibly enthusiastic and involved auxiliary,” says CEO Daren L. Relph. “This gift shop is a wonderful asset to our hospital and to the community. I encourage everyone to stop in and support the efforts of our hospital auxiliary.” ●



(l to r): Auxiliary volunteers Carolyn Coates and Bonita Wells assist customers Julie Exline and Caitlin Utterback of Seymour.

GIFTS FROM THE HEART

We're ready to serve your gift-giving needs. Stop by the gift shop Monday through Friday from 10 a.m. to 4 p.m. We're also open from 6 to 8 p.m. every second and fourth Monday of the month.

4WCH

Is this normal?

The truth about excessive hand washing, nail biting and other habits

Your little quirks make you you, but you might worry that some of your habits seem odd. Read on to see which ones are cause for concern and which ones are nothing to worry about:

? My wife teases me because I regularly fall asleep watching TV. Is this strange for a younger man?

A: If you feel tired during the day and doze while watching your favorite shows, you may not be getting enough sleep. (Experts recommend seven to eight hours per night.) If you're spending eight hours in bed but still feel groggy, a sleep disorder may be to blame. Ask your healthcare provider if you're a candidate for a sleep study.

? Is it weird that I wash my hands a lot more than everyone else I know?

A: Maybe you have excellent hygiene habits—washing before and after you eat, cook and use the bathroom—and your friends are a bit lax. But if you need to follow self-imposed “rules” about how to wash, if you believe that washing might rid you of unwanted thoughts or if your cleanliness interferes with work or relationships, you may have obsessive-compulsive disorder. Talk to your healthcare provider if you spend more than an hour a day washing or if you're drawn to the sink whenever you have certain thoughts.

? I can't stop biting my nails. Is it unhealthy?

A: Chewing on your fingernails is a nervous habit that makes your hands look ragged. Even worse, it can compromise your health. Biting nails breaks the skin, allowing germs from your mouth to enter the bloodstream, which can lead to infection. Also, you can ingest germs hiding beneath your nails when you chew. Can't stop nibbling on your own? Ask your healthcare provider to recommend a product that's applied to the nails to help you quit; it tastes terrible and gets you out of the habit.

? On occasion, I can eat an entire half-gallon of ice cream in one sitting. Do I have a problem?

A: Talk to your healthcare provider if you find yourself overeating like this regularly—it could be a binge-eating disorder, although not everyone who overindulges has this condition. (Binge eating is the most common type of eating disorder, but it only affects 3 percent of Americans.) Many sufferers feel out of control. They eat large amounts of food when they're not hungry and feel depressed afterward. Alternately, you may simply have a lack of willpower. ●





Medicine mistakes to avoid

You stock your medicine cabinet with a variety of over-the-counter (OTC) drugs and first-aid supplies so you're ready at the first sniffle or scraped knee. Just as you wouldn't dream of giving your loved ones expired medicine, you shouldn't offer them treatments that are out-of-date, either. The new rules of at-home care:

Don't give preschoolers cold medicine. Side effects from OTC cough and cold remedies can be life-threatening for children under age 4. Since 2008, the American Academy of Pediatrics (AAP) has recommended against giving these drugs to children in this age group.

Take a minimalist approach when cleaning cuts. You may instinctively reach for iodine or hydrogen peroxide when cleaning wounds because that's what your mom did. But experts believe that the best way to cleanse a wound is with running water, with or without soap. Stronger cleansing solutions can irritate the injury, which is counterproductive to the healing process.

Throw out your ipecac. The AAP used to recommend that every home have syrup of ipecac on hand to induce vomiting, in case a child swallowed something poisonous. The group recently changed its stance because

research showed that induced vomiting could do more harm than good.

Replace mercury thermometers. A well-stocked medicine cabinet should have a digital thermometer, not a mercury one. When a mercury-filled glass thermometer breaks, the toxic mercury inside escapes and can be inhaled. ●

> Avoid expired drugs

When pain or illness strikes, you head to the medicine cabinet for acetaminophen, nasal spray or medication. You probably don't even give those drugs a second thought when you're healthy, which means you may not know how long they've been there when you do get sick and need them most. Avoid having expired medication on hand by periodically checking the dates that are listed on the bottles. To extend the life of your medications, consider moving them to a hallway linen closet or kitchen cabinet away from the stove. Heat and humidity can make drugs prematurely lose their potency.

HealthWise is a community educational service provided by

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Seymour Medical Clinic 641-898-2898
South Central Iowa Medical Clinic 641-872-2063

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Affiliate of Mercy Medical Center Des Moines, Iowa

Have you scheduled your mammogram?

October is Breast Cancer Awareness Month



October is National Breast Cancer Awareness Month, and the month is dedicated to educating women about breast cancer and the importance of routine breast health checkups.

Wayne County Hospital (WCH) is supporting this effort by encouraging women to get their annual mammogram with a mammogram drive. We will offer extended after-work hours until 7 p.m. on Oct. 12 and Oct. 26.

Last year, the hospital performed more than 110 mammograms during October. "This year, we are excited to promote and heighten the awareness of the importance of having a mammogram," says Katie Newton, Radiology Director at WCH. "Our goal is to complete at least 150 of these potentially lifesaving exams this October."

PREVENTION IS KEY

With approximately one in eight women diagnosed with breast cancer in her lifetime, it is likely we all know someone who has been diagnosed with the disease. Having a yearly mammogram is key to early detection and follow-up treatment. All women should

have their first mammogram by age 40 and then yearly thereafter. If there is a family history of breast cancer, it is advisable to have a screening earlier. Discuss with your provider when to have a mammogram.



An experienced mammography technician, **Linda Schilling, R.T. (R)(M)**, has been with **WCH for 25 years.**

In addition, WCH participates in the Iowa Breast and Cervical Cancer Early Detection Program (BCCEDP), and routinely provides women's health screening assistance for eligible women who are unable to afford screenings. This grant-based program provides funding for qualified women ages 40 to 64. For more information about this program, contact our Specialty Clinic at 641-872-5259.

DON'T DELAY YOUR SCREENING

Thanks to heightened awareness, early detection through screening, improved treatment methods and increased access to breast health services, people have a greater chance of survival than ever before. Call the WCH Radiology Department at **641-872-5247** to schedule your mammogram today. ●