

# HealthWise

Winter 2009

## WCH renovation news

Our renovation project is giving us a great deal to be excited about. As we head into the winter months, we are pleased to report the structural work has been completed, providing protection from the elements. We are now ready to face the winter months and complete the interior finishing work.

The work completed so far includes the “connector,” which provides covered access between the clinic building and the hospital. The new Emergency Department, complete with two private emergency treatment rooms, a dedicated waiting room and reception desk, is focused on patient privacy and comfort. The Imaging Department is currently being completely renovated to provide separate rooms for mammography and ultrasound and features a shared waiting area adjacent to the Laboratory. (See the article “Imaging Department among the best,” on page 5).

The goal of the expansion and renovation is to provide a more conducive environment for healing and well-being. We hope to see you at the Open House in early 2009. Watch for the date to be announced and come tour the Emergency and Imaging Departments and see what is new! ●

Buy a brick for the  
**WCH Patio of Progress.**

Proceeds go toward the  
WCH renovation project.

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

4WCH



**Smart ways  
to fight the flu**

**5 surprising  
health risks  
for men**

**Eat more,  
weigh less**

**Osteoporosis**  
Are you at risk?

# NOT just for women

These health conditions strike men, too

**B**reast cancer and osteoporosis are conditions reserved for older women, right? Not quite. Men aren't immune to these and other health problems typically synonymous with women. The following conditions also appear in men, so know the symptoms:

► **BREAST CANCER** in men accounts for less than 1 percent of all breast cancer cases. About 20 percent of these cases occur in men who have a family history. Other risk factors include radiation exposure, being age 60 or older, having a disease that causes high levels of estrogen, being obese and drinking excessively. Treatment includes chemotherapy, radiation and mastectomy.

! **Look for the signs:** Keep an eye out for a lump or swelling in the breast, nipple discharge, redness, scaliness or puckering of the nipple. Ask your healthcare provider about screening if you're at a higher risk.

► **EATING DISORDERS** include anorexia, when a person limits his or her eating to the point of starvation, and bulimia, in which a person eats large portions then vomits or uses laxatives. About 1 million men and 5–10 million women have eating disorders, which can lead to tooth loss, brittle bones, heart failure and stomach and brain damage.

! **Look for the signs:** Keep an eye out for intense fear of gaining weight, avoiding food or eating an excessive amount at one sitting then vomiting or using laxatives, weighing food, obsessive calorie counting and excessive exercising. Eating disorders need to be treated by a professional. Hospitalization, therapy, medication and support groups may be used for treatment. The National Eating Disorders Association offers more information and referrals through its confidential hotline, 1 (800) 931-2237, or online at [www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org).

► **OSTEOPOROSIS** strikes four times as many women, but still affects about 5 million American men. Men lose bone mass at the slower pace of women ages 65 to 70, but they start losing at this rate around age 55.

! **Look for the signs:** You may not be diagnosed until a bone breaks. Talk with your healthcare provider about your risks and about height loss or posture problems. And ask whether you need to take calcium or vitamin D supplements. Not smoking or drinking and engaging in weight-bearing exercises can also help.

► **URINARY INCONTINENCE (UI)**, or accidental urine leakage, may be more common as people age, but it's not a normal part of aging. A man may experience UI because of nerve damage from diabetes, stroke or Parkinson's disease; an enlarged prostate; or prostate cancer treatments.

! **Look for the signs:** Involuntary urine loss can occur when you cough or sneeze, when you have an overwhelming urge to urinate or in the form of constant urine dribbling. Treatment options include lifestyle changes, such as regularly planning bathroom breaks and limiting fluids or exercises to help strengthen muscles that hold urine in. Medications, medical devices or surgery may also help.

► **DEPRESSION** is thought to affect about 6 million men. Men can experience depression following a traumatic life event. Some research also suggests that a man's job stress plays a big part. Left untreated, depression could lead to suicide.

! **Look for the signs:** You may experience anger and frustration, violent behavior, unintentional weight loss, digestive problems, fatigue, chronic pain, headaches, risky behavior, sleep loss, lack of concentration, loss of interest in enjoyable activities, alcohol and drug abuse and suicidal thoughts. If you think you're suffering from depression, talk with your healthcare provider. ●



# Germ warfare

## Do your part to stop the spread

**Y**ou suffer the season's first sniffles, coughs, fever and chills like a trouper, but in the end wonder what you did to deserve the misery. Unfortunately, it happens to the best of us. Germs are everywhere, making it almost impossible to avoid every cold or case of the flu. But following The Joint Commission's five simple steps may help you ward off 11 common infections (*see the list at right*):

**1 Unhand those germs.** You can keep your hands free of most cold and flu germs by washing frequently with plain old soap and warm water. Be sure to rub your hands for at least 15 seconds while you wash. Use a paper towel to dry thoroughly.

If you're not near a sink, use a hand sanitizer that contains at least 60 percent alcohol. Apply about a half teaspoon to your palm and rub your hands together—making sure to get between your fingers and under your nails—until your hands are dry.

**2 Make your healthcare providers wash or wear gloves.** Don't be afraid to ask your healthcare provider to wash his or her hands before touching you. Anyone who works with patients is in constant contact with some of the most resistant germs. Your provider should also be wearing clean gloves when performing tests on you or in any instance where he or she could come in contact with body fluids.

**3 Take cover.** Sneezing and coughing, which can propel germs at least three feet away, are good ways to spread disease. When you feel a sneeze or cough coming on, use a tissue. Or cover your mouth and nose with the crook of your arm. (If you must use your hands, make sure you wash them immediately after.)

**4 Stay away.** Nobody wants your germs, so if you're sick, stay home from work or school to avoid infecting co-workers or classmates. When you go to your healthcare provider's office for treatment, alert them that you may be contagious.

**5 Give it your best shot.** Vaccines can help prevent the spread of everything from the chicken pox, measles and the flu, to pneumonia, meningitis and shingles. Check with your healthcare provider to make sure your shots are up to date. ●



## > 11 preventable infections

**Practicing The Joint Commission's five things you can do to prevent infection will help spare you from the following problems and more:**

- ❶ Cold viruses
- ❷ Flu viruses
- ❸ Hepatitis A or B
- ❹ Impetigo (skin infection)
- ❺ MRSA infection
- ❻ Necrotizing fasciitis (flesh-eating bacteria)
- ❼ *Salmonella* infection
- ❽ Sinusitis
- ❾ Strep throat
- ❿ Viral gastroenteritis (stomach flu)
- ⓫ *Clostridium difficile* infection (diarrhea)

## > When to lather up

**To prevent the spread of germs, wash your hands with soap and water:**

- after using the bathroom
- before inserting or removing contact lenses
- after touching animals
- before and after preparing food, especially raw meat, poultry and fish
- after blowing your nose, or coughing or sneezing into your hands
- before eating
- after taking out the garbage
- before and after touching someone who's ill or injured
- after changing a diaper
- before and after treating wounds and cuts

# HealthExtra

{ WELLNESS NEWS FROM THE WORLD OVER }

## > Volunteer for fitness

Bored by your usual exercise routine? Do something different once a week while making a difference in the world around you. Follow these suggestions from the Charity Guide, a nonprofit organization that promotes volunteerism:

- Be a dog walker at a local animal shelter or humane society.
- Help build special enclosures at a wildlife shelter or rehab center.
- Plant a tree or a garden, or organize or take part in a beautification program in your neighborhood, town or city.
- Form a walking school bus—a group of children walking to school with one or more adults.
- Organize or participate in a graffiti clean-up event.
- Get yourself and your pet certified for pet therapy, then visit local nursing homes or long-term care facilities that welcome pets.
- Help stock shelves at a local food bank.
- Take a CPR class, then learn how to teach one.



If you want to make good use of some vacation days, opportunities abound. Search for them on the Web—they exist right in your own backyard as well as around the world.

## > Measles spotted in the U.S.

Measles is on the rise in the United States, according to the U.S. Centers for Disease Control and Prevention (CDC). Cases have been confirmed in 15 states, but experts believe many more cases haven't been reported and more are yet to come. Measles is a highly contagious viral disease that's spread through coughing or sneezing. Symptoms can include rash, high fever, coughing and runny nose. The rash starts on the face and upper neck, spreads down the back and trunk, then extends to the arms, hands, legs and feet. After about five days, the rash fades in the order it appeared. But measles can cause complications, says the CDC, like diarrhea, ear infections, pneumonia, encephalitis (brain inflammation), even death. The best course? A vaccine called MMR that protects against the disease as well as mumps and rubella (German measles).

## > Get your fill of fiber

Experts say you need a minimum of 30 grams of fiber a day as part of a healthy diet. Reaching that goal is easy by simply popping a fiber supplement, right? Not exactly. Yes, a supplement will provide fiber, but you'll be missing



out on all the vitamins, minerals, antioxidants and other beneficial nutrients you'd get from eating a fiber-rich food.

Fiber, also known as roughage or bulk, is the carbohydrate in foods your body can't digest or absorb, and it passes relatively unchanged through your stomach and small intestine and into your colon. There are two types of fiber—soluble, which dissolves in water, and insoluble, which doesn't—and, according to the American Institute for Cancer Research, your body needs both because:

- Fiber protects the colon's lining and may keep cancerous cells from developing.
- Fiber increases stool's bulk and weight, diluting harmful substances and speeding their way through your body.
- Fiber slows digestion, so you feel full longer.
- Some soluble fibers help lower glucose levels and may aid insulin sensitivity.
- Some soluble fibers interfere with how your body absorbs fat and cholesterol, helping to lower blood cholesterol and protect your heart.

## > Biting pain: TMJ

If you hear clicking, popping or grating sounds in your jaw, you may have temporomandibular joint (TMJ) disorder. More than 10 million people in the United States suffer from it and about 90 percent are women in their child-bearing years, says the TMJ Association. The temporomandibular joints connect the lower jaw bone to the skull and allow the jaw to move.

Not everyone with TMJ has a noisy jaw. You may instead have ear and jaw pain; be unable to open your mouth comfortably; have a bite that feels uncomfortable; have swelling on the side of the face; or have headaches or neck, shoulder and back pain. No standard test can correctly identify TMJ, so your healthcare provider may need to take a detailed medical history, understand all your symptoms and do a physical examination of your head, neck, face and jaw. To ease the ache, try eating soft foods, applying ice or moist heat and avoiding wide yawning, loud singing, gum chewing and other jaw movements that may cause pain.

## > Keep your eye on the facts

Most of us don't know the risks or warning signs of eye diseases, say researchers from the National Eye Institute (NEI) and the Lions Club International Foundation (LCIF). For example, 92 percent of 3,000 survey respondents didn't know that glaucoma—an eye disease that causes blindness—has no early warning signs, and 84 percent had never heard of low vision. Yet nearly three quarters said that losing their eyesight would seriously impact their life. Some thought losing their eyesight would



be worse than losing an arm, a leg, hearing or speech. The NEI and LCIF urge you to learn the facts about eye diseases and how to protect against them. To do that, visit [www.nei.nih.gov](http://www.nei.nih.gov).



## > Sleep struggle is a health risk

A bad night's sleep may cause serious problems. Poor sleep is associated with greater psychological distress as well as an increased risk of cardiovascular disease and type 2 diabetes, say Duke University Medical Center researchers. Their study of more than 200 healthy, middle-aged, nonsmoking men and women indicated that poor sleep (measured by the amount of sleep, the degree of nighttime waking and how long it takes to fall asleep) may have more serious consequences for women. For women, poor sleep was associated with increased levels of C-reactive protein and interleukin-6, measures of inflammation in the blood linked to heart disease and higher insulin levels. The longer it takes a person to fall asleep, the greater the risk. Women taking a half-hour or more to fall asleep had the worst risk profiles.

## Imaging Department among the best

The Wayne County Hospital (WCH) Imaging Department is undergoing a complete renovation and has received several new pieces of cutting-edge diagnostic equipment. This department is quickly becoming the preferred choice for medical and diagnostic imaging services in the surrounding area.

The hospital recently updated the main X-ray system with a new Philips computed



The Philips BuckyDiagnost X-Ray System generates superior image quality.

radiography unit which converts conventional film-based X-rays into computer generated digital images with dramatically superior im-

age detail and clarity. The digital images are easily transmitted and read from a computer screen, providing an easy interface for providers to access and read scans.

In addition, WCH has invested in an advanced high-speed 16-slice computed tomography (CT) scanner to replace the previous 4-slice unit. These necessary equipment investments are part of fulfilling the commitment WCH has to providing outstanding healthcare.

The WCH Imaging Department also provides quality mammograms, 3-D ultrasounds, echocardiograms and an in-house mobile fluoroscopy C-arm for surgery cases. Scheduled mobile services for nuclear medicine, DEXA bone scan and vascular ultrasound studies are also available.

"We have seen a steady increase in the use of diagnostic technology to better address the health needs of patients," says Tamy Samuels, R.T.R., WCH Radiology Director. "Our providers recognize that technology plays a significant role in the quality of care we are able to provide. Residents no longer have to travel long distances for quality imaging services."

WCH's enhanced range of products and services enables providers to better diagnose and treat cancer, heart disease, neurological diseases and other conditions earlier and more accurately. WCH is dedicated to providing improved healthcare services close to home.

The WCH Imaging Department can schedule your appointment and have you in and out quickly. Skill and compassion are what you will find with our expertly trained staff. Our team ensures an effortless and comfortable imaging experience. Call **641-872-2260, ext. 235** to schedule your appointment. ●

4WCH

# PUMP UP the volume

Eat more and still lose weight

The math just doesn't add up: You eat more food, consume fewer calories and actually feel full. It sounds impossible, right? But it's not when you eat what's called a low-energy-dense diet. To follow this type of eating plan, you need to choose foods low in calories and high in volume, meaning water and fiber content.

Grapefruit, for example, has only 40 calories in each half-fruit and is about 90 percent water, so it's a low-energy-dense food. Likewise, high-fiber foods, such as whole-grain cereal, take up a lot of space in your tummy and can help you feel fuller longer but spare the calories.

Compare these foods with the opposite end of the spectrum: high-energy-dense foods, which are high in calories and low in volume (think chocolate cake and candy). They can leave you feeling hungry a short time later.

So, what foods can you bank on to fill you up without tipping the bathroom scale? Try these suggestions:

► **VIVA THE VEGETABLES!** Broccoli, zucchini, salad greens and asparagus are just some of the vegetables low in calories and high in volume, letting you consume a larger portion (about one cup raw or ½ cup cooked). But watch the starchier vegetables. Although good for you, potatoes, corn and other starchy vegetables contain almost three times as many calories as the same serving size of broccoli.

**Tip!** **Adding more to your diet:** Cut back on the amount of meat on your plate and fill the void with a variety of vegetables; sauté fresh



vegetables to top off your pasta. Vow to try a new vegetable every week.

► **FACTOR IN FRUITS.** Pick whole, fresh, frozen or canned-in-its-own-juice fruit to meet your nutritional needs. For fruits with edible skins, like apples, leave the skin on to maximize your fiber intake. Be careful of fruit juices and dried fruit, which are naturally packed with extra sugar and calories.

**Tip!** **Adding more to your diet:** Opt for a fruit salad for dessert when dining out; toss some blueberries or strawberries into your hot or cold cereal in the morning. Or try creative snacking. Sprinkle sliced peaches with a little bit of cinnamon,

drizzle some honey over them, then top it all off with a dollop of low-fat yogurt.

► **COUNT ON CARBS.** Carbohydrates have gotten somewhat of a bad rap, but the key is choosing the good stuff: whole-grain cereals, breads, pastas and rice. They're high in fiber and other essential nutrients. Look for the word "whole" on the ingredients list (such as "whole-wheat flour") to be sure you're getting whole grains.

**Tip!** **Adding more to your diet:** Make that tuna sandwich with whole-wheat bread instead of white bread; replace the white rice you get with your Chinese food with brown rice.

► **PICK YOUR PROTEIN.** Go the low-fat route with fish, skinless chicken or turkey, and fat-free milk and yogurt. Beans, peas and lentils—also known as legumes—are not only good sources of protein, but also excellent sources of fiber.

**Tip!** **Adding more to your diet:** Start dinner with a cup of lentil soup; add slices of cooked chicken breast or salmon to a salad to make a heartier entrée. ●

# Boning up on bone loss

Will you develop osteoporosis?

## 5 ways to lower your risk

Does the idea of bone loss send chills down your spine? Or perhaps it conjures up an image of a stooped, old woman with a cane. Before you start guzzling milk to build up your bones, consider this: Osteoporosis, the disease that causes bone loss, is more about bone deterioration than your inability to build strong bones.

Many factors raise your risk: Some you can't change, like your gender (women are more likely than men to develop osteoporosis), age (the older you get, the weaker your bones become), body size (slender, thin-boned women face a greater osteoporosis risk), ethnicity (white and Asian women) and a family history of the disease. Other risks can be prevented or limited.

To lower your bone-loss risk, you need to know all the causes, including those that may seem hidden. These include:

- low testosterone levels
- eating disorders
- a sedentary lifestyle
- cigarette smoking
- heavy alcohol consumption
- long-term use of some medications like anti-seizure drugs and glucocorticoids, used to treat arthritis and asthma

### PREVENTING OSTEOPOROSIS

What can you do to save your bones? Follow these simple steps to help build bone and prevent or limit deterioration:

**1 Eat right.** Taking in adequate amounts of calcium and vitamin D and consuming a balanced diet lays the foundation for healthy bones. The recommended calcium intake for adults is 1,000 mg a day for those between ages 31 to 50 and 1,200 mg for those ages 51 and older. Recommended vitamin D intake is 200 IU for those 50 and



younger, 400 IU for people 51 to 70 and 600 IU for those over 70. You may find it difficult to get these amounts from food alone, so talk with your healthcare provider about taking supplements.

**2 Ditch bad habits.** If you smoke, try quitting aids like the nicotine patch. Cut out alcohol consumption.

**3 Take a good look at your medicines.** If you're taking drugs that may cause bone loss, discuss it with your healthcare provider. There may be alternatives.

**4 Get moving.** Weight-bearing exercises, such as running, walking and hiking—anything that forces you to work against gravity—are great bone-builders. Aim for at least 30 minutes on most or all days. Ask your healthcare provider to recommend appropriate exercises.

**5 Consider new medications.** Talk with your healthcare provider about drugs that can help stop bone destruction in postmenopausal women, such as alendronate and raloxifene. Hormone therapy can help prevent osteoporosis but has risks that you'll need to discuss with your provider. ●



An Affiliate of Mercy Medical Center

## Orthopedic services grow

**S**hehada Homedan, M.D., of Southern Iowa Orthopedic Services joined Wayne County Hospital (WCH) in September. This service, operated by the Davis County Hospital, Ringgold County Hospital and Wayne County Hospital in a collaborative affiliation, is designed to provide quality regional orthopedic care.

Dr. Homedan, a native of Jordan, completed the rigorous orthopedic surgery program at the Jordan University of Science and Technology, followed by an orthopedic trauma fellowship at the University of New Mexico Hospital and an orthopedic adult reconstructive and orthopedic sports medicine fellowship at the State University of New York at Buffalo.

### TEAM APPROACH

"The concept of providing an orthopedic service has evolved over the years," says Brian D. Burnside, CEO of WCH. "While the demand for orthopedic services continues to grow, it has become increasingly difficult to retain orthopedic services at our rural hospital locations. We felt we needed to provide a creative solution to provide the services our patients need locally. By leading the effort with Davis and Ringgold County Hospitals we have been able to establish the Southern Iowa Orthopedic Service focused on providing exceptional, quality orthopedic care to the southern half of Iowa and the northernmost tier of Missouri.

"Our patients are our first priority and that is why we have developed this regional orthopedic service together with the convenience of in-house diagnostic imaging services and in-house physical therapy for follow-up rehabilitation. Our team approach gives us the ability to maintain close contact with our patients throughout the healing process to ensure the best possible outcomes."

Dr. Homedan became interested in orthopedics while doing his first surgical rotation. "The OR setting in itself is exciting and when you put that together with the challenges presented in orthopedics, I knew it was something I would enjoy. The instruments used in orthopedic surgery make it even more interesting."

When making the choice of where to practice, Dr. Homedan says, "Choosing to live in Iowa was attractive to us. My family and I enjoy the rural setting, the area is nice, less crowded and away from the fast pace of the city. I think this is a good place to establish a successful practice and provide people with a service they need. When I interviewed at each of the facilities, Davis, Ringgold and Wayne County Hospitals, I found the staffs to be of a high caliber, encouraging, open minded and flexible, which makes it much easier for me and for the entire process to come together and be successful."

Dr. Homedan is joined by his wife and three children (a fourth is on the way). He is an avid soccer fan and enjoys playing and competing in soccer matches.

Dr. Homedan will see cases that pertain to most fractures, total knee and total hip replacements, adult reconstructive surgery and sports medicine. Cases are seen with a referral from your personal provider. Providers interested in scheduling an appointment with Dr. Homedan may do so by contacting the nearest affiliated hospital: Davis County Hospital, **641-664-2145**; Ringgold County Hospital, **641-464-4409**; or Wayne County Hospital, **641-872-2260, ext. 259.** ●



Dr. Shehada Homedan

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