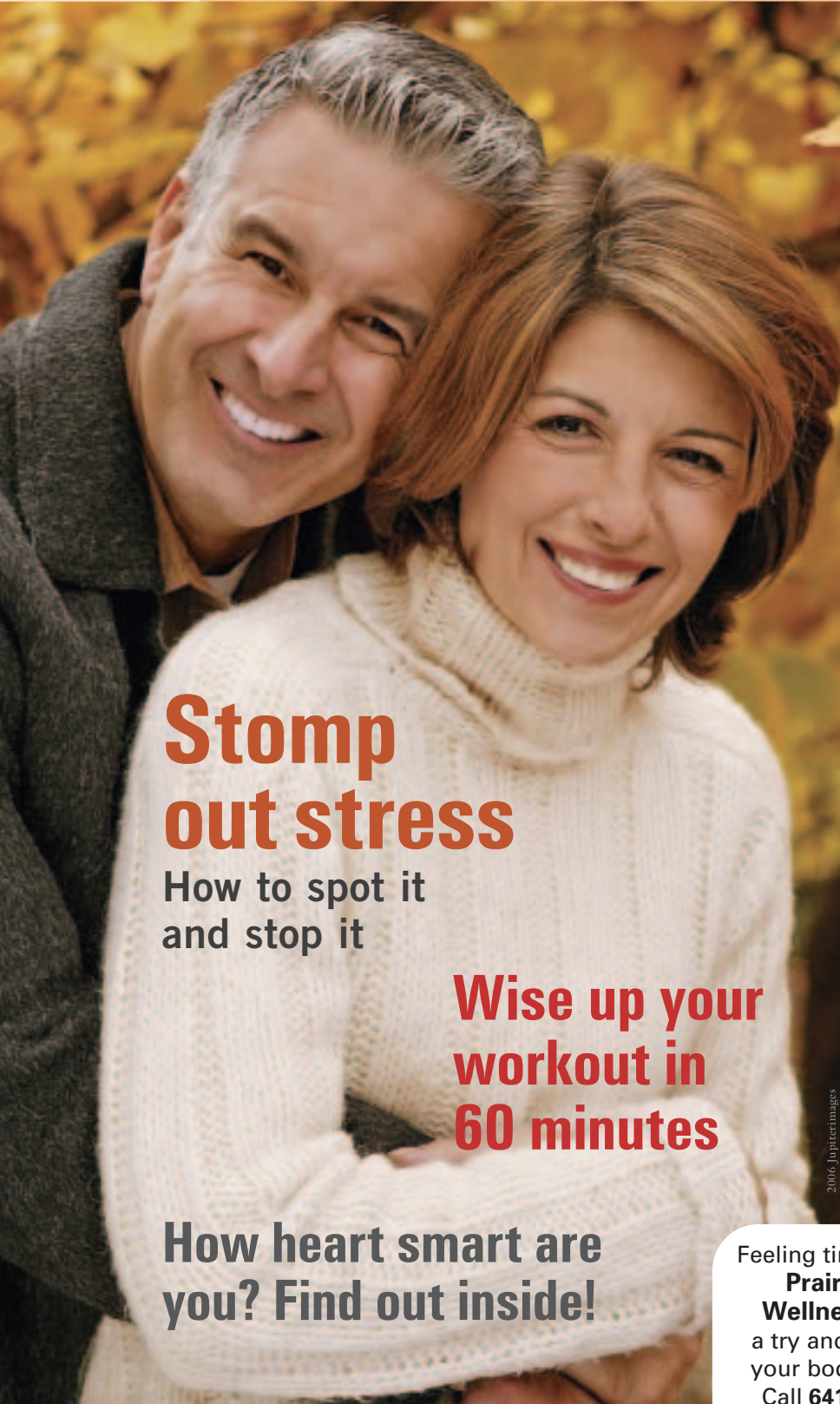




An Affiliate of Mercy Medical Center

HealthWise

Fall 2006



Stomp out stress

How to spot it and stop it

Wise up your workout in 60 minutes

How heart smart are you? Find out inside!

Feeling tired? Give the **Prairie Trails Wellness Center** a try and reenergize your body and soul. Call **641-872-3473**.

Emergency Department improves its patient satisfaction

Patient satisfaction is directly related to patients' expectations and their perception of care and services received. In 2005, Wayne County Hospital (WCH) enlisted Press Ganey, a leading survey firm, to measure patient satisfaction data. Through diligence, teamwork and a focus on patients, the Emergency Department (ED) raised its overall national ranking from the 27th percentile to 95th percentile in a six-month period.

Emergency Department Patient Satisfaction Report		
	4th Qtr. '05	2nd Qtr. '06
Overall ranking	27%	95%
Waiting time before staff noticed your arrival	1%	81%
Helpfulness of first person who asked you about your condition	19%	87%
Staff's concern for your privacy	6%	98%

Confident in their clinical skills, the ED team was stunned by their low patient-satisfaction scores. Daren Relph, P.S., ED Director, says, "When presented with these scores, we quickly made the personal commitment to ensure ED visits were viewed strictly from the patient's perspective and to treat each patient as if he or she was one of our family members. I firmly believe that this commitment directly correlates to the improvement



Daren Relph, P.S.
Emergency Services Director

in our survey scores." Should you ever have the unfortunate need for emergency services, rest assured the emergency care at WCH is among the best in the nation. •

Time-crunch fitness

The 60-minute solution to a total-body workout

You've got a spare hour to work out—perfect! That's the amount of time U.S. government experts say most of us should spend exercising almost every day to maintain a healthy weight and avoid chronic disease.

But how do you get the best all-around workout from your hour? Break those 60 minutes down into three manageable periods of 30, 20 and 10 minutes that involve the areas essential to total physical fitness: (1) working your heart, (2) strengthening your muscles and bones and (3) stretching. Here's how to fit it all in and make the time fly by:

Devote the first 30 minutes to working your heart. Moderate to vigorous cardiovascular conditioning, or aerobic exercise, increases blood flow.

Aerobic exercise helps your heart and lungs work more efficiently, lowers blood pressure and promotes weight loss. It also warms up your body for the remaining half of your workout.

How: Try walking, hiking, jogging, bicycling, swimming, jumping rope, dancing or in-line skating.

Spend the next 20 minutes strengthening your muscles and bones. Resistance, or weight-bearing,

exercises promote muscle and bone strength and endurance. They also fight osteoporosis, a potentially devastating disease that weakens bones and increases your risk for stress fractures, such as a broken hip. What's more, a recent study shows weight training helps women avoid middle-aged weight gain linked to heart disease.

How: Work with hand weights, exercise bands or gym machines, or use your own body weight as resistance (by doing, for example, push-ups or squats). Search the Web or your library for simple exercises to strengthen your back, legs, arms and stomach muscles. Don't work the same muscles on back-to-back days; alternate muscle groups. For example, on Monday work your arms, on Tuesday work your legs, on Wednesday tackle your shoulders and so on. Consider booking at least one session with a personal trainer, who can teach you how to perform exercises safely and effectively.



Finally, take 10 minutes to stretch. Stretching keeps you flexible and injury-free, so avoid the temptation to skip this last step. Stretch at the end of your workout when your body is warm and supple.

How: Yoga or stretching videotapes, DVDs or classes can teach you simple moves. Check fitness magazines and books or browse the Web for stretching suggestions.

Remember to get your doctor's OK before starting any fitness program. If you're prone to injuries, do a few targeted stretches *after* your cardio workout and *before* your resistance training to get those vulnerable body parts ready for more strenuous exercise. Then, end your exercise hour with your stretching routine. ●

Take this quiz to see whether you know how to keep your heart in tip-top shape. Read the following statements and decide whether they're true or false:

1 All fats are the same.

False. Some fats are definitely healthier for you than others. Monounsaturated fats, found in olive, canola and peanut oils, and polyunsaturated fats, found in safflower, sesame, soy and corn oils, may lower your cholesterol when you use them in place of saturated fats, found in meats; whole-fat dairy products; and coconut, palm and palm kernel oils. Avoid heart-hurting trans fatty acids, often found in processed foods and fast foods.

2 Exercising three times a week is enough.

False. It's a good start but falls short of the latest government recommendations, which say we should all be exercising at a moderate to vigorous level for 30 to 60 minutes on most days to avoid chronic illness.

3 You're not at risk for heart disease if you eat right, keep your weight at a healthy level, exercise and don't smoke.

False. If you have heart disease in your immediate family, you're considered at risk. What's more, simply getting older increases your heart disease risk, so make sure you maintain healthy habits.

4 Heart attacks don't always start with chest pain.

True. The classic heart attack comes on with crushing chest pain, but many heart attacks start with discomfort, such as pressure, squeezing or fullness in the chest. Some heart attack symptoms don't appear in the chest at all but rather with pain or discomfort in the arms, neck, jaw, back or stomach. Other common heart attack signs include shortness of breath, cold sweats, nausea and light-headedness.

5 If you feel great, you don't need your heart health monitored by a physician.

False. High blood pressure, or hypertension, is called the silent killer for a reason. You can't feel it, but it's still damaging your heart health.

6 Diabetes puts a person at higher risk for heart disease.

True. Two in three people with diabetes die from cardiovascular disease. If you have diabetes, work closely with your healthcare provider to keep your blood sugars within a safe range and manage your blood pressure and cholesterol levels—which will all reduce your cardiovascular risk.

7 Vitamin E supplements protect your heart.

False. Recent studies have found that high daily doses of vitamin E supplements—400 IU or more—are associated with a higher risk of death from any cause, including cardiovascular disease. Until more research is done on safe levels of vitamin E, eat a healthy, varied diet and take one multi-vitamin pill a day. ●



How heart smart are you?

Put your heart-health knowledge to the test

healthEXTRA!

Wellness news from the world over

"I'm not overweight, I'm under tall!"

Although 90 percent of people know most of their peers are overweight, only 40 percent include themselves among those who need to shed some pounds, according to a survey of more than 2,000 American adults conducted by the Pew Research Center, an opinion research group that studies social and political trends. Why are we looking in the mirror with rose-colored glasses? Part of the problem, suggests the survey, may be that people tend to overestimate how tall they are and underestimate their body weight. When asked their height and weight, women reported a median weight of 150 pounds and a median height of 5 feet 5 inches, which borders on being overweight. However, national statistics indicate women weigh a median of 155 pounds and measure an inch less, putting them in the overweight range. Men generally gave themselves an extra two inches when reporting their height.

Dial up support for quitting

If you or someone you know wants to quit smoking, don't go it alone—pick up the phone and get help. Researchers studied more than 800 smokers and found that those who received phone counseling at least seven times over two months had greater success kicking the habit than smokers who received standard care (a talk with their doctors, self-help publications and access to smoking cessation programs). The researchers noted smokers who received phone counseling were less likely to give up after failed attempts to quit and more likely to seek extra support and take antismoking medications.



Go green to save your joints and bones

Have you had your vitamin K today?

If not, you may be at risk for osteo-

arthritis. New research based on a study of 650 adults shows that people

with the lowest blood levels of vitamin K—plentiful in leafy green vegetables like spinach, broccoli, kale, cabbage and brussels sprouts—are more likely to develop knee and hand osteoarthritis in their later years than people who get adequate amounts of the vitamin. The report was published in the journal *Arthritis and Rheumatism*. Past research based on the Nurses' Health Study and the Framingham Heart Study also links adequate levels of vitamin K to a lower risk of hip fractures. The recommended daily intake for vitamin K is 80 micrograms (mcg) for men and 65 mcg for women. If you take blood thinners, however, talk to your doctor because too much vitamin K can affect how well your medication works.

Add sanitizer to your grocery list

Before you grab a shopping cart at the grocery store, consider this: The handle may be teeming with bacteria, according to research by the Korea Consumer Protection Board. Other harborers of bacteria include computer mice in Internet cafes, which came in a distant second to cart handles, having about half the bacteria. Hand straps on



buses and subways, bathroom doorknobs and elevator buttons were also tested but had relatively less bacteria than the carts did. Fortunately, washing your hands with soap and water will remove most bacteria you may pick up.

Heavy kids and car seats: Not a safe fit

Overweight kids risk more than early heart disease and diabetes—they're more likely to be hurt in car crashes because they don't fit into standard safety seats. According to a report in *Pediatrics*, the rates of obesity have doubled for children ages 2 to 5 and tripled among children ages 6 to 11 over the last three decades. Researchers estimate that more than 280,000 children ages 1 to 6 would have difficulty finding a car safety seat because of their combined age and weight. Most of the "problem kids," nearly 200,000 of them, were 3 years old and weighed more than 40 pounds. These kids are too heavy to use a standard seat, but too young to use a booster, which doesn't have a five-point restraint harness. For this age group, only a handful of safety seats are available, with an average cost of \$240 to \$270—



Each year, more than 1.5 million children are in motor vehicle crashes, and car seats reduce the risk from dying.



Fibroids may complicate childbirth

Uterine fibroids, a common condition, don't cause symptoms for most women. But a study from the University of California, San Francisco, found that women with fibroids had higher rates of complications during labor.

After looking at more than 15,000 births, researchers learned that women with fibroids had a 64 percent increased risk for cesarean delivery, a 59 percent increased risk for a wrongly positioned baby (such as breech), a 45 percent increased risk for delivering preterm and a 157 percent increased risk for severe after-birth bleeding. If you know you have fibroids, ask your doctor what you can do to have a healthy delivery.



Be a man and take your aspirin

More men could benefit from taking daily aspirin therapy, say experts from the University of North Carolina at Chapel Hill. After looking at data from previous studies, investigators found that, when compared with no treatment, aspirin was less costly and more effective for preventing heart attacks and other coronary events in men whose 10-year risk for heart disease was 7.5 percent or higher. The report suggests aspirin may also benefit those with a risk of 5 percent or more. However, for men whose risk is lower than 5 percent, the potential for adverse effects from aspirin such as gastrointestinal bleeding outweighs any cardiovascular gains. Talk to your doctor and ask him or her to assess your 10-year risk for heart disease.

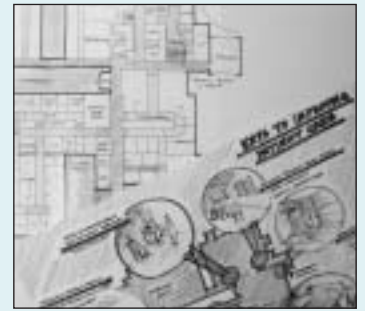
To learn more about the WCH renovation project and how your contribution can help, please contact Brian D. Burnside, CEO, at **641-872-2260** or wchsolution@mercydesmoines.org.

For updates, check www.waynecountyhospital.com.

WCH renovation news

As you know, we're continually striving to make improvements in our physical plant to enhance patients' experiences when they stay at Wayne County Hospital. This is an ongoing process that directly affects patient comfort and long-term growth.

The last few months have seen a host of different architectural firms touring the facility as we've pursued RFPs (request for proposal) for design plans. Design firms submitted their RFPs, and the pros and cons of each were evaluated.



At a Special Board Session held August 7, the Board of Directors selected Septagon Construction Co., Inc. and RDG Planning & Design to become our partners in designing a renovation to the Emergency Department and addition of private inpatient rooms. The conversion of the existing semiprivate rooms to private rooms is expected to include dedicated hospice rooms and reconstruction of the OB Department.

Septagon & RDG will seek input from our Board members, medical staff and employees to design a project that will meet our facility's needs while fitting our budget. During the next two to three months, they will be working to develop a floor plan, schematic drawings, a cost-budget and a construction schedule.

Because our patients continue to have higher expectations for the quality of the hospital "experience," these projects are crucial to WCH's growth and prosperity. Watch this column for future updates on our renovation plans. We welcome your support and thank you for your compassionate response. •

What stress can do to your body

Stress—especially chronic stress—takes its toll on us, not only mentally, but physically as well. Some experts estimate that as much as 90 percent of illness and disease is stress-related.

Ongoing stress can lead to heart disease, obesity, diabetes and other health conditions. The effects of prolonged, untreated stress on your body aren't always

easy to identify since symptoms of stress can be attributed to physical illness or discomfort, such as a headache or backache. But recognizing early signs of stress can help you manage it before it harms your health. Use this head-to-toe guide to identify the telltale symptoms of stress. Be sure to talk with your healthcare provider to rule out other underlying health conditions. ●

face

- psoriasis
- eczema
- acne
- hives
- wrinkles, creases and other signs of aging

heart & blood

- a pounding heart
- high cholesterol levels
- elevated blood pressure
- high blood sugar levels

stomach

- bloating, cramping, diarrhea and constipation
- undereating or overeating
- irritable bowel syndrome
- ulcerative colitis
- ulcer
- unborn baby's risk of later developing mental illness

genitals

- lowered fertility
- menstruation irregularities
- sexual dysfunction

joints

- arthritis

overall

- sleep difficulties
- decreased energy
- weight gain or loss

mouth

- teeth grinding

neck

- neck aches
- tight, dry throat

head

- migraine and tension headaches
- anger, sadness and irritability
- mood disorders like anxiety, depression and aggressive behavior
- insomnia
- inability to concentrate
- forgetfulness
- recurring colds
- allergies

back & shoulders

- backaches
- shoulder aches

lungs

- asthma flareups
- shortness of breath

Stress busters

Kee your stress in check with these common-sense tactics:

- Eat balanced meals and avoid high-fat fast food.
- Get enough sleep.
- Exercise daily.
- Don't use alcohol, cigarettes or recreational drugs—they create more stress.
- Slow your breathing. Breathe deeply and consciously.
- Take a yoga or meditation class.
- Stay in touch with or visit friends and relatives.
- Jot down your feelings in a journal. Record your blessings, too.
- Get emotional support. For example, if you're grieving, meet with others who can empathize.
- See a therapist if stress seems overwhelming.

No sweet surrender

Don't let hidden sugar creep into your diet

Everyone knows that sugar is found in foods like candy and cookies. But do you know that sugar may also be lurking in the jar of spaghetti sauce you bought at the supermarket? The small amount of sugar in premade sauce may not be enough to affect your health or waistline, but consumed over the course of a day, hidden sugar may add up to too many calories with no nutritional value, leading to unwanted pounds as well as tooth decay.

Your daily sugar intake comes mainly in two forms: Naturally occurring sugars, the kind found in foods like milk and fruit, and added sugars, found in processed foods like ice cream and cookies—and your spaghetti sauce. You may also find sugar hiding in such unlikely products as ketchup, salad dressing, salsa, canned vegetables, granola, sports bars and fruit cocktails.

Sugar by any other name

Sugar goes by many aliases. So if you're looking to cut back on sugar and calories, it's important to read food nutrition labels carefully. Corn syrup, honey, brown sugar, raw sugar, cane sugar, maple syrup, fruit-juice concentrate, maltose, fructose, dextrose—anything that ends with *ose*—are all forms of sugar.

Besides studying product labels, try these tips to keep your sugar consumption in check:



- **Limit sugary snacks.** Enjoy candy, cookies, cake and ice cream as occasional treats only. When eating out, split dessert with friends. Better yet, satisfy your sugar cravings with fresh fruit such as blueberries, strawberries and apples.
- **Choose sugar-free varieties of processed foods** like salad dressing and gravy, but check the label to be sure you're not swapping added sugar for added fat.

Sugar substitutes: Sweet or sour?

Artificial sweeteners can be substituted for sugar without adding calories to your diet. But are they safe? Most are, says the U.S. Food and Drug Administration (FDA). The American Diabetes Association agrees and suggests that sugar substitutes can be part of a healthy diet. The FDA currently approves the use of:

- saccharin, marketed as Sweet'N Low
- aspartame, most commonly known as NutraSweet and Equal
- acesulfame potassium (Sweet One, Swiss Sweet and Sunett)
- sucralose (Splenda)
- neotame

- **Cut down on soda pop** or switch to diet soft drinks.
- **Instead of sweetened fruit juice, have an orange or apple,** which gives you the added nutritional bonus of fiber.
- **Eliminate sweetened cereals.** Trade Tony the Tiger for healthy whole grains.
- **Count all the sugar you use,** not just the cookies. That heaping teaspoon of sugar in your several cups of tea throughout the day can add up to many tablespoons. Consider using a low-calorie sweetener.
- **Choose nutritious sweeteners instead.** Rather than a generous squeeze of honey on your oatmeal, add cut-up fresh fruit and cinnamon.
- **Experiment with using less sugar in your recipes.** Often, the extra sugar won't be missed.

For the best health and disease protection, eat more complex carbohydrates—vegetables, fruits and grains—instead of the simple carbohydrates found in sugars, the American Heart Association recommends. You'll be adding more fiber, vitamins and minerals to your diet in the bargain. ●



An Affiliate of Mercy Medical Center

Caring for your children

Magical Beginnings Early Childhood Center, Inc., in Corydon, was established in 1994 and caters to the younger members of our community. This is a neighborhood center where you can rest assured we care for your children as if they were our own.

Our philosophy is to provide an affordable early childhood program that enhances every child's learning and growth. The program emphasizes all areas of development—social, emotional, physical and creative—while giving each child a safe and consistent environment.

Licensed by the state of Iowa for 87 children, this spacious facility (9,900 sq. ft.) provides top-quality care and many wonderful enhancements, including a large, fenced-in, outdoor playground and multiple indoor classroom areas for age-appropriate learning.

Child safety is the most important consideration at Magical Beginnings. All employees are certified in child and infant CPR, first aid and mandatory abuse reporting and have undergone criminal background checks before being hired. Nursery school and preschool teachers have completed the Iowa Quality Preschool Program Standards training established by the Department of Education.

Our programs include:
Infant Program (for babies 6 weeks to 12 months old)—along with the Bright Baby Learning Curriculum—provides activities to stimulate specific areas of development, such as language, small and large motor skills and social/emotional development. A daily Sunshine Report is provided to keep parents informed.

Toddler Program (for children 12 to 24 months old) and **Twos Class (for children 2 to 3 years old)** offers daily, age-appropriate activities based on the curriculum; children read, sing and play games as they begin to foster their independence. A daily report is supplied for parents.



Regan Tilley receives her preschool diploma from Brian D. Burnside, WCH CEO, and Sarah Brown, MB Director, at the June graduation ceremony.

Nursery School Program (for children three to four years old) provides a three-hour special learning experience for children. Monthly field trips and guest speakers also highlight their learning experience.

Preschool (for children 4 to 5 years old) prepares preschoolers for kindergarten. Our staff is dedicated to providing the kind of warm attention and satisfying learning experiences these children need for their next step in their educational development.

Before-and-After School Program (for school-age children 5 to 12 years old) provides learning opportunities before and after school as well as on "early out" or snow days. Our staff is flexible and always available to help with homework and school projects.

Summer Enrichment Program (for children 5 to 12 years old) helps keep children on the learning track while enjoying their summer vacation.

Magical Beginnings is committed to providing the very best care and learning experiences possible for your child. We're open year round, Monday through Friday, 6:30 a.m. to 5:30 p.m. For additional information, please contact Sarah Brown, Director, at **641-872-1445**.

HealthWise is a community educational service provided by

WAYNE COUNTY HOSPITAL
417 S. East St.
Corydon, IA 50060
641-872-2260
Brian D. Burnside, CEO

Clinical services in Wayne County:

- Corydon Medical Clinic **641-872-2111**
- Lineville Medical Clinic **641-876-2070**
- Seymour Medical Clinic **641-898-2898**
- Wayne Family Medical Center **641-872-2063**

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