



**WAYNE COUNTY
HOSPITAL**

An Affiliate of Mercy Medical Center

HealthWise

Spring 2007



**Stop
fighting
your food**

How to ditch dieting
and lose weight

Cancer myths:
What you think
you know
can hurt you

**Solutions for
better
sleep**

WCH presents Quality at IHA Forum

Recently, WCH had the distinction of presenting dramatic quality improvements to more than 200 healthcare leaders at the Iowa Hospital Association Critical Access Forum held March 7. Brian Burnside, CEO, and Sally Stanley, ARNP, CCO, were invited to speak at the conference after WCH performed average or better on 100 percent of quality monitors presented in the Iowa Healthcare Collaborative (IHC) 2006 Annual Report. Measuring clinical performance in 31 categories, the report presents information from publicly reported national research databases.

WCH received positive marks on all reported monitors and scored in the national top 10th percentile in multiple areas, such as percentage of patients given initial antibiotic(s) within four hours after arrival and percentage of patients given oxygenation assessment. Ms. Stanley says, "Our quality plan is important, and we monitor our performance very closely. Our emphasis is on improving the health of our patients."

The IHC is a provider-led organization that promotes the sharing of data and best practice to improve care and ultimately raise the standard of care in Iowa.

Mr. Burnside says, "Patients rely on our hospital to provide the highest quality care possible. Our medical staff and employees have shown tremendous attention related to the delivery of quality care." •

Contact the WCH Auxiliary to purchase **Raffle Tickets** for the fabulous Cardinals vs Cubs package at **641-872-2260, ext. 327.**

4 common cancer myths debunked

Although many Americans may think they know a lot about cancer, some people still believe common misconceptions about the disease, according to a recent American Cancer Society survey. These mistaken notions can lead people with cancer to put off seeking the important care they need, undermining their recovery.

The following four myths are among the most persistent and unfounded.

MYTH 1 All you need to beat cancer is a positive attitude.

A positive attitude can improve your quality of life during cancer treatment. With upbeat determination, you're more inclined to eat well, exercise, get adequate rest and follow your treatment program. But a sunny outlook can't destroy malignant tumors. Doctors rely on effective treatments such as surgery, chemotherapy, radiation and biological therapy to fight cancer.

MYTH 2 Cancer can't be effectively treated.

The flip side of myth #1, this pessimistic perception holds that cancer is unstoppable once it develops. But today's early detection methods and more precise treatment options can often halt cancer in its tracks. In 2002, for

example, more than 10 million Americans were alive who had been diagnosed with cancer at least five years earlier. Of those, almost 716,000 were diagnosed with cancer more than 27 years ago.

MYTH 3 Treating cancer with surgery can make it spread.

Years ago, cancer was often more advanced by the time doctors found it during exploratory surgery—which fueled the notion that opening the body during an operation and exposing tumors to air caused cancer to spread. On the contrary, surgically removing malignant tissue is a critical part of many cancer treatment plans, often preceding chemotherapy and radiation therapy.

MYTH 4 Medications aren't effective in reducing cancer pain.

About 90 percent of people with cancer pain can get relief, according to the federal Agency for Healthcare Research and Quality. Unfortunately, many people don't seek help when they feel pain. Some patients forget to take medication or wait too long between doses. Others won't complain to their doctors when they feel pain. But speaking up about cancer pain to your doctor or nurse and adhering to a regular pain medication schedule can prevent pain before it starts or worsens. ●



Other myths that spark fear

Have you thrown out an electric blanket for fear it causes cancer? Do you step away from the microwave while nuking food "just in case"? Americans worry that a lot of things cause cancer. But according to the American Institute for Cancer Research, you can breathe a little easier, since no conclusive evidence links cancer with the following items:

- pesticide residues
- cell phones
- genetically modified foods
- food additives
- breast implants
- hormones in beef
- artificial sweeteners
- fluoridated water
- antiperspirants
- electromagnetic fields from computer terminals and household appliances



You don't snooze? YOU LOSE!

A good night's sleep can work wonders for your outlook and energy level. But sleep also has another purpose: While you're sleeping, your body is performing self-maintenance. Sleep activates your immune system to help your body heal itself and prevent disease. It keeps the brain working properly, allowing you to think clearly and store learned information and memories. And 40 winks help keep your cardiovascular system, metabolism, appetite and emotions in check.

Research links poor sleep to a higher risk of heart disease, obesity, diabetes and other health woes. In fact, after studying 185 healthy older people for 20 years, University of Pittsburgh researchers found the risk of dying prematurely—of any cause—was twice as high in those who routinely slept less soundly or took more than 30 minutes to achieve slumber.

Yet federal statistics reveal as many as 70 million Americans—one-quarter of the population—have trouble sleeping, half of them regularly. Although the amount of sleep a body requires varies from person to person, most adults need at least seven hours of uninterrupted sleep. Routinely sleeping just one hour less than what's recommended can slow response time

and hamper concentration the next day. School-aged kids need about nine hours; preschoolers do best on 10 to 12; and newborns snooze 16 to 18 hours per 24-hour cycle.

Here's how to be sure you get the ZZZs you need:

- **Stick to a regular schedule.** Hit the sheets—and wake up—at the same time each day, even on weekends.
- **Enlighten thyself.** Exposure to sunlight for at least 30 minutes during the day can keep your body clock in sync.
- **Use common scents.** Sprinkle just-washed pillowcases and sheets with lavender water, one of several scents believed to help induce sleep. Other sleep-soothing scents include vanilla and green apple.
- **Avoid a nightcap.** Alcohol keeps you in “lighter” sleep stages, increasing the likelihood of waking up during the night. Avoid caffeine and nicotine in the late afternoon and evening.
- **Prevent snack attacks.** Large meals close to bedtime can trigger sleep-stealing indigestion. For nighttime munchies, have walnuts, yogurt or a glass of milk—all contain the sleep-inducing amino acid tryptophan. ●

The dangers of drowsy driving

About 100,000 car accidents each year—and at least 40,000 injuries—result from drowsy driving, reports the National Highway Traffic Safety Administration. You're too tired to drive if you have trouble keeping your eyes focused, yawn frequently or can't recall driving the last few miles.

Playing the radio or keeping windows open won't help. What will?

- **Bring a buddy.** A chatty companion can share driving or keep you engaged enough to remain alert.
- **Take a break every 100 miles—**or every two hours—during long trips.
- **Don't count on coffee.** Caffeine can increase alertness, but it takes 30 minutes to kick in. If stopping for coffee, take a nap before you resume driving.

Antibiotics don't help bronchitis

Despite common belief, antibiotics won't cure bronchitis, say experts at the Virginia Commonwealth University School of Medicine. That's because antibiotics are ineffective against viruses that cause most bronchitis infections. Still, 70 percent to 80 percent of people who have bronchitis take a five- or 10-day course of antibiotics, incurring needless expense and side effects like rash, diarrhea and abdominal pain. Each year, one in 20 American adults will suffer bronchitis, an infection of the lungs' bronchial tubes in which inflammation and mucus lead to labored breathing and coughing. The infection usually clears up within a week. If you receive a bronchitis diagnosis, don't pressure your healthcare provider for antibiotics. Instead, try symptom relief measures such as rest, fluids and a humidifier and ask about medications to open bronchial tubes and clear mucus.



Strut your stuff for a sniffle-free season

Women who exercise regularly are less likely to catch common colds, says a study in the *American Journal of Medicine*. Researchers recruited 115 overweight, sedentary women with an average age of 61. About half took part in an exercise program in which they spent five days a week, 30 minutes a day doing moderate physical activities like brisk walking. The remaining participants, a control group, attended a weekly 45-minute stretching class. After one year, the exercisers were found to have suffered half the number of colds as those who only stretched. Experts believe physical activity triggers positive changes in the immune system.

New shingles vaccine available

Fewer people may suffer the painful rash and illness of shingles thanks to a new vaccine recommended for adults ages 60 and older. Each year, about 1 million people suffer from shingles, caused by the same virus



responsible for chicken pox. The virus remains dormant in the nerves of those who've recovered from chicken pox until it's triggered again, resulting in shingles. Most people recover from shingles in a few weeks, but the pain can last another one to three months or become chronic. In a study of about 38,000 people, researchers found the vaccine reduced the incidence of shingles by 50 percent and pain duration by 67 percent compared with people who didn't receive the vaccine. Talk to your healthcare provider about whether you should be inoculated.

Bad for the bones

It's the real thing—drinking cola can weaken women's bones. Tufts University researchers evaluated the bone mineral density and cola drinking habits of 2,500 people in the Framingham Osteoporosis Study. In women, drinking an average of four cola drinks a week was associated with lower bone mineral density. The more cola the women drank, the weaker their bones. Caffeine, already known to lower bone density, likely plays a role. But because decaffeinated colas showed a similar effect, experts suggest cola's phosphoric acid, which can leech calcium from bone, is also at work. Got milk instead?



Take migraines to heart

Head pounding? Check your heart. That may soon be the advice for some migraine sufferers. Men with migraine headaches may have a higher risk for heart attack, according to findings presented at a recent meeting of the American Heart Association. Researchers followed more than 20,000 men enrolled in the Physicians' Health Study. Over the next 15 years, men with migraines had a 24 percent higher risk for major cardiovascular events, with heart attacks topping the list. While the reason remains unclear, migraine is also associated with other heart-related risks like high blood pressure and high cholesterol.

Don't dis the fish

The heart-healthy omega-3 fatty acids found in fish make seafood a top nutritional choice despite concerns about mercury and other contaminants. The National Heart, Lung and Blood Institute and the Institute of Medicine say fish is safe and its benefits outweigh any risks for most people. Americans should include a variety of it in their diets, especially oily, cold-water fish such as mackerel, herring, sardines, salmon and anchovies, which contain high amounts of omega-3 fatty acids. However, pregnant women, women who could become pregnant and young children should avoid four species—shark, swordfish, king mackerel and tilefish (golden bass)—and limit albacore (white) tuna to six ounces a week because of their high mercury content.

Spit therapy

Maybe it's the key ingredient that gives a kiss its healing power, but a naturally occurring molecule found in human saliva appears to work as a potent painkiller, say French researchers in findings reported in *Proceedings of the National Academy of Sciences*. Because it acts similarly to morphine and other opiate painkillers, scientists dubbed the new discovery "opiorphin" and hope it will one day lead to new pain treatments. In their study, researchers injected rats with 1 milligram of opiorphin per kilogram of body weight, a pain-fighting strength equal to three to six times the amount of morphine. Because opiorphin is a natural body substance, it tends to metabolize quickly, so effects would be more limited than other painkillers.

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 **www.waynecountyhospital.org**.

WCH renovation news

Progress continues on planning for WCH's construction project consisting of a complete renovation of the Emergency Department and the addition of a Private Patient Room Wing. Here's a list of the most recent developments.

1. RDG Planning & Design and Septagon Construction continue to increase the level of detail on proposed designs to prepare the "Construction Ready" documents required to initiate the public bidding process.
2. A letter was submitted to the Iowa Health Facilities Planning Board to establish documentation that a Certificate of Need (CON) is not required for this project.
3. A letter was submitted to the Centers for Medicare Services (CMS) to request certification of financial benefits this project may bring WCH's reimbursement under the Critical Access Hospital program.
4. An engineering consultation was requested, related to the hospital's dated infrastructure including plumbing, electrical, mechanical and IT considerations, critical to the planning process.
5. Formal fundraising was initiated and a major financial pledge of \$50,000 was received from the Hospital Auxiliary, accompanied by pledges from both WCH's medical staff and administrative team. WCH has also received several donations earmarked for this project, totaling some \$100,000 so far.
6. WCH CEO Brian Burnside submitted an Information Technology development recommendation to the Board for their review. Mr. Burnside says, "The right IT solution can help improve our clinical processes, eliminate current inefficiencies in our system and relates directly to the delivery of quality patient care." ●

Winning the food fight

How to ditch dieting,
lose weight and
get healthier

If you're waging a losing battle of the bulge, you're not alone. Our nation is suffering a health crisis of growing proportions: Sixty-five percent of Americans are now overweight or obese. We've never been fatter. Yet, ironically, tens of millions of Americans are currently dieting. So why do diets fail?

Dieting's downside

Studies show that most dieters who shed 10 percent of their body weight will regain two-thirds of it within a year and nearly all the unwanted pounds within five years. Simply put, many popular diets are too restrictive to stick to long term, such as diets that eliminate entire food groups like carbohydrates or dairy.

Once you've reached your ideal weight and stop dieting, the pounds can creep back, straining your zipper and your self-esteem. To lose weight and keep it off, jettison the diet mentality and adopt a lifetime strategy of healthy eating.

Eat-right strategies

Your eating plan should:

- emphasize fruits, vegetables, whole grains and fat-free or low-fat milk products



- include lean meats, poultry, fish, beans, eggs and nuts

- eliminate saturated fats and trans fats

- limit cholesterol, sodium and added sugars

To help put your new eating plan into practice, follow these tips:

- **Slim-size your portions.** A meat serving should be about the size of a deck of cards. A baked potato should measure up to your fist.

- **Balance the calories** you eat with

what you burn through exercise. Don't forget the calories consumed from beverages like soda, juice and sports drinks.

- **Eat breakfast, lunch and dinner.** Skipping meals leads to overeating. Add a couple healthy snacks in between, too.

- **Bypass the drive-thru.** For healthier fast food, pick up a rotisserie-cooked chicken and bagged salad mix.

- **Boost your activity level.** To lose weight, you may need 60 to 90 minutes of exercise each day. •

Beware of yo-yo dieting

The worst weight strategy? Yo-yo dieting, or repeated weight loss and gain. It's linked to high blood pressure, high cholesterol and gallbladder disease—and just doesn't work. On-off dieters are more likely to regain lost weight, indulge in bingeing and not exercise. If you're guilty of yo-yo dieting, try these suggestions:

- Achieve and maintain a modest weight loss. Start with an initial goal of 10 percent of your weight.
- Don't let a small regain get you down. Keep up your efforts and adopt a positive attitude.

Paws and effect

Furry friends keep us healthy!

If a member of your family answers to a name like Fluffy or Rover, you probably already know how living with a pet can enrich your life. But did you know that animal companionship can be good for your health, too?

Having a four-legged friend to pal around with may be just the thing to help keep you fit and well, suggest researchers. How does your pet factor into your wellness prescription? Consider these benefits of having a friend of the furry—or scaly—kind:

- **Better heart health.** Studies show keeping a pet may reduce blood pressure, cholesterol and triglycerides while raising your activity level—all necessary ingredients to ensure a healthy heart. During a study at the State University of New York at Buffalo, stockbrokers with hypertension who were randomly assigned to adopt a pet showed better blood pressure control during stress than the pet-free participants.

- **Germ resistance.** Children who grow up with pets are thought to have stronger immune systems and fewer sick days from school. Surprisingly, toddlers who are raised with pets tend to be less prone to allergies as adults.



- **Recovery power.** Pets rely on us to feed and nurture them. It's believed that people who suffer from catastrophic illness recover more quickly when they have pets so they can get back to them as quickly as possible.

- **Social solutions.** Taking tender loving care of your tabby can help ease feelings of loneliness and depression, provide companionship and make you laugh. Pets are also great icebreakers for meeting people.

- **Stress-busting species.** Watching fish swim in a tank can act as a natural tranquilizer to calm and soothe you when you're under stress.

Dog detectives sniff out disease

Do our canine friends really have the ability to detect diseases like cancer, warn of an impending seizure or signal a person's dangerously low blood sugar levels? Possibly. And although the science is still unfolding, anecdotes abound of dogs performing such amazing feats.

Aside from the traditional five senses, certain dogs seem to possess a sixth sense, or a super sense of smell many times more powerful than our own. These dogs can supposedly sniff subtle changes in a person's body chemistry that occur when diseases such as cancer are present or when a person is about to have a seizure. Perhaps keeping an eye on your dog's nose may provide clues about your own health.

While owning a pet may mean fewer doctor visits for you, it's a big responsibility. If you can make the commitment, chances are you'll have a lifelong companion—and enjoy less sickness and more health. ●



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A Baseball Fan's Dream Weekend Getaway



2006 World Series Champions
St. Louis Cardinals
vs.
Chicago Cubs



Package includes:

- Four field level tickets for the game, Saturday, April 28, at the new Busch Stadium
- Overnight hotel accommodations in downtown St. Louis at Adam's Mark Hotel, Saturday, April 28
- A \$200 gift card for dinner at Mike Shannon's Restaurant

Raffle Tickets: 1 for \$5 or 5 for \$20

For more information and to purchase raffle tickets call:

Natalie Burnside	641-872-2222
Laurie Ehrich	641-872-2260, ext. 327
Bonita Wells	641-872-2896

This fundraising project is sponsored by the Wayne County Hospital Auxiliary, Corydon, IA. All contributions will go toward the Wayne County Hospital new private patient room expansion project.

Drawing date: April 16.
Winner will be posted on
www.waynecountyhospital.org



Total package value: \$550.



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WAYNE COUNTY HOSPITAL

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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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