

Winter 2008



**Chronic obstructive
pulmonary disease:
Don't let it leave
you breathless**

**Diet or surgery?
The great debate**

**Silent and deadly:
Keep carbon monoxide
out of your home**

WCH renovation news

We're pleased to report that our renovation project continues to gain momentum. At the October 15 Board meeting, the Board approved a series of motions further setting the stage for this future development. Among the motions was the approval of the proposed construction/renovation budget at \$5.8 million and approval of the project scope and design.

This project includes the private nursing wing addition, Emergency Department renovation, the physical therapy relocation and infrastructure upgrades. Wayne County Hospital (WCH) Plant Operations Department was given the go-ahead to begin construction of the Physical Therapy Department. This is the first step to clearing the way for the Emergency Department expansion into the existing Physical Therapy space.

Simultaneously, the Information Technology implementation continues to evolve with several installations under way including clinical order entry, financial and pharmacy modules. Next in line is the clinical documentation module which includes electronic medical records (EMRs) for each patient.

You can count on us to continue to carefully deliberate over the decisions to be made as you have entrusted us with making the best choices available in today's evolving healthcare market. Our goal is

to improve the patient experience and meet patient expectations with a comfortable setting and outstanding patient care. •

**From all of us
at WCH:**

Best wishes for a safe and
happy holiday season!

If you suffer from chronic obstructive pulmonary disease (COPD), you know how every breath can be a struggle. COPD, the fourth leading cause of death in the United States, occurs when chronic bronchitis or emphysema causes an airway obstruction, making it harder to get oxygen in and carbon dioxide out.

Symptoms of COPD include a chronic cough, increased mucous production, shortness of breath, wheezing, chest tightness and recurrent respiratory infections—but these may not appear until major lung damage has already occurred.

Most cases are caused by smoke exposure, and smoking accounts for up to 90 percent of COPD deaths. Other risk factors for COPD include being 40 or older, being exposed to work-related dust and chemicals and having a rare genetic disorder known as alpha-1 antitrypsin deficiency.

Treatment tactics

While you can't undo lung damage, you *can* reduce symptoms. Your doctor will likely urge you to quit smoking—which can help keep your condition from worsening. Talk with your healthcare provider about smoking cessation tools such as



Breathe easy: Managing COPD

nicotine-replacement therapy and support programs, as well as medications. Drugs like bronchodilators and inhaled steroids can help ease respiration, and antibiotics can help fight infections that aggravate COPD.

For moderate to more severe cases, additional measures such as portable oxygen tanks, rehabilitation programs or surgery to remove damaged portions of the lung may be recommended.

Lighten up on your lungs

You do have some control over how you feel. Try these COPD self-help measures:

do. Secondhand smoke can cause further lung damage.

• **Treat GERD.** If you have gastroesophageal reflux disease (GERD), the backflow of acid can worsen your COPD. Talk to your healthcare provider about GERD treatments.

• **See your healthcare provider regularly.** He or she needs to monitor your lung function, even if you're feeling OK.

Despite taking precautions, you can still suffer episodes of COPD exacerbation. It's important to seek immediate medical treatment if your symptoms suddenly worsen because it can lead to lung failure. ●

• **Control breathing.**

Talk to your health-care provider about relaxation and breathing techniques to help maximize your airflow.

• **Keep airways clear.**

Drink plenty of water and use a humidifier in your home to help loosen mucus in your lungs.

• **Exercise.** A regular workout can help build up your respiratory muscles.

• **Eat healthfully.**

Nutritious foods can help you maintain your strength and control your weight. Excess weight makes it harder to breathe.

• **Avoid smoke.**

Don't light up and don't go where others



Organic or ... what?

Decoding food labels is almost a science these days, especially if you're looking for organic foods. So what does it mean when you see the word organic on a label?

- *100 percent organic* products must contain only organically produced ingredients—excluding water and salt. They must meet U.S. Department of Agriculture (USDA) standards and be certified that they've been grown without using most conventional pesticides, fertilizers made with synthetic ingredients or sewage sludge, bioengineering methodology or ionizing radiation.
- *Organic foods* must contain at least 95 percent organically produced ingredients.

• *Made with organic ingredients* means the product contains at least 70 percent organic ingredients, which need to be listed individually on the package's information panel.

Foods that contain fewer than 70 percent organic ingredients can't use organic anywhere on their product display panel. Any organic ingredients they contain can only appear as individual ingredients on the package.

Products may be *natural*, *free-range* or *hormone free*, but they're

not organic unless they bear the USDA Organic seal. Be a smart shopper: Read labels carefully!

Colon disease gets a shot of 'tequila'

The solution to finding a better way to deliver drugs to the colon may lie in compounds derived from the blue agave plant used to make tequila.



Because many drugs designed to treat colon disease are destroyed by stomach acid, they never reach the intestine where they'd be effectively absorbed. Researchers from the University of Guadalajara, Mexico, used blue agave compounds to create tiny microspheres that could withstand a trip through the stomach and deliver more of the drug intact to the colon. The discovery, researchers say, could lead to improved treatments for a variety of colon diseases, including ulcerative colitis, irritable bowel and cancer.

Phone-in fitness

You use your telephone to order dinner, send flowers and pay utility bills, so why not use it to

improve your health? It may not be such a stretch, say Australian researchers in a report published in the *American Journal of Preventive Medicine*. In a series of phone calls, counselors gave study participants real-time advice on fitness and diet, helping them remove obstacles to making lifestyle changes and setting new goals. Most people improved their eating and exercise habits. However, much of the phone advice was also part of an overall program that included additional educational tools, such as face-to-face counseling, classes or written materials.

No noise is good noise

You encounter noise everywhere—at school, in shopping malls, in the workplace and even at home. Repeated exposure to loud sounds or continuous din can damage the sensitive structures of the inner ear and ruin your hearing. Unfortunately, hearing loss can progress so gradually you may not recognize it's happening. To help prevent noise-induced hearing loss, the American Academy of Family Physicians suggests these precautions:

- Reduce your exposure to noise whenever possible, especially if you work in a loud environment.
- Wear earplugs when you'll be exposed to loud or prolonged noises.
- Don't try to drown out unwanted noise with other sounds.
- Avoid using several noisy machines at the same time.
- Have your hearing tested every year, especially if you're exposed to lots of noise at work or at home.



Night owls have more sleep troubles

If you keep late hours, you're more likely to suffer from insomnia than someone who gets to bed earlier, according to Stanford University researchers. Investigators asked 312 men and women about their sleep preferences and divided them into morning people, night owls or intermediate types who fell in between. Study participants kept weeklong

sleep logs— noting bedtimes, number of awakenings, time spent out of bed during sleep time, sleep quality, total hours asleep and any sleep-aid drugs they took.

Compared to the other two groups, night owls spent more time out of bed and experienced more overall sleeplessness. They also had more erratic bedtime and wake-time habits and were more depressed and frustrated by their inability to sleep.

The first 100 years

Reaching your 100th birthday is an achievement; doing it successfully makes you something of an aging expert. One hundred men and women turning 100 years or older in 2007 revealed that they stay in

tune with the times—some listen to music on an

MP3 player, play video games or keep up with the news. They count spirituality, a healthy diet, no



smoking and being happy as necessary to successful aging. Centenarians think the greatest medical achievements in their lifetime are coronary bypass surgery, pacemakers and cancer treatments. Given a choice, one-third said they'd rather have a better memory than fewer aches and pains. The 100 @ 100 Survey was conducted by Evercare, a care coordination program for older people who have long-term or advanced illnesses or disabilities.

Think aspirin helps an aging brain? Think again

Continue taking that daily low-dose aspirin for its cardiovascular benefits, but don't expect it to protect against age-related declines in memory and thinking. That's the word from researchers who observed nearly 6,400 women ages 65 and older who participated in the National Institutes of Health Women's Health Study. The women were randomly divided into two groups, with one group taking 100 milligrams of aspirin on alternate days and the other taking a placebo. They were all assessed by phone every two years during the nearly 10-year study. Results, published online in the *British Medical Journal*, show that overall performance from the first test to the final assessment was similar in both the aspirin and placebo groups: Neither group showed a difference in the risk of cognitive decline or memory loss.

Dr. Garber's retirement party

You're invited to a special retirement party open house for Dr. Keith Garber at **Walden Park Club House** **Friday, December 28,** **from 5 to 7 p.m.** Refreshments will be served.

WCH gives thanks for generous gifts:



The WCH Housekeeping & Laundry Department surprised CEO Brian Burnside by presenting a check in the amount of \$239.22 after several weeks of pooling their loose change. Way to Go Team! Team members include Joetta Clark, Norman Exley, Eileen Funk, Lani Gillam, Lisa Gillam, Patsy Langloss, Deborah Poush, Susan Pyner (Manager), Priscilla Quaintance and Jo Richardson.



John Mey, D.D.S., of the Prairie Trails Family Dental Clinic, accepted a check presented in the amount of \$50,000 from Delta Dental in support of hospital-owned rural dentistry practice. Pictured are (left to right) Norman Riekens, WCH Board Member; John Mey, D.D.S.; Suzanne Heckenlaible, community relations manager for Delta Dental; and Brian Burnside, WCH CEO.



Brian Burnside, WCH CEO, was presented a check in the amount of \$30,000 from Hospice of Central Iowa for the development and furnishing of a "Special Care Suite." Pictured are (left to right) Sheila Mattly, WCH CNO; Brian Burnside, WCH CEO; Terry Terrones, Team Leader, Hospice of Central Iowa; and Barb Pasa, R.N., Hospice of Central Iowa.



Color your world with super salads

Does the word “salad” conjure up images of a pitiful plate of boring, pale iceberg lettuce?

Turn “blah” into brilliant by thinking of your salad as a painting, adding intense colors and different textures for more exciting appeal. Some suggestions for your salad palette:

Start with great greens

As a general rule, the deeper the green, the more nutrient-rich the leaves. Try:

- romaine
- spinach
- arugula
- red leaf
- watercress



Add antioxidants

Brightly colored fruits and vegetables, such as watermelon and tomatoes, give you a boost of the antioxidant lycopene—linked to a lower risk for certain types of cancer and heart disease. Vegetables serve up nutrients, such as calcium,

potassium, antioxidant-rich vitamins A and C and immune-boosting B vitamins. Mix in:

- shredded red cabbage
- peppers
- snow peas
- broccoli
- tomatoes
- carrots
- cilantro
- parsley
- beets
- sliced strawberries, apples or kiwi



kiwi

- raspberries or blueberries
- pink grapefruit or mandarin orange sections

Try terrific toppings

Nuts can be great sources of protein and heart-healthy monounsaturated fat, while beans can give your salad a fiber boost. Sprinkle on:

- almonds, walnuts, pecans or unsalted peanuts
- beans (red, black, white, kidney, chick peas)
- sesame seeds
- raisins
- freshly ground pepper
- low-fat cheese
- turkey strips or tuna

Dress it right

High-fat salad dressing can kill a nutritious salad, so go light. Top it off with:

- low-fat dressing
- balsamic or white wine vinaigrette
- a squeeze of fresh lemon
- Dijon mustard mixed with vinegar and minced garlic ●

Clean it up

Wash all fruits and vegetables thoroughly to remove dirt and bacteria. To clean your produce:

- **Keep separate cutting boards**, one for produce and the other for raw meats. Opt for plastic boards instead of wooden ones, which can harbor bacteria.
- **Remove outer leaves on leafy vegetables**, which are usually damaged or wilted and can contain bacteria or mold.
- **Wash produce with running water** just before eating.
- **Use a vegetable brush** to scrub cucumbers, carrots, potatoes and other foods with edible peels.
- **Store clean produce** in containers or plastic storage bags in the fridge.
- **Clean your produce drawer** and sanitize it often.

Weighing your weight-loss options

Diet or surgery?

For every extra pound you carry, there are at least 10 reasons why you should lose it. Excess weight can lead to heart disease, diabetes, high cholesterol, high blood pressure, sleep apnea, osteoarthritis, urinary incontinence, menstrual problems, gallstones, cancer—not to mention worsening your quality of life!

But losing weight is easier said than done. Many severely overweight people find themselves facing two options: the conventional route of diet and exercise or weight-loss surgery.

Weight loss the old-fashioned way

Losing weight involves making a real commitment to drastic lifestyle changes. Changing your eating habits will mean consuming plenty of fruits and vegetables, whole grains, lean protein and calcium-rich foods like fat-free milk. You'll need to limit saturated fats and sodium. Exercise is essential, and you'll want to get at least 60 to 90 minutes of moderate activity a day to spur weight loss.

Need inspiration?

Find out how thousands of people lost weight and kept it off by visiting the National Weight Control Registry at www.nwcr.ws.

The good news:

Experts agree that diet and exercise are the best ways to peel off pounds and keep them off.

The bad news: Admittedly, losing weight this way can be frustrating. The recommended loss of one to two pounds a week can seem like a drop in the bucket without fast results. But remember: Losing one pound a week translates to 52 pounds in a year!

Losing weight through surgery

Surgery may sound like a quick fix, but it carries risks. However, potential or existing health problems caused by obesity may outweigh those risks. If you have a body mass index (BMI) of 40 or above (100 pounds overweight for men, about 80 for women) or you have a BMI of 35 to 39.9 and weight-related health problems, you may be a candidate for weight-loss, or bariatric, surgery.

Bariatric surgery helps you lose weight by restricting the amount of food you can comfortably consume. Gastric bypass, the most common surgery option, also limits calorie absorption by surgically bypassing sections of your small intestine.

The good news: Weight comes off fast, with most people losing at

least 50 percent to 60 percent of their excess weight within the first two years after surgery. Obesity-related conditions like type 2 diabetes, high blood pressure, high cholesterol and sleep apnea can be improved or resolved.

The bad news: There's a chance of postoperative infection, blood clots and other surgical complications, some life threatening. You'll still have to adopt drastic lifestyle changes, particularly when it comes to your eating habits, and adjust to severely limited quantities of food. After some surgeries, you may not be able to have a drink with your meal because your stomach can't hold both food and liquid. Eating too much or too fast may cause vomiting or intense pain.

Traditional weight loss or surgery? Each option is a major undertaking, but remember that no matter what route you choose, you're working toward a worthy goal: a healthier you. ●





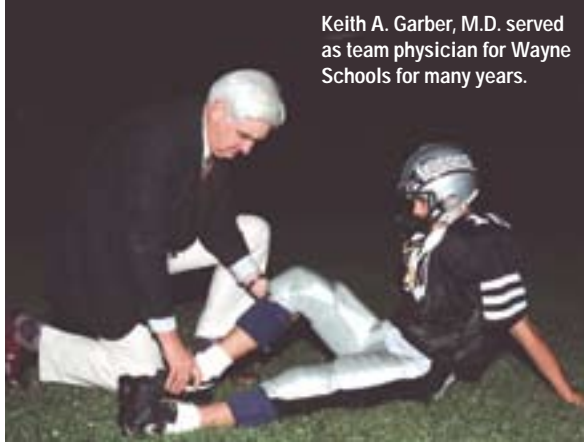
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Thank you, Dr. Garber

If ever a small-town doctor epitomized caring and commitment, that person would be Keith A. Garber, M.D. In 1961, he settled into practice in Corydon and thus began an era in Wayne County. As a graduate of University of Iowa Medical School and having just finished a stint in the Navy, Dr. Garber established the Corydon Medical Clinic and has been a constant presence in Wayne County's healthcare community for 46 years. For several years in the 1970s, Dr. Garber was the sole medical provider in Wayne County. It is largely due to his dedication and determination that Wayne County Hospital survived those years.

Although Dr. Garber's list of accomplishments is extensive, the greatest would be the relationship with patients that he established and maintained through generations of families. Board certified in family medicine since 1970, Dr. Garber has held every office on Wayne County Hospital's medical staff. With a special interest in geriatrics and end-of-life care, he has provided leadership as the longtime medical director for Corydon Nursing & Rehab Center, Seymour Care Center and Hospice of Central Iowa—Centerville. He served as Wayne county medical examiner from 1975 to 1998. He is a life member of the Iowa Medical Society and the Iowa Academy of Family Physicians.

The Wayne County Hospital Medical Staff has chosen to honor and recognize Dr. Garber for his 46 years of outstand-



Keith A. Garber, M.D. served as team physician for Wayne Schools for many years.

ing service and dedication to this community by renaming the Wayne County Hospital Medical Staff Scholarship fund the Dr. K. A. Garber Medical Scholarship. This Scholarship is awarded to a local student who is planning a career in healthcare.

Dr. Garber continues to be involved in a myriad of community activities ranging from Chamber of Commerce to Community Betterment, Lions and Masons. In addition, he served on City Council for 20 years. He has shared his creative talents by directing numerous

Theater on the Square productions and is an ordained elder in the Presbyterian Church. Those who know him continue to enjoy his unique sense of humor, his jovial personality, his wisdom and his ability to remember history and quote poetry.

Dr. Garber and his wife, Ann, have raised four children together Valerie, Andrew, Matthew and Jennifer, and now enjoy spending time with their eight grandchildren.

Corydon and all of Wayne County certainly owe a great deal to Dr. Garber for his dedication and public service. His retirement truly is the end of an era. For all this, we honor and thank him. ●

A special night for Dr. Garber

You're invited to a special retirement party open house for Dr. Garber on Friday, December 28, at the Walden Park Clubhouse from 5 to 7 p.m.

HealthWise is a community educational service provided by

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

Clinical services in Wayne County:

Corydon Medical Clinic **641-872-2111**
Lineville Medical Clinic **641-876-2070**
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