

# HealthWise

Spring 2014

## > WCH case management

*Extraordinary people ...  
Caring for extraordinary people*

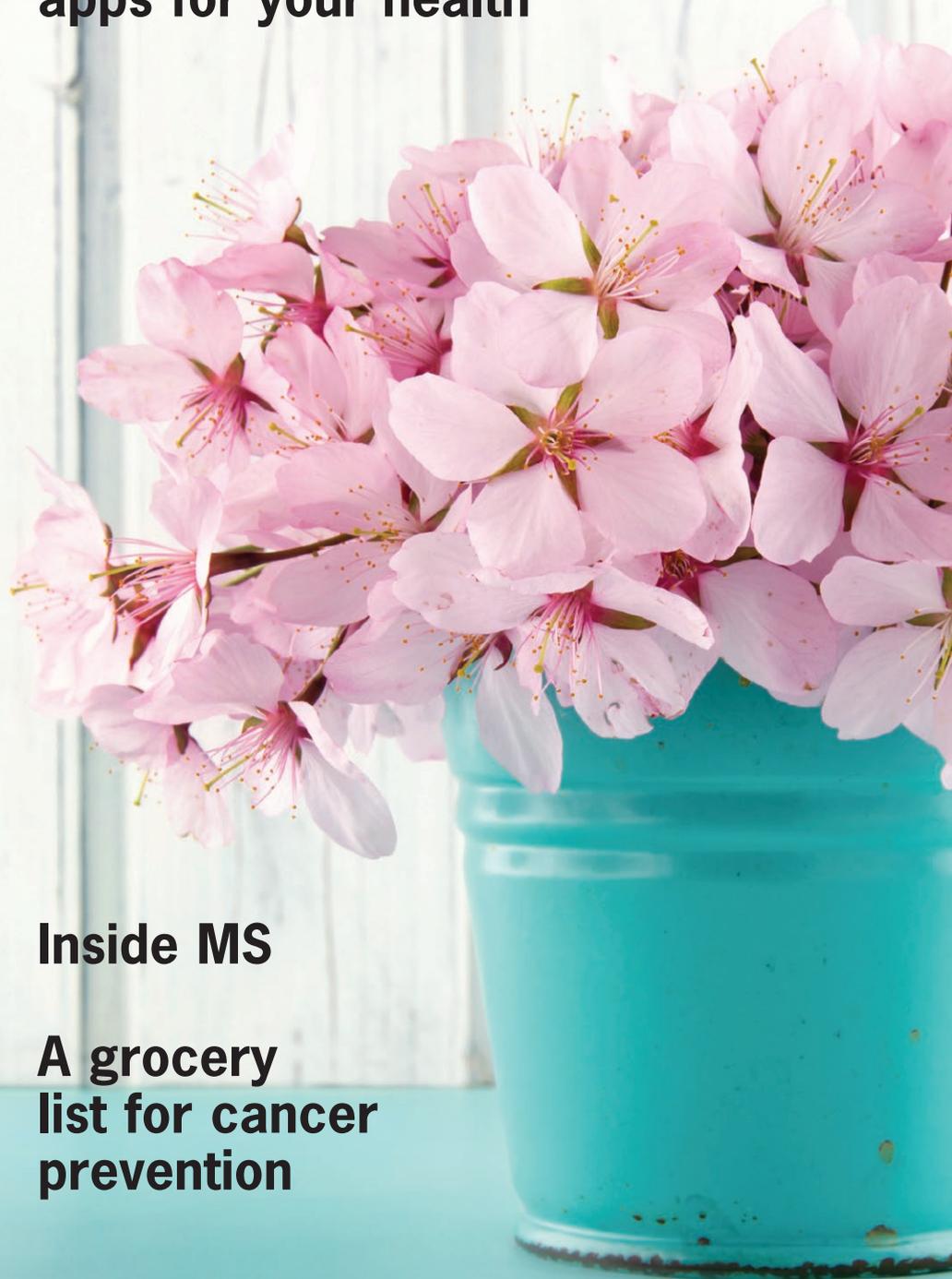
Meet Tasha Bailey, RN and Amy Elmore, RN, case management director (pictured L-R), our special case management team. You might ask 'why are they so special?' If you ask our patients, you'll learn they are the 'shoulders to lean on' when trying to navigate through the complex and often confusing health care system.

WCH has two case managers who fulfill the role of patient advocate, ally and confidante. During what can be the most difficult and stressful time, our case managers look at the whole picture to determine what patients need both during their stay and after they go home. They are specialists when it comes to understanding the rules and regulations of what is covered by a patient's insurance, Medicare and/or Medicaid. They explore all options for the patient to determine the best care plan.

"We interact closely with the patient and their family. Many patients come into the hospital not knowing much about the health care system or the resources available to them. We're happy to provide patients with information and help them understand what options they have for their care. We work with all patient types — kids, the elderly and high-risk patients. It's tremendously rewarding when we are able to provide guidance and give our patients peace of mind."



## Using smartphone apps for your health



## Inside MS

## A grocery list for cancer prevention

# Using smartphone apps for your health

There's an app for that



**M**obile apps for health have the potential to help users improve their health and even identify warning signs and ways to ward off disease. But there are dangers when you rely on apps for medical advice, or when you use apps based on medical claims that are not proven. The U.S. Food and Drug Administration (FDA) announced in September 2013 that it will review certain mobile medical apps for safety, focusing on:

- Medical apps that are programmed to be used as an accessory to an already regulated medical device. An example of this is an app that lets doctors or other members of a medical team view images from a picture archiving and communication system (PACS) on a smartphone or tablet in order to make a diagnosis.

- Apps that allow a smartphone or tablet to transform into a regulated medical device, such as a blood glucose monitoring device.

However, the FDA does not regulate the sale or use of thousands of general health apps available for download in the iTunes® App Store<sup>SM</sup> and Google Play™ store. If you choose to download any apps to help manage your medical needs, be sure they have been developed by a credible source such as a government agency or trusted health organization.

Ask your doctor for advice if you are considering using a new app for your health. You should also always meet with your doctor about any persistent medical concerns, or before making any decisions about your medical needs.

## > Check out these apps for your health

- **NCI QuitPal** — A free smartphone app that supports smokers who'd like to quit. It includes features like setting a quit date, setting reminders and tracking smoking habits.
- **MyMedList** — Developed by the National Library of Medicine, this app allows users to record their

current and past medications for future reference. The list can be printed out, mailed to a loved one or shown at a doctor's appointment to a medical professional.

- **First Aid by American Red Cross** — This app puts emergency information right at your fingertips.

It includes instructions for first-aid scenarios and allows you to contact **911** at any time directly from the app.

For more available apps, check out <http://apps.usa.gov>.



**Warning!** Apps should never take the place of your health care team. Meet with your doctor on a regular basis to review your health care plan.

# Inside MS

Understanding symptoms and treatment

**L**ike electrical wires, nerves also have a protective coating around them, called myelin. When that coating is damaged, the messages being carried along the wire may be slowed or blocked.

Multiple sclerosis (often called MS) is a nervous system disease in which the body's immune system damages the myelin sheath. This damage disrupts communication between your brain, spinal cord and other areas of the body, resulting in symptoms ranging from fatigue and dizziness to numbness, tremors and partial loss of vision.

## WHAT CAUSES MS?

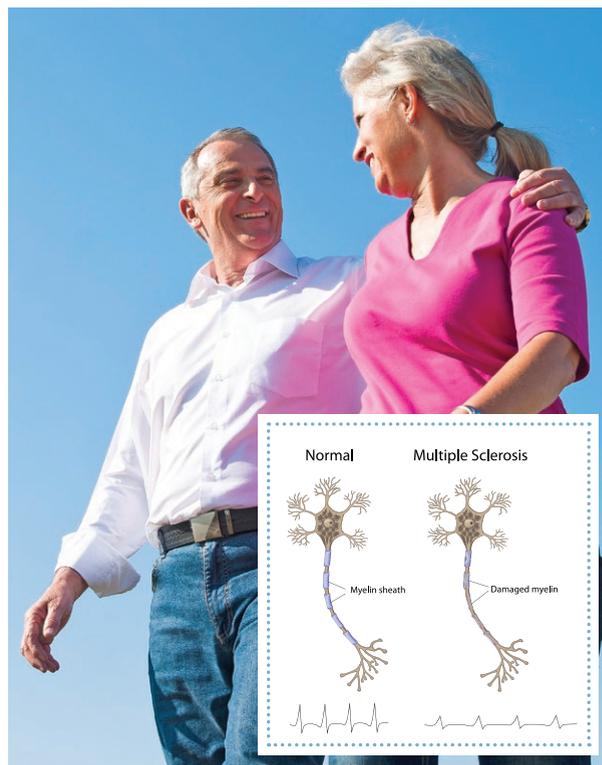
While the cause of MS remains unknown, doctors believe it's an autoimmune disease — one in which the body's immune system attacks its own tissues. It affects about twice as many women as men and often begins between ages 20 and 40. Symptoms are typically mild, but some people lose the ability to write, speak or walk, and the disease can worsen over time.

Relapsing-remitting MS (RRMS) is the most common form of MS. People with this form have flare-ups followed by recovery periods in which symptoms improve or disappear. More than half of people with RRMS eventually develop the secondary-progressive form of MS in which relapses are followed by a gradual worsening of the disease. About 15 to 20 percent of people with MS have primary-progressive MS in which the disease continues to worsen without any remission periods. A fourth type — progressive relapsing MS — is rare.

## TREATMENT OPTIONS

Because no cure for MS currently exists, treatment usually focuses on treating MS attacks, managing symptoms and limiting disease progress:

- **Treating attacks:** Corticosteroids are medications that help reduce inflammation during an attack. Plasma exchange, a procedure that replaces plasma in the blood with another solution, sometimes is used for severe MS symptoms.
- **Managing symptoms:** Medications can help improve walking speed, relax muscles and ward off



## > Self-care

In addition to prescribed treatments, you can help relieve MS symptoms by:

- **Exercising.** Regular exercise, such as walking, swimming and weight training, can improve strength, muscle tone, balance and coordination. Exercise can also help with bladder and bowel control, fatigue and depression symptoms.
- **Staying cool.** Body temperature increases can worsen MS symptoms, so stay in air-conditioned areas during warm weather, avoid hot tubs/hot showers and drink cold beverages. If you feel hot, run cool water on your wrists.
- **Eating healthfully.** A balanced diet can help maintain a healthy weight, strong immune system and bone health.
- **Managing stress.** Because stress may trigger or worsen MS symptoms, finding ways to unwind and relax may help. Try yoga, massage, meditation or writing.

fatigue. Physical and occupational therapy also can make it easier to perform daily tasks.

- **Limiting disease progress:** A variety of medications may be used to slow MS progression; some work by blocking the immune system's attack on myelin.

# HealthExtra

{ WELLNESS NEWS FROM THE WORLD OVER }



## > “FIZZY” MEDICINES RAISE HEART RISKS

Millions of patients worldwide take effervescent, dispersible and soluble medicines. However, in a study recently published in the *British Medical Journal*, researchers found that taking the maximum daily dose of some “fizzy” versions of some medicines exceeds the recommended daily limits for sodium intake. High salt intake has been linked to high blood pressure, a key risk factor for strokes, heart attacks and other cardiovascular diseases. In the study, the team found that patients taking dispersible forms of drugs had a 16 percent increased risk of a stroke, heart attack or vascular death and were seven times more likely to develop

high blood pressure compared with those taking non-high-sodium versions of the same medications.

Patients taking “fizzy” versions of drugs take them in place of the non-high-sodium versions for various reasons. Patients and doctors should be aware of the potential dangers of these drug formulations, and those who take them should take care to limit their dietary salt intake.



## > ASPIRIN: MORNING OR BEDTIME?

Aspirin is a common treatment for patients who are at a high risk for heart attacks or strokes; it works by thinning the blood and preventing clotting. But is there a difference between taking it in the morning or at bedtime? According to a recent study, yes.

The study, presented at the American Heart Association’s (AHA’s) annual meeting, found that taking aspirin at bedtime reduced platelet activity more than in the morning, because it reduced the body’s normal morning surge in platelet activity. Patients who took the daily aspirin dosage

## > MORE THAN ENERGY IN YOUR DRINK?

From 2007 to 2011, the number of emergency room visits related to energy drink consumption nearly doubled. A recent preliminary study raises concerns that energy drinks may negatively impact the heart, especially for people who already have heart disease.

This study observed the effect of taurine- and caffeine-containing energy drinks on 18 healthy volunteers, using cardiac magnetic resonance imaging (CMR). An hour after the volunteers consumed the energy drinks, they experienced a

six percent increase in heart contraction rates. The research team speculates that the unique blend of sugar, taurine and caffeine in energy drinks may combine to have a negative effect on the heart.

However, additional research is still needed to confirm the findings of this study. Also, the long-term effects of energy drink consumption have yet to be evaluated. For most people, energy drink consumption should be limited to about 16 ounces a day or less. If you find you’re

consistently fatigued or rundown, you might consider a healthier way to boost your energy, like getting seven to nine hours of sleep a night, being physically active regularly and eating a healthy diet.





at bedtime didn't experience more side effects than those who took it in the morning.

Because the study was small, and it did not examine whether a bedtime dosage would provide better protection against heart attacks or strokes, further research is needed. Until then, the AHA recommends that, if you take prescribed aspirin for heart problems, you should continue to take it whatever time of day you prefer.



### > FIT BUT FAT: A MYTH?

You may think that without high blood pressure, diabetes or other metabolic issues, people can remain healthy despite being obese. However, a recent study of more than 61,000 people published in the *Annals of Internal Medicine* dispels that myth. Those who were metabolically healthy but obese still had a 24 percent greater risk for heart attack, stroke and death after 10 years than metabolically healthy normal-weight individuals.

This study suggests that there's no healthy pattern of increased weight. If you're overweight or obese, focus on improving your health through a balanced diet and regular exercise.



### > WEIGHT LOSS: ADD ONE MORE BENEFIT TO THE LIST

According to a recent presentation at the American Heart Association's annual meeting also published simultaneously in the *Journal of the American Medical Association*, overweight or obese people with atrial fibrillation (sometimes called AF or A-fib) can decrease their symptoms if they lose weight. Atrial fibrillation is a disorder of the electrical impulses that coordinate the beating of the heart that causes the heart's two upper chambers, the atria, to contract in a fast and irregular way. Atrial fibrillation can increase a person's risk of stroke and contribute to other heart problems.

The study showed that participants in a weight-management and exercise program, who lost 33 pounds, on average, experienced fewer and less severe symptoms of atrial fibrillation.

If you're overweight and experience symptoms of atrial fibrillation, talk with your doctor to develop a weight management plan. Start slowly, focusing on including more healthy foods like fruits and vegetables in your diet and building up to 150 minutes of exercise a week.



Members of the WCH Auxiliary present a check to the Plant Operations Department

### > WCH Auxiliary Gift Shop gives back

The Wayne County Hospital has been blessed with the tremendous support of the hospital Auxiliary for many years. Most recently, it was the addition of the gift shop, 'Gifts From the Heart.' Managed by WCH Auxiliary Volunteers, the gift shop has provided a great resource for visitors, employees and community members to purchase specialty items for patients and families.

At the annual winter luncheon held in January, Bonita Wells, Auxiliary Gift Shop manager, presented a \$10,000 check to the Wayne County Hospital Plant Operations Department in gratitude for their work in building the gift shop in 2010 and the continual support they provide the Auxiliary. "This is a very talented group of men who do so much for us every day. We are grateful for the beautiful gift shop they built for us; moving walls, climbing through false ceilings, all to make our space perfect," comments Wells.

"For the gift shop to present the funds to our department was such a surprise. We are extremely grateful and will use the funds to purchase some much needed equipment," states plant operations director, Brad Willey.

Auxiliary 2014-2015 officers include president Geri Gardner; vice president Karen Mattly; secretary Georgia Runyon and treasurer Marlyn Montgomery. Meetings are the third Thursday, monthly at 1:30 p.m. in the Private Dining Room at Wayne County Hospital. Anyone interested in attending is welcome.

# Support your loved one with diabetes

**M**anaging diabetes can be a challenge. Those with diabetes must put extra thought into their diets, keeping track of appointments and staying active. Family and friends can help by providing day-to-day support and making lifestyle changes together. Here are some ways you can help your loved one to more successfully manage his or her diabetes.

## WHAT CAN YOU DO?

**Exercise together.** Being active is important for everyone, but especially so for those with diabetes.

Find an activity you can enjoy together so that exercise can be a fun, social activity rather than a chore. Your loved one will be more likely to stick with it.

**Cook and eat healthy meals together.** Start by shopping together for healthy foods. Your loved one may be more likely to select healthy foods if you shop together vs. shopping alone. Also try to keep quick, healthy snacks on hand like chopped vegetables and hummus.

**Accompany your loved one on medical visits.** Your loved one may appreciate company attending

doctor's appointments or diabetes education classes. Having you with them may make the experience less stressful and help them remember what was discussed.

**Try to be considerate when planning events.** Holidays can be especially difficult for people with diabetes. Providing diabetic-friendly holiday food alternatives can help your loved one feel like they aren't missing out.

**Learn about diabetes.** The more you know about diabetes the better you will be able to help your loved one every day. Also be sure to

# A grocery list for cancer prevention

**S**ome risks for cancer are out of your control, but choosing a healthy diet is one way to take action. A diet rich in vegetables, fruits, whole grains and beans has been shown to help prevent some types of cancer. Many of these foods contain important vitamins and minerals that can work together in an overall diet to offer some cancer protection. Find out what foods you may want to add to your shopping cart, from fruits and veggies to coffee and green tea.\*

## FOODS TO KNOW

**// Berries //** Fruits like strawberries and blueberries are loaded with antioxidants, which have cancer-fighting properties.

**// Tomatoes //** Tomatoes are rich in lycopene, a powerful plant compound that may protect against prostate cancer.

**// Whole grains //** Whole grains can help reduce your risk of colon cancer. Be sure to check ingredient labels on breads and other grains and look for the words "100 percent whole grain."

## // Red-orange fruits and vegetables //

Foods such as butternut squash and sweet potatoes are rich in beta-carotene, which acts as an antioxidant to help protect cells from damage.

**// Coffee //** Your morning cup of joe contains a variety of plant compounds that may be protective for some cancers.

## // Dark green leafy vegetables //

Kale, spinach, romaine lettuce and other green leafy vegetables are excellent sources of fiber, lutein and flavonoids. These substances



diabetes.\* If your loved one appears to be struggling with depression, addiction or other health concerns, encourage them to speak with a health care provider about it. You can also help them locate a diabetes support group in your area which may provide support.

**Don't nag.** It may be hard not to offer critiques when your loved one is doing something that may not be good for their health. But in the long run simply letting your loved one know you're there for support and willing to help may be a more effective solution.

**Ask for feedback.** There may be things you do unknowingly that make it more difficult for your loved one to manage their diabetes. Be open to change and try to modify behaviors that interfere with your loved one's schedule or hinder healthy eating.

\* Source: American Diabetes Association, [www.diabetes.org](http://www.diabetes.org).

talk with your loved one about their specific diabetes needs.

**Help your loved one find outside help if needed.** People with diabetes face many unique challenges. For example, depression is more common in people with

may help protect against mouth, pharynx and larynx cancers.

**// Green tea //** Laboratory studies have suggested that green tea may help slow the development of colon, liver, breast and prostate cancers.

## FOODS TO LIMIT

### // Grilled and red meats //

Red meat has been linked to colorectal and other cancers. Grilling meat over high heat can additionally form cancer-causing agents. Instead, opt for grilled vegetables, which do not create carcinogens when exposed to high heat.

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## EAT THE RAINBOW

A colorful plate means you're likely getting a wider variety of healthy nutrients that may fight cancer. Try to fill two-thirds of your plate with plant-based foods.

\* Source: American Institute for Cancer Research, [www.aicr.org](http://www.aicr.org).



## > Banana walnut oatmeal

This heart-healthy recipe is high in fiber and low in cholesterol. A great way to start your day!

Number of servings: 4

### INGREDIENTS

- 2/3 cups milk (nonfat, dry)
- 1 pinch salt
- 2 3/4 cups water
- 2 cups oats (quick cooking)
- 2 bananas (very ripe, mashed)
- 2 tablespoons maple syrup
- 2 tablespoons walnuts (chopped)
- Optional: Substitute 2 cups water or 2 cups skim milk for the reconstituted nonfat dry milk.

### DIRECTIONS

- 1 In a small saucepan, combine reconstituted nonfat dry milk, salt and additional water. Heat over medium heat until steaming hot, but not boiling.
- 2 Add oats and cook, stirring until creamy, 1 to 2 minutes.
- 3 Remove the pan from heat and stir in mashed banana and maple syrup. Divide between four bowls, garnish with walnuts and serve.

Per serving: 340 calories, 6g total fat, 0g saturated fat, 5mg cholesterol, 190mg sodium, 60g carbohydrates, 6g dietary fiber, 25g sugar, 14g protein, 10 percent vitamin A, 10 percent vitamin C, 30 percent calcium, 15 percent iron. Percent daily values are based on a 2,000 calorie diet.

Recipe courtesy of the U.S. Department of Agriculture, [recipefinder.nal.usda.gov](http://recipefinder.nal.usda.gov).

## > Here's a cancer-fighting shopping list for your next grocery trip!

- Apples
- Blueberries
- Broccoli
- Cherries
- Coffee
- Cranberries
- Dry Beans
- Flaxseed
- Garlic
- Grapefruit
- Grapes
- Green Tea
- Kale
- Lentils
- Peas
- Squash
- Strawberries
- Tomatoes
- Walnuts
- Whole Grains



**HealthWise** is a community educational service provided by  
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