

# HealthWise

Summer 2014

## > WCH clinics accepting new patients

We have listened to you and expanded our medical staff to accommodate your needs. With 14 providers on staff and four convenient family practice locations, the Wayne County Hospital Clinic System is accepting new patients.

- **Humeston Family Medical Clinic** with Dr. Baker, Dr. Hoch and Cindy Salsberry, ARNP
- **Lineville Medical Clinic** with Dr. Stanley, Sally Stanley, ARNP, and Robert Walburn, ARNP
- **Seymour Medical Clinic** with Karen Boswell, ARNP, and Deb Wardlow, ARNP
- **South Central Iowa Medical Clinic** with Dr. Baker, Dr. Hoch, Dr. Ikezuagu, Dr. Neuharth, Dr. Wells, Galen Daniels, PA-C, Emmy Davis, CNM, Nicole Ruble, PA-C, Roberta Walburn, ARNP, and Amy Wood, PA-C

All clinics are open Monday through Friday with extended hours offered at the Corydon location. South Central Iowa Medical Clinic in Corydon is also open Saturday, 8 a.m. to noon. Early appointments are available with Amy Wood, PA-C, on Mondays at 7 a.m. Late appointments are available with Roberta Walburn, ARNP, on Tuesdays until 7 p.m.

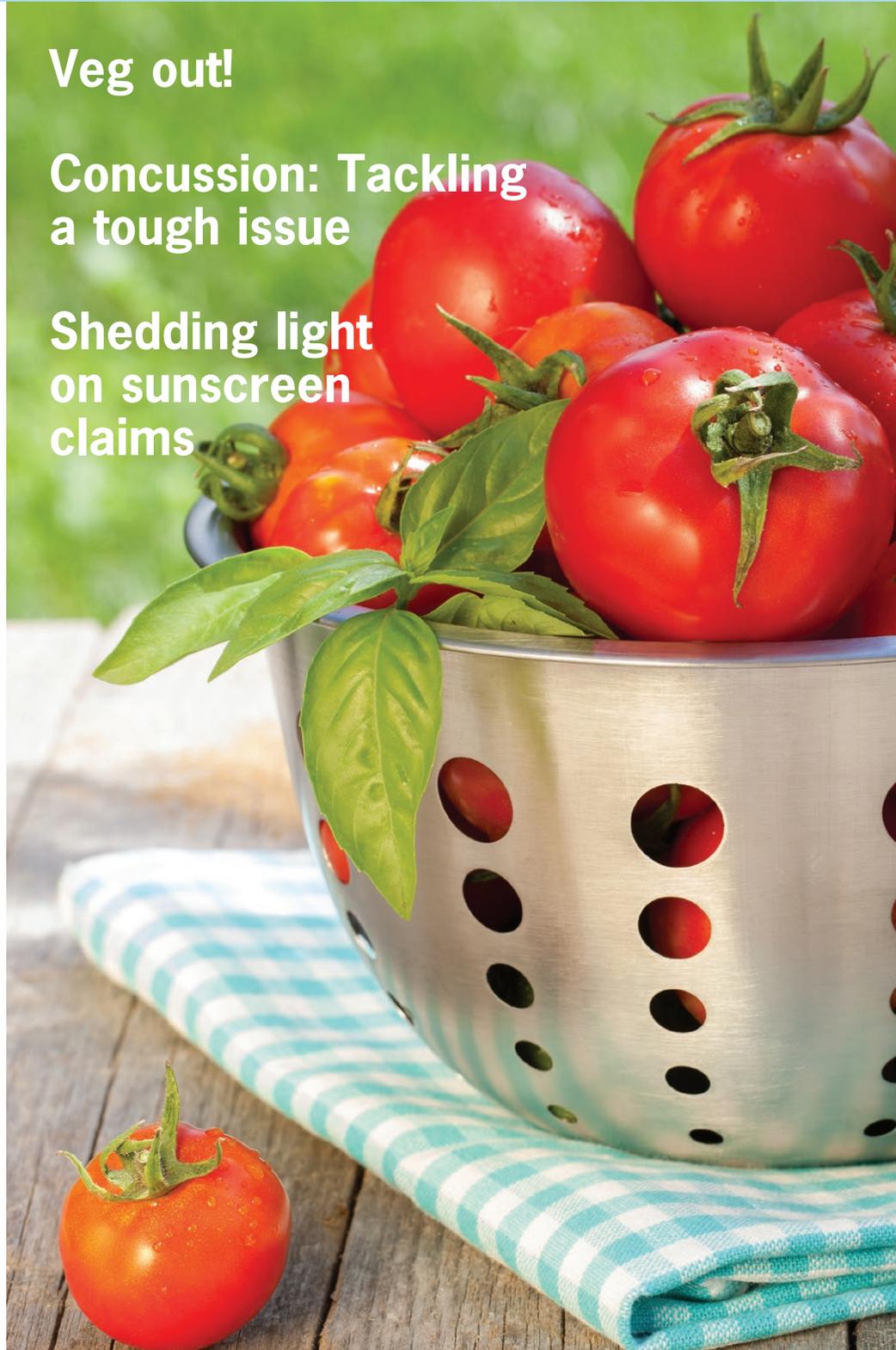
## > Appointments

All clinic appointments may be made through the Call Center at **641-872-2063**.

## Veg out!

### Concussion: Tackling a tough issue

### Shedding light on sunscreen claims





# Veg out!



*Tips for choosing, cleaning and eating vegetables*

“**E**at vegetables — they’re good for you!” You may hear this time and time again. But even if you *know* vegetables are full of vitamins and minerals that are important for a balanced diet and a healthy body, it can still be a struggle to get them from the market to your plate. Here are some ways to give nutritious and low-fat veggies the attention they deserve.



## **CHOOSING: CONSIDER COST AND FLAVOR**

Vegetables that are **in season** are easier to get, have more flavor and usually cost less. Your local farmers market can be a great resource for seasonal produce. Select vegetables that are **rich in color** and aren’t bruised or damaged.

**Frozen vegetables** keep longer and can be an easy addition to meals, especially ones that steam quickly in the microwave.

**Canned vegetables** may be less expensive than fresh and more likely to have regular sales or discounts with coupons. Choose ones marked “reduced sodium,” “low sodium” or “no salt added” for better health benefits.



## **CLEANING AND STORING: KEEP VEGGIES BACTERIA-FREE**

**Wash your hands** with soap and warm water before preparing vegetables.

**Run vegetables under water** and gently rub them before peeling, slicing or eating.

**Dry produce** with a clean cloth or paper towel.

**Remove and toss outer leaves** of a head of lettuce or cabbage.

**Refrigerate** perishable vegetables at 40 degrees F or below. Prepackaged items, such as bags of lettuce, should be refrigerated at the store and at home.





**EATING: MAKE THEM CONVENIENT AND INTERESTING**

**Baby carrots and celery sticks**

are easy grab-and-go snacks. Store them in see-through containers in the refrigerator. Jazz them up with a low-fat salad dressing. Kids may enjoy making “ants on a log” with peanut butter and raisins on a celery stick.

Sneak **chopped vegetables** into favorite foods such as pasta sauce or lasagna. Blend **spinach** into a fruit smoothie. Shred **carrots or zucchini** into muffins, quick breads or meatloaf.

Use **cooked, pureed vegetables** in soups and to thicken stews.

Grill fired up? Make **vegetable kabobs** with tomatoes, mushrooms, green peppers and onions.

**Grow your own.** Have fun growing and eating your own vegetables. Tomatoes and peppers are good options for beginning gardeners.

> Want more great ideas for vegging out?

Visit [choosemyplate.gov](http://choosemyplate.gov).



**Do you get enough veggies each day?**

The United States Department of Agriculture recommends the following total daily amounts. The amount of vegetables you need to eat depends on your age, sex and physical activity level. Talk with your doctor to learn more.

**DAILY RECOMMENDATION\***

**CHILDREN**

2-3 years old 1 cup   
 4-8 years old 1½ cups 

**GIRLS**

9-13 years old 2 cups   
 14-18 years old 2½ cups 

**BOYS**

9-13 years old 2½ cups   
 14-18 years old 3 cups 

**WOMEN**

19-50 years old 2½ cups   
 51+ years old 2 cups 

**MEN**

19-50 years old 3 cups   
 51+ years old 2½ cups 

\* These amounts are appropriate for individuals who get less than 30 minutes per day of moderate physical activity, beyond normal daily activities. Those who are more physically active may be able to consume more while staying within calorie needs.

# HealthExtra

{ WELLNESS NEWS FROM THE WORLD OVER }

## > 'FORBIDDEN' FRUIT JUICE

Too many kids are drinking too much fruit juice and suffering serious health consequences, according to the American Academy of Pediatrics. Problems like malnutrition, tooth decay, obesity and diarrhea are all too common among kids who overdo sucrose-laden fruit drinks, the Academy warns. In its report, the group said 20 percent of American kids are overweight because of too much juice and soda. It also made these observations:

Fruit juice offers no nutritional benefit for infants under 6 months old. For kids, it contains only trace amounts of nutrients except vitamin C.

Parents shouldn't substitute juice for milk or formula, both of which deliver hefty amounts of calcium—vital for kids' bones and cells.

Children ages 1 to 6 should drink no more than six ounces of juice a day; from ages 7 to 18, no more than 12 ounces a day.



## > LIVING WITH ASTHMA

More than 20 million people in the United States suffer from asthma, the lung disease caused by narrow or blocked airways.\* Symptoms include wheezing, shortness of breath and trouble breathing.

Left untreated, asthma can lead to death. Thankfully, managing your asthma doesn't have to limit your activities. You can take control of your asthma by paying attention to the factors that make it worse and by treating it with the appropriate medication.

## PREVENTING ASTHMA ATTACKS

Asthma attacks are often brought on by environmental factors called "triggers." Knowing what these are can help keep your symptoms under control.

Common triggers include:

- Cold air
- Pet dander
- Perfumes and other strong smells
- Dust
- Mold
- Pollen
- Smoke
- Pollution

Figure out what things make your asthma worse and do your best to

## > GOOD NEWS: QUIT-SMOKING THERAPIES DON'T HARM THE HEART

If you've hesitated to start using nicotine gum and nicotine patches, or drugs such as varenicline (Chantix®) because of potential side effects, rest assured. According to recent research analyzing such therapies, they do not increase the chances of suffering a heart attack, stroke or heart-related death. In the case of the medication bupropion (Zyban®), it actually offered

avoid them. If this is not enough, you may need to try medication to manage your symptoms.

## TREATMENT OPTIONS

Medication is one of the best ways to treat an asthma attack. There are two main types: long-term-control and quick-relief. The long-term-control medicines prevent symptoms by reducing the inflammation in your airways. They are taken every day. The quick-relief medicines relax and open your airways at the first sign of an attack. They are taken only as needed. It is important to take your asthma medication exactly as instructed. Even if your symptoms go away, that does not mean your asthma has.

## BREATHE A LITTLE EASIER

Asthma can be difficult to deal with, but it does not have to control your life. With the right treatment, you can live an active and healthy life.

\* Source: Asthma and Allergy Foundation of America.



protection against these heart problems.

The study, which was published in the journal *Circulation*, was the largest study to date to look at side effects involving these smoking-cessation therapies; it reviewed 63 clinical trials involving 30,508 people. The patch and gum, which are nicotine-replacement therapies, increased the risk for minor problems such as irregular heartbeats. But these effects were not long-lasting and typically occurred when people smoked while using them, resulting in



nicotine overdose and increased side effects.

Nicotine replacement is designed to be used after the last cigarette is smoked.

Experts agree that the benefits of quitting smoking far outweigh any potential risk associated with the products. If you're looking to quit smoking, talk with your healthcare provider about your options. He or she can take into account your personal heart risk factors and best tailor a successful treatment plan to help you kick the habit once and for all.

## > Wyatt receives DAISY Award for Extraordinary Nurses

Wayne County Hospital and Clinic System is pleased to announce Angela Wyatt, RN, as a recipient of this year's DAISY Award for Extraordinary Nurses presented at the annual DAISY Award Celebration held on June 6 at Mercy Medical Center, in Des Moines. A nurse at Wayne County Hospital for seven years, Wyatt has gained experience and grown in her profession, working on both the main nursing floor as well as the obstetrical unit. This merit-based award honors great clinical skill and leadership but especially strong patient care and compassion.

The DAISY Award is in recognition of a young man, Patrick Barnes, who died at age 33 from complications related to an autoimmune disorder that took his life in just eight weeks. His family was so impressed with the level of knowledge, expertise and compassion they experienced with the nursing staff that they wanted to establish a forum to provide ongoing recognition of the extraordinary work nurses do every day. DAISY is an acronym for Diseases Attacking the Immune System.

Nominated by her patients, Wyatt received accolades that included: "I was totally impressed by her attentiveness and caring." "Always there for me." "Stayed long after her shift was over to care for me during my delivery." "Nursing skills, her kindness, her personality are an 11 on a scale of 10." Our congratulations to Wyatt on her high level of service to our patients.



## > ALLERGY-FREE GARDENING

Allergies don't have to keep you from the rewards of gardening. Just choose plants carefully. Plants that are pollinated by the wind, including trees, grasses and weeds, are most likely to trigger allergy symptoms. These plants often have small blooms with little or no color. Instead, choose bright and colorful plants, which are often insect-pollinated. Their pollen is less likely to cause an allergic reaction.

Source: American College of Allergy, Asthma & Immunology.

## > 'FOUR'-WARNED ABOUT OUR HEALTH

Many people talk about how they're living the four points of a healthy lifestyle, but a Michigan research team has found that most Americans don't "walk the walk." In a study of 4,000 adults, only 38 percent were at a healthy weight and just over 20 percent ate five or more servings of fruits and vegetables each day.

In addition, only 25 percent got regular exercise and another 25 percent were smokers. The bottom line: Just 2 percent of men and 4.5 percent of women said they practiced all four healthy lifestyles.





# Concussion: Tackling a tough issue

**B**umps, tumbles and falls are a normal part of growing up. But when a blow is severe enough to move the brain within the skull, it can cause a concussion — a temporary loss of normal brain function. Young athletes are particularly susceptible to concussions, and they may take longer than adults to recover. The key to a quick and complete recuperation is prompt medical attention.

Diagnosing the condition early helps ensure that the brain has time to heal properly. A second head injury sustained before the brain has fully healed can be severe, sometimes causing swelling of the brain and long-term disability. What's more, having one concussion increases the odds of sustaining a second concussion, and repeated head injuries can cause serious problems, including headaches and chronic difficulty concentrating, remembering and even balancing.

## WHAT TO WATCH FOR

You do not need to lose consciousness to have a concussion. Symptoms of a concussion often appear right away, but may also emerge only after a victim returns to normal activities. Signs usually fall into four categories, according to the Centers for Disease Control and Prevention:



### Thinking/remembering

- Difficulty thinking clearly or concentrating

- Feeling slowed down
- Difficulty remembering new information



### Physical

- Headache
- Fuzzy or blurry vision
- Nausea or vomiting
- Dizziness
- Sensitivity to noise or light
- Balance problems
- Feeling tired, having no energy



### Emotional/mood

- Irritability
- Sadness
- More emotional
- Nervousness or anxiety



### Sleep

- Sleeping more or less than usual
- Trouble falling asleep

If a young athlete experiences one or more of these symptoms after a blow to the head, he or she should stay out of play until a trained health care professional can assess his or her condition.

## RECOVERY

The main course of treatment for a concussion is often physical and mental rest until symptoms subside. It may be necessary to keep children home from school or adults home from work, with a gradual return to normal activities.

Student athletes often follow a five-step process for returning to play: baseline (no concussion symptoms for at least 24 hours), light aerobic exercise, moderate exercise, noncontact exercise, practice, and finally, return to competition.

## PREVENTION

The following steps can help reduce the chances of experiencing a concussion or other brain injury.

**Wear a helmet** when riding a bicycle, skateboard, scooter or motorcycle; playing contact sports such as football, hockey or boxing; batting or running the bases in baseball or softball; riding a horse; or skiing or snowboarding.

**Buckle up.** Make sure everyone in the vehicle is wearing a seat belt or is secured in a child safety seat.

**Keep your home safe.** Install window guards so children cannot fall out, and use safety gates to keep young children away from steps. Remove tripping hazards and add handrails to stairways.

If you have questions about concussion symptoms, treatment or prevention, talk with your doctor. A preseason baseline concussion test for young athletes involved in contact sports may help doctors diagnose a concussion. Discuss with your doctor whether this is a good option for you.

# Shedding light on sunscreen claims



**C**onfused by sunscreen labeling and not sure exactly what protection each product offers? Be unsure no more: The FDA has a new standard test for over-the-counter sunscreen that determines which products are permitted to use “broad spectrum” on their labels.

Under the new labeling requirements, sunscreens using that claim have passed a test that shows they provide protection against ultraviolet B (UVB) and ultraviolet A (UVA) rays, and all types of skin damage caused by the sun.



While UVB is the primary culprit in sunburn, both types of rays can cause sunburn, skin cancer and skin aging. These products will also carry a label showing a sun protection factor (SPF) of 15 or higher. Sunscreen products that aren't labeled broad spectrum or that have an SPF of 2 to 14 will include the warning “This product has been shown only to help prevent sunburn, not skin cancer or early skin aging.”

As for water resistance, labels must now show how long a user can expect protection while swimming or sweating: either

Both types of ultraviolet rays can cause sunburn, skin cancer and skin aging.

40 minutes or 80 minutes. The words “waterproof,” “sweatproof,” “sunblock” and “instant protection” will not be permitted on labeling, nor will claims of protection lasting more than two hours without reapplication, unless the manufacturer has testing data — as well as FDA approval — to back those claims up.

## Sunshine salad

Brighten up your day with a salad that's colorful and sweet — and good for you!

Number of servings: 5

### INGREDIENTS

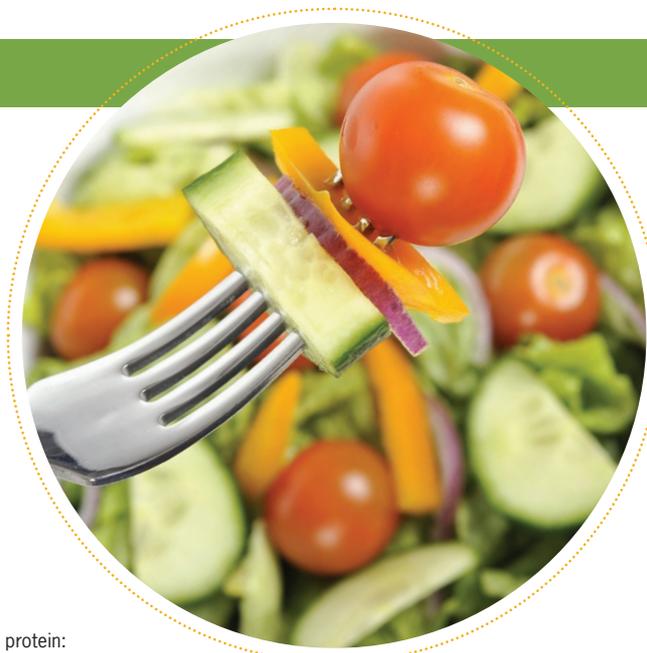
- 5 cups spinach leaves, packed, washed, and dried well
- 1 whole tomato, sliced
- ½ red onion, sliced thin
- 2 oranges, peeled and chopped into bite-size pieces
- ½ red pepper, sliced
- ⅓ cup of bottle light vinaigrette dressing
- 1 whole cucumber, sliced

### DIRECTIONS

Toss all ingredients together in a large bowl. Add dressing and toss again. Serve immediately.

Nutrition facts per serving: cholesterol: 0 mg, fiber: 8 g, sodium: 200 mg, calories from protein: 18 percent, calories from carbohydrate: 62 percent, calories from fat: 20 percent.

Recipe courtesy of U.S. Department of Health and Human Services Office of Disease Prevention and Health Promotion, [health.gov/dietaryguidelines/dga2005/healthieryou/html/recipes.html](http://health.gov/dietaryguidelines/dga2005/healthieryou/html/recipes.html).



HealthWise is a community educational service provided by  
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Lineville Medical Clinic **641-876-2070**  
Seymour Medical Clinic **641-898-2898**  
South Central Iowa Medical Clinic **641-872-2063**

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# Extraordinary People

## Caring for Extraordinary People



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**Joel A. Wells, DO**



**Amy Wood, PA-C**

### South Central Iowa Medical Clinic Family Practice and Obstetrical Services

Our experienced, progressive medical team is dedicated to serving as your medical advocate and ensuring you receive the best of care.

**Monday - Friday**  
8:30 a.m. - 5 p.m.

**Saturday**  
8 a.m. - noon

### New Extended Hours for Your Convenience

Mondays: Early appointments starting at 7 a.m. with Amy Wood, PA-C

Tuesdays: Late appointments until 7 p.m. with Roberta Walburn, MSN, ARNP

### South Central Iowa Medical Clinic

Call today for your appointment:  
**641-872-2063**



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