

HealthWise

Fall 2014

> Oncology coming to WCHCS

Wayne County Hospital and Clinic System is pleased to announce that oncology services will be offered at Wayne County Hospital through Medical Oncology and Hematology Associates (MOHA) of Des Moines. MOHA is a 14-physician, mono-specialty group of medical oncologists (cancer specialists) headquartered in Des Moines, where they have offices at both Mercy and Methodist hospitals. This group was started in 1981 and has attended outreach clinics in rural communities since 1983, currently serving 17 central and southern Iowa hospitals.

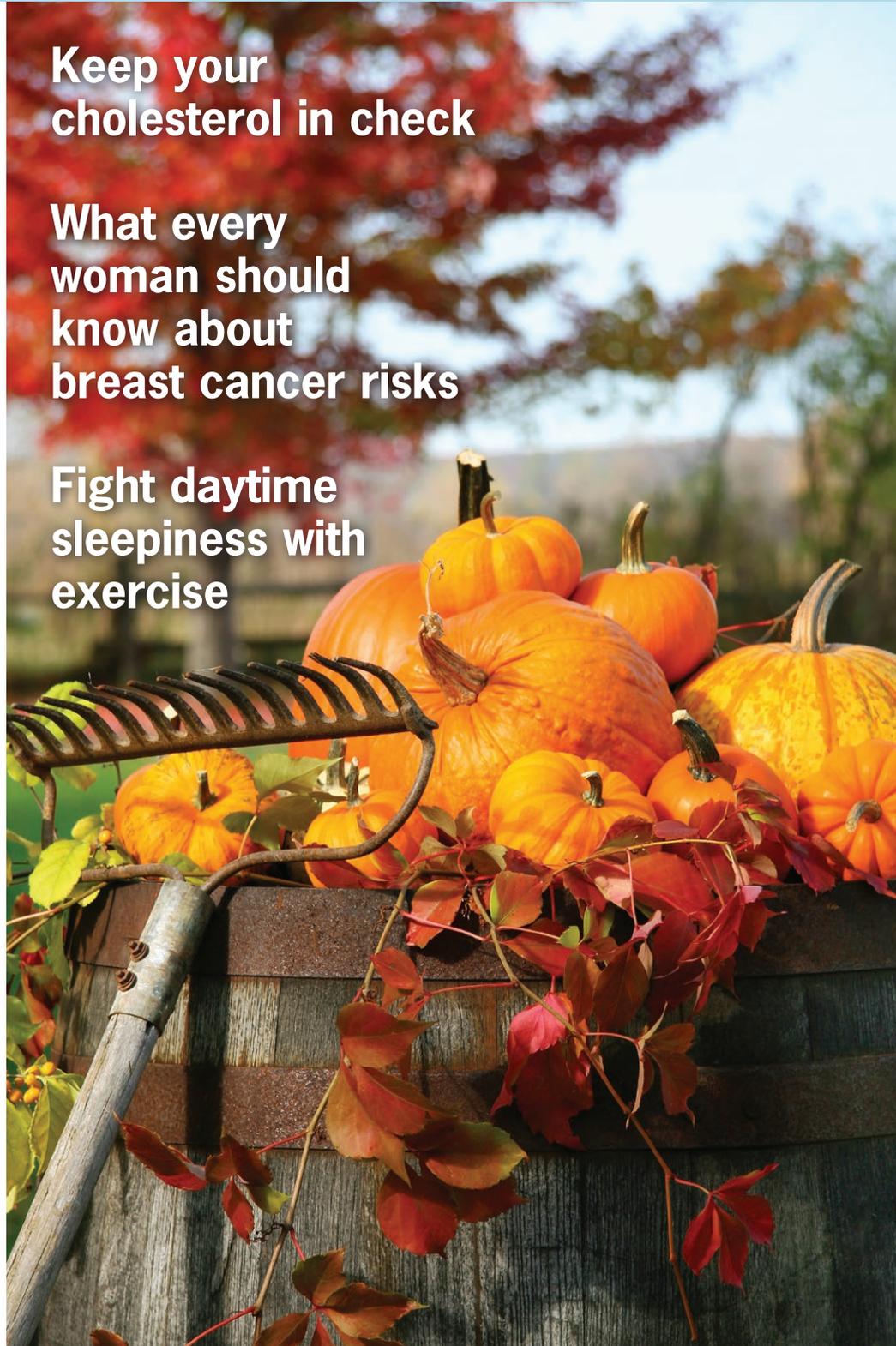
Medical oncologists specialize in the treatment of all cancers and do their treatment with medicines—chemotherapy, hormone therapy, immunotherapy and targeted therapy—as opposed to surgery or radiation. Modern advances in the treatment of cancer with medicines have revolutionized the prospects for cancer patients, and the changes and improvements only come faster and faster.

| cont'd p5

Keep your cholesterol in check

What every woman should know about breast cancer risks

Fight daytime sleepiness with exercise



> Appointments

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



Keep your cholesterol in check

Cholesterol is a wax-like substance that is created and used by our bodies. It is also found in some of the foods we eat. Cholesterol serves an important function as a support structure inside our cells. Despite its important role in the body, too much cholesterol is one of the largest controllable risk factors for coronary heart disease, heart attack and stroke. So how can cholesterol be both vitally important and dangerous?

HDL VS. LDL

Many people hear the word cholesterol and immediately think unhealthy. While it is true high blood cholesterol is one of the major risk factors leading to heart disease, it is also important to know that cholesterol comes in two forms — HDL and LDL.

High-density lipoprotein, or HDL, is the “good” cholesterol. Having healthy HDL levels can help protect against heart attack and stroke. Regular exercise has been shown to help the body produce more HDLs. With HDL, higher levels are better.

Low-density lipoprotein, or LDL, is the “bad” cholesterol that can potentially clog arteries, increasing risk of heart attack and stroke. If too much LDL cholesterol is moving through the blood, it can eventually cause buildup on the inner walls of your arteries, making them narrower and less flexible. With LDL, lower levels are better.

PREVENTION TIPS

The best way to strive for HDL cholesterol levels that are high and LDL cholesterol levels that are low is through simple lifestyle changes.

- Eat a heart-healthy diet rich in vegetables, fruits, high-fiber whole grains and lean sources of protein.
- Commit to being physically active at least 30 minutes most days.
- Avoid tobacco smoke, both your own and secondhand.

There are also drug therapy options that your doctor may prescribe to treat unhealthy cholesterol levels. Even with these medications, it is important that you follow the healthy lifestyle choices listed above.

GETTING TESTED

Cholesterol levels are tested using a small sample of blood drawn from your arm. A full lipoprotein profile is recommended every five years for everyone ages 20 and older according to the American Heart Association. However, a more frequent check may be needed for:

- Those with total cholesterol of 200 mg/dL or more
- Men over age 45 and women over age 50
- Those with HDL cholesterol below 40 mg/dL
- Anyone with additional risk factors for heart disease or stroke

> **Cholesterol levels checkup**

If you're overdue to have your cholesterol levels checked, contact your health care provider today to schedule an appointment.

What every woman should know about

BREAST CANCER RISKS

1 IN 8

Women in the U.S. will be diagnosed with breast cancer in her lifetime.



YOUR AGE

2 out of 3 invasive breast cancers are found in **women age 55+**.

YOUR RACE/ETHNICITY

White women are more likely to develop breast cancer than African-American, Hispanic and Asian women. African-American women are more likely to develop breast cancer at a **young age** and be diagnosed at a **more advanced stage**.

EARLY MENSTRUATION

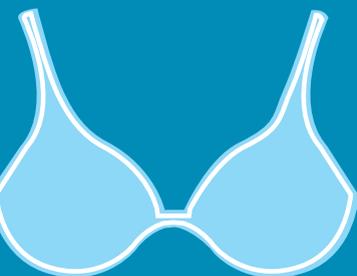
Getting your period **before age 12** increases the risk.

LATE MENOPAUSE

Going through menopause **after age 55** increases the risk.

FAMILY HISTORY

Having one first-degree relative (mother, sister or daughter) with breast cancer doubles your risk. Don't let your guard down: **85 percent** of women who get breast cancer do not have a family history of the disease.



BREAST DENSITY

Having dense breasts can increase your risk of developing breast cancer.

NO KIDS, OR HAVING KIDS LATER

Women who haven't had a child or had their first child after age 30 face a higher risk than those who had children earlier.



DRINKING ALCOHOL

Three alcoholic drinks per week increases breast cancer risk by **15 percent**.



OVERWEIGHT

Excess pounds can increase your risk, **especially after menopause**.



SMOKING

Smokers have a higher risk of breast cancer, **especially younger women**.

Other possible risk factors currently being studied include:

- Lack of exercise
- Light exposure at night (for example, women who work the night shift)
- Low vitamin D levels
- Chemicals in cosmetics and food



EARLY DETECTION

CAN SAVE YOUR LIFE!

The 5-year survival rate for breast cancer is **98.5 percent** when detected early and confined to the breast.

Talk to your doctor about a breast cancer screening schedule that's right for you.

98.5%

Sources: www.breastcancer.org/risk/factors | seer.cancer.gov/statfacts/html/breast.html | <http://www.cancer.org/cancer/breastcancer/detailedguide/breast-cancer-risk-factors>

HealthExtra

{ WELLNESS NEWS FROM THE WORLD OVER }



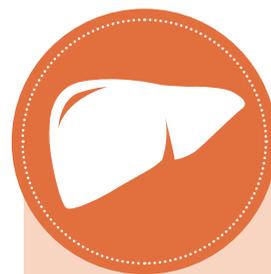
> ACTIVE AT ANY SIZE

Exercise is challenging enough, but when you have more than a few pounds to lose and mere walking is exhausting or painful, what do you do? Start by looking into non-weight-bearing activities that burn calories, put less stress on your joints and help improve flexibility, says The National Women's Health Information Center. Try swimming, water workouts, bicycling and rowing. Don't be hard on yourself, though, if

you can't do an activity the first time. Keep trying! Moving your body—even for a short time—can help make you healthier.

> GENTLY HEAD OFF MIGRAINE PAIN

An effective treatment for migraines may not come from your pharmacy, but from your yoga instructor. In a study reported in the journal *Headache*, researchers separated 72 adult migraine sufferers into two groups. One group received pain management education, avoided migraine triggers such as stress and overexertion, and made diet and lifestyle changes. The other group received yoga therapy—which included gentle yoga postures, breathing practices, relaxation and meditation—five days a week, one hour a day, except on days they had a migraine or were recovering from one. After three months, the yoga group experienced an overall improvement in their migraines' frequency and intensity. The comparison group, however, had either no change or their symptoms got worse.



> LOVE YOUR LIVER

Did you know you can help prevent many diseases by taking care of your liver? Your liver processes everything you eat, drink, breathe and absorb. It helps digest alcohol and most drugs, breaks down toxins and converts food into energy—just to name a few functions. The American Liver Foundation says that to maintain a lively liver, you should:

- **Be cautious with chemicals.** Handle harsh cleansers, aerosol products and insecticides with care and use only as directed. Avoid tobacco. Be careful taking over-the-counter and prescription medications and ask your doctor or pharmacist about drug interactions and determining safe doses of vitamins, nutritional products and herbal remedies.
- **Use diet discretion.** Cut down on fried, fatty foods. Enjoy a variety of fresh fruits and vegetables, whole-grain breads, rice and cereals. Maintain a healthy weight and exercise regularly.
- **Go softly on spirits.** Men should limit alcohol intake to no more than two drinks a day, and women shouldn't have more than one drink. If you've been diagnosed with liver disease, avoid alcohol completely.

> 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.



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!

> SHHH ... IT'S LARYNGITIS

If you've ever woken up and found you can't speak above a whisper, you know the discomfort—and inconvenience—of having laryngitis. A swelling of the vocal cords, laryngitis is usually caused by a viral infection, according to the American Academy of Otolaryngology Head and Neck Surgery. Swollen vocal cords vibrate differently, leading to hoarseness. Because antibiotics aren't effective in treating a viral infection, resting your voice is the best

medicine. Swollen vocal cords are at risk for serious injury, such as blood in the vocal cords or formation of vocal-cord nodules, polyps or cysts. So be smart: Be quiet!



| cont'd from p1

MOHA has been involved with the cancer clinic at the Wayne County Hospital for many years. Staff and personnel changes, along with a nationwide shortage of oncologists, have provoked some interruptions. We are very happy and honored to have the opportunity to resume our relationship with the hospital, staff and community in Corydon.

Tara Graff, DO, will be the attending oncologist. Dr. Graff is a Midwest native and a graduate of the Medical College of Wisconsin cancer training program in Milwaukee. She will be assisted at the clinic by Katie Kyhl, RN, another Midwest native who has extensive experience in Iowa and Memorial-Sloan Kettering in New York City. Dr. Graff and Kyhl plan to begin a monthly clinic in Corydon this fall, with an intention to increase the frequency of the clinic as the demand dictates.

This will be a full-service medical oncology clinic with all medical cancer treatments available at the hospital outpatient facility.



Tara Graff, DO

Fight daytime sleepiness with exercise

Do you have trouble staying awake during the day? You may be surprised to learn that reaching for that cup of coffee may not be the only way to stay alert throughout the day. Studies have shown that regular exercise can be an effective way to fight daytime fatigue for everyone from young to old.

THE HIDDEN CULPRITS

Some of the underlying causes of sleepiness and fatigue during the daytime include obesity, diabetes and depression. Daily exercise can help combat these common problems:

Obesity — Physical activity is vital to the success of most effective weight loss programs.

Diabetes — Working out can help people with diabetes with their blood sugar control. It is important, however, that those with diabetes carefully track blood sugar before, during and after exercise until they know how their body will respond to activity.

Depression — Exercise releases feel-good chemicals into the brain including neurotransmitters and endorphins. It also raises body temperature, which may have a calming effect.

TROUBLE SLEEPING

Regular exercise can create some improvement for those struggling with sleep problems. One common cause of poor sleep is obstructive sleep apnea, which is often caused by excess weight. As regular exercise lowers weight, symptoms of sleep apnea may improve. For individuals with insomnia, there is evidence that an exercise routine can help regular sleep return, but it doesn't happen overnight.

SPEAK WITH YOUR DOCTOR

Before beginning any new exercise routine, your first step should always be to speak with your doctor. Together you can decide what activities are safe for your health.



> More tips for getting a good night's sleep

Here are a few other tips for getting a good night's sleep, from the National Institutes of Health:

- Stick to a consistent sleep schedule
- Avoid alcoholic drinks before bed
- Don't take naps after 3 p.m.
- Relax before bed, such as by reading or listening to soft music
- Avoid large meals and beverages late at night
- Keep your sleeping environment free of distractions

Need help for depression or other mental health concerns?

Don't shy away from treatment

Feeling down and alone is bad enough. But feeling like you can't show emotions, discuss your troubles or get help for something that is having a negative effect on your life makes a difficult challenge even worse. Unfortunately, many people who struggle with depression or other mental illness think their condition is embarrassing or something to ignore or mask, and they avoid seeking the care that could help them feel better. Does this sound like someone you know? Could you be doing this yourself?

STIGMA IS DANGEROUS

A study published in *Psychological Medicine* reported that although 1 in 4 people has some type of mental health disorder, up to 75 percent of those affected do not receive the treatment they need. The stigma of being a "mental health patient" was considered one of the top barriers to receiving care, with some patients putting off seeing a doctor for months or years.* This stigma was found mostly likely to affect young people, men, those from minority ethnic groups and members of the military.

Left untreated, mental health problems such as depression, bipolar disorder and anxiety disorder could get worse over time. People who are reluctant to seek professional help could turn to unhealthy behaviors to cope, such as drinking alcohol frequently or doing drugs. Suicidal thoughts can also pose a danger to self and/or others — women are more likely to attempt suicide than men, but men are more likely to complete suicide, and use methods that are more likely to be lethal, such as guns.**

FREE YOUR MIND

Depression and other mental health disorders are medical conditions. It is not your fault and you are not alone. Wanting to feel better is an important first step, so don't be afraid to take action. Reaching out to set up an appointment can take just a few words: "I don't feel like myself lately, and I wonder if it could be depression, anxiety or something else. I'd like to talk to a provider about it."

Your family doctor can be a resource in determining if you'd benefit from talk therapy, medication, or a combination of mental and medical treatment. You may be nervous at first to seek help. But be assured that medical professionals are trained to listen to your concerns in confidence and treat the whole body, and this includes your mental and emotional well-being.

* Source: King's College London news release, Feb. 25, 2014.

** Source: Mayo Clinic, www.mayoclinic.com.



Three-bean chili with chunky tomatoes

Just a little spice is nice in this quick-cooking vegetarian chili.

Number of servings: 4

INGREDIENTS:

- 2 tablespoons canola oil
- 1 cup onion, coarsely chopped
- ½ cup celery, rinsed and chopped
- 1 cup green bell pepper, rinsed and diced
- 1 can (15½ oz.) low-sodium black beans, drained and rinsed
- 1 can (15½ oz.) low-sodium red kidney beans, drained and rinsed
- 1 can (15½ oz.) low-sodium pinto beans, drained and rinsed
- 2 cans (14½ oz. each) no-salt-added diced tomatoes with basil, garlic and oregano
- 1 tablespoon ground cumin
- 1 tablespoon chili powder

DIRECTIONS:

1. In an 8-quart soup or pasta pot, heat the oil over medium heat until hot but not smoking. Add onion. Cook and stir until onion starts to soften, about 5 minutes.
2. Add celery and green pepper. Cook and stir another 5 minutes, until all vegetables soften.
3. Add drained and rinsed beans to pot.
4. Stir in tomatoes, cumin and chili powder.
5. Bring to a boil. Cover, reduce heat, and simmer 10-20 minutes to blend flavors.
6. Serve immediately.

Nutrition facts (per serving): 443 calories, 8 g total fat, 0 g saturated fat, 0 mg cholesterol, 331 mg sodium, 16 g fiber, 22 g protein, 73 g carbohydrates, 1,411 mg potassium.

Recipe courtesy of the National Heart, Lung, and Blood Institute, <https://healthyeating.nhlbi.nih.gov>.

HealthWise is a community educational service provided by

WAYNE COUNTY HOSPITAL AND CLINIC SYSTEM

417 S. East St.
Corydon, IA 50060
641-872-2260

Daren L. Relph, P.M.-C.C.P., C.E.O.
Michael A. Thomas, P.M.-C.C.P.,
Associate Administrator
Sheila Mattly, C.N.O.
Laurie Ehrich, C.C.O.

Wayne County Hospital
and Clinic System
417 S. East St.
Corydon, IA 50060

Clinical services in Wayne County:

Humeston Family Medical Clinic **641-877-6108**
Lineville Medical Clinic **641-876-2070**
Seymour Medical Clinic **641-898-2898**
South Central Iowa Medical Clinic **641-872-2063**

This publication does not constitute professional medical advice. Although it is intended to be accurate, neither the publisher nor any other party assumes liability for loss or damage due to reliance on this material. Websites not belonging to this organization are provided for information only. No endorsement is implied. If you have a medical question, consult your medical professional. Images may be from one or more of these sources: ©Thinkstock, ©iStock, ©Fotolia. © 2014 Wayne County Hospital

Your support matters

A Gift Appeal

Wayne County Hospital and Clinic System (WCHCS) is promoting our annual Gift Appeal, asking for contributions to our organization. All contributions make a difference in WCHCS' ability to benefit the lives of our patients and to ensure the availability of high-quality medical care for future generations.

We encourage you to renew your commitment to WCHCS with a yearly gift. Your continued financial support helps strengthen our ability to continue to serve patients, their family members and the community through improved services and the latest in technology and equipment. This support is critical to our success.

We welcome and are grateful for gifts of any amount. You may now donate online through our website:
www.waynecountyhospital.org/giving/donate-online

Please make your tax-deductible donation today!
Thank you for generosity.



✂ Cut out and return with your check.

Please accept my gift to Wayne County Hospital and Clinic System:

Name _____

Address _____

City _____ State _____ Zip _____

Telephone _____ Email _____

Please mail to: Wayne County Hospital and Clinic System, attn: Marketing/Development, 417 S. East Street, Corydon, IA, 50060

For more information call: **641-872-2260, ext. 5327**