

HealthWise

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> What is a patient portal?

There is no doubt that you have heard the term “patient portal” used in recent months. It is a common term used in banking and healthcare alike. From the healthcare side a patient portal is a secure online website that provides patients convenient 24-hour access to your personal health information from anywhere with an Internet connection. Using a secure username and password, you can view your health information.

Both Wayne County Hospital and the Clinic System offer a patient portal. There are currently two separate portals, one for the hospital and one for the clinic system. Patients must register for each one individually in order to be able to access their medical records for each organization.

The Wayne County Hospital patient portal provides secure, online access to retrieve your personal hospital discharge information. This is available for any emergency room visit or hospital stay. Your information is available within 36 hours of discharge.

For our clinic patients, the clinics’ patient portal provides secure, online access to a number of different services including an online bill paying option, plus access to your clinic health record, request medical refills online, request your appointments online, and receive appointment reminders to your cell phone and email. It provides secure communication between you and your provider and a decrease in office wait time by completing forms online prior to your visit.

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Get your greens!

Heart-y food for a healthy heart

Online health information



Get your greens!

It may not be news that green vegetables are good for you. But researchers have recently gone a step further and evaluated a wide range of fruits and vegetables to produce a list of “superfoods” that contain high levels of the most critical nutrients to health. Topping this list are a number of green foods; some you may already eat occasionally, and others with which you may want to get familiar.

THE POWERHOUSES

Watercress. Topping the list of powerhouses is watercress, one of the oldest greens known to have been eaten by man. There are records of consumption during Greek and Roman times.

Chinese cabbage. This leafy green often used in Chinese cuisine can be found in a several varieties under different names — Napa cabbage, bok choy and pak choi among them.

Chard. One of the most popular vegetables along the Mediterranean, this spring-harvest vegetable has stalks that can range in color from white to yellow to red.

Beet greens. If you’ve just been using the red portion of your beets and tossing the tops, you’re missing out! The green tops of beets are highly nutritious with a sweet and earthy flavor.

Spinach. It looks like Popeye was onto something after all! Possibly the most recognizable of the powerhouse greens, spinach packs a powerful nutritional punch cooked or raw.

Chicory. This plant produces bright blue flowers, but it’s the plant’s green leaves that make excellent additions to salads and other dishes.

ADDING GREENS TO YOUR DIET

Want to add some of these super veggies to your daily meals? Here are some great ways to add more greens to your diet.

Include veggies with every meal. When you meal plan, think about what vegetables will complement the other foods you plan to serve.

Start your meal with a small salad. One great way to add more greens, even if you’re stumped on how to incorporate them into the meal you planned, is to begin with a small mixed green salad before the main course. This has the added benefit of filling your belly with nutrient-rich, low-calorie food before eating the higher-calorie foods that follow.

Add more veggies to your pizza. Foods like pizza and spaghetti can easily be made more exciting and healthy with the addition of extra vegetables without dramatically changing their flavor.

Move vegetables to the top shelf. Traditionally, vegetables are placed in the vegetable crisper portion of the refrigerator, usually located at the bottom of the fridge. But most vegetables, when bagged properly, will last just as long on the top shelf of your refrigerator. Keeping them on the top shelf helps make them visible and enticing every time you look inside.



> Slow cooker vegetable lentil stew

Here’s a great recipe that uses chard as well as kale, another nutrient-rich green!

Number of servings: 8

INGREDIENTS

- 2 tablespoons olive oil
- 1 large onion, sliced
- 3 cloves garlic, minced
- 2 bay leaves
- 2 teaspoons salt (optional)
- 1 cup carrots, chopped
- 2 cups kale, chopped
- 2 cups chard, chopped
- 2 cups dried lentils
- 8 cups vegetable broth (or stock)
- 1 can chopped tomatoes (16 ounces)
- Fat-free or low-fat plain yogurt (optional)

DIRECTIONS

1. Sauté onion and garlic with olive oil.
2. Combine sauté mix with the rest of the ingredients (except yogurt) in a slow cooker.
3. Cook on low for 8 hours or high for 4 hours.
4. Spoon stew in bowls to serve and top with a dollop of fat-free or low-fat plain yogurt (optional).

Per serving: 250 calories, 4.5 g total fat, 0.5 g saturated fat, 0 mg cholesterol, 260 mg sodium, 40 g carbohydrates, 14 g dietary fiber, 8 g sugar, 14 g protein, 100 percent vitamin A, 60 percent vitamin C, 15 percent calcium, 35 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.



FRUIT



Berries — Vitamin C, folate, manganese, potassium, fiber



Apples — Vitamin C, fiber, flavonoids

GRAINS



Quinoa — Fiber, zinc, phosphorus, a complete protein containing all essential amino acids



Oats — Soluble fiber, magnesium, manganese, potassium, zinc

NUTS



Ground flaxseed — Plant-based omega-3 fatty acids, soluble fiber, vitamin B-1



Almonds — Vitamin E, copper, magnesium, fiber, protein

Reduce your risk of heart disease and high cholesterol!

Heart-y food for
a healthy heart

Include these foods containing heart-healthy nutrients in your meals.

VEGETABLES



Spinach — Vitamins K and A, folate, magnesium, iron, fiber



Sweet potatoes — Vitamins A and C, fiber, potassium, magnesium

LEGUMES



Dried beans — Vitamins B-1 and B-6, folate, protein, soluble fiber, niacin, manganese, potassium, zinc*
*Nutrients vary by type of bean



Lentils — Vitamins B-1 and B-6, protein, soluble fiber, niacin, folate, iron, magnesium, manganese, potassium, zinc

FISH



Tuna — Vitamins B-12 and D, protein, niacin, selenium, omega-3 fatty acids



Wild salmon — Vitamins K and A, folate, magnesium, iron, fiber

HealthExtra

{ WELLNESS NEWS FROM THE WORLD OVER }

> YOGA FOR THE HEART

By now you've probably heard about the benefits of yoga, traditionally involving slow stretching of the body while focusing on meditation and breathing. But did you know it can also be an integral part of heart disease prevention and management?

For one thing, yoga postures work the muscles, which is good for the heart and blood vessels. And, like any physical activity, it can make your muscles more sensitive to insulin, which is good for controlling blood sugar. The deep breathing associated with yoga may also lower your blood pressure temporarily and calm stress hormones. In addition to these possible benefits, preliminary research suggests yoga may:



- improve heart failure symptoms
- ease palpitations (rapid or pounding heartbeat)
- complement cardiac rehabilitation
- lower cholesterol levels

If you have heart problems or another chronic health condition, discuss any new exercise regimens with your doctor first.

> WHEN ANTIBIOTICS WON'T HELP

Antibiotics work against infections caused by bacteria, fungi and certain parasites — they are not helpful for viral infections such as colds, coughs and the flu. Viral infections need to run their course, which could take up to two weeks.

If antibiotics are prescribed for viral infections or if they are misused, this could lead to antibiotic resistance. When antibiotics are used incorrectly, bacteria can become resistant to certain antibiotics and stop working, creating “superbugs” that are more difficult to treat.

For example, if you have a sore throat, you need to have a strep test to determine if bacteria are present before medication can be prescribed. You should only take antibiotics when necessary, and you will need to take all the medication to effectively kill the bacteria, even if you start feeling better. If you feel worse or suspect you are having an allergic reaction, contact your doctor right away.

> DRINKING MILK MAY HELP YOUR KNEES

A recent study* showed that drinking milk may slow knee arthritis in women. The study, sponsored by the U.S. National Heart, Lung, and Blood Institute, found that the more low-fat or fat-free milk women drank, the slower the progression of osteoarthritis of their knees. Male participants, however, did not see the same benefit from milk consumption. Eating yogurt did not have an effect in either women or men.

Osteoarthritis affects approximately 27 million Americans ages 25 and older and is the leading form of arthritis. Women are more likely than men to experience knee arthritis and typically suffer from more severe cases.

The study's findings point to the importance milk consumption plays in maintaining healthy knees.

* Source: *Arthritis Care & Research*, news release, April 7, 2014.





> GO BANANAS!

7 healthy breakfasts for kids

Breakfast — it's the most important meal of the day, and for good reason. Kids who eat breakfast tend to have more energy, better concentration and healthier weights than those who forgo the morning meal. But *what* they eat matters, too. In fact, kids who start the day with a typical bowl of cereal in the morning consume more than 10 pounds of sugar a year, just from breakfast!* Sugary cereals and processed pastries may provide short-lived energy, but eventually leave kids feeling weighed down and tired. Children feel fuller — and full of energy — by eating foods that are good sources of whole grains and fiber. Try these seven healthy breakfast ideas this week:

1. Layer fresh fruit, low-fat yogurt and crunchy whole-grain cereal in a bowl.
2. Blend fruit, low-fat yogurt and a spoonful of wheat germ into a smoothie.
3. Top whole-grain waffles or pancakes with a scoop of berries, raisins, dried cranberries, sliced bananas or peaches.
4. Slip a whole-grain, low-fat breakfast bar packed with protein into backpacks.
5. Pair low-fat string cheese and whole-grain crackers.
6. Top oatmeal with slivered almonds, dried fruit or banana slices.
7. Wrap up a breakfast burrito with vegetables, salsa and low-fat cheese in a warm tortilla.

* Source: Environmental Working Group. "Children's cereals: Sugar by the pound."



> SNACK-SIZED EXERCISE HELPS CONTROL BLOOD SUGAR

Physical activity of any kind is known to regulate and lower blood sugar levels, thanks to active muscles drawing sugar from the bloodstream. But exercise doesn't have to be done all in a single, continuous workout. In fact, a recent small study suggests that breaking up your daily exercise into multiple, brief, "snack-sized" portions of intense exercise before meals could be even more beneficial than a single moderate workout.



Patient Portals are becoming an increasingly important means of communication with our patients.

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Patient portals can also assist families caring for an elderly parent. With proper authorization, a designated family member can have access to the elderly parent's patient portal to assist in managing their healthcare.

Patient portals are also regarded as a key tool to help physicians meet "meaningful use" requirements in order to receive federal incentive checks, especially for providing health information to patients.

Most importantly, the patient portal provides secure access to your health information, to serve as a link to communicate with your healthcare provider and provide supportive care between visits, all helping to improve your health.

Online health information



Millions of consumers use the Internet to find health information. But while some websites offering health-related information are accurate and up to date, many aren't. In fact, a recent study reported that Wikipedia, the online encyclopedia, contained errors in nine of the 10 health entries reviewed. So how can you tell the good from the bad? Here's some help:

Consider the source. Look at the About Us page. A good website makes it easy to access information about who is responsible for the site and its information and why it's been created. Is the purpose of the site to educate, raise money or sell a product? Is it a personal website? Does the information seem biased? If a writer is listed, is he or she a health

> Demystifying URLs

You've probably noticed that websites end in different domain extensions (like .com or .org). These letters can give you some insight into the type of website it is and whether you can trust the information on it. Good sources of health information include:

- sites that end in .gov, as these are sponsored by the government
- .org sites maintained by nonprofit groups whose focus is research and educating the public
- .edu sites, which are run by universities or medical schools
- health system and other health care facility sites

While some .com sites are reputable, such as those for medical and scientific journals, take caution: most are commercial sites.

professional or was the content reviewed by medical experts? Are sources given for statistics?

Focus on quality. Some hallmarks of less-than-credible information include poor writing, misspellings, broken links or opinions not backed up by research. Does the site promise quick or miraculous results? Does it rely on "scientific breakthroughs" or secret ingredients? Be wary. However, even well-written (and well-intentioned) sites can contain misinformation. For

that reason, it's a good idea to verify information with more than one reputable site.

Look for the date. While some advice can stand the test of time (information about first aid for a cut probably hasn't changed much in the past few years), other information can change rapidly (the latest cancer treatment options, for instance). Look for a publication or review date, usually at the beginning or end of an article.

> Sites to see

To help you start your search, here are some reputable sites for online health information:

- www.healthychildren.org
- www.americanheart.org
- www.cancer.org
- www.diabetes.org
- www.healthfinder.gov

> If you find information that seems questionable or too good to be true, talk with your health care provider. He or she can help you separate fact from fiction and offer you advice based on your symptoms and personal health history.

Quitting sitting may help your health

Do you spend most your day sitting, whether it's at a desk, behind the wheel, on the couch ... or all of the above? Even if you're making the right moves for your health in other ways, you could be sabotaging your health just by sitting. The odds of diabetes, heart disease and cancer go up when you're sitting down for long periods, even if you maintain a healthy weight and don't smoke.

Heart disease risk. In a study, adults who spent four hours or more each day in front of a TV or other screen had a nearly 50 percent higher risk of death and 125 percent higher risk of heart-related events (such as chest pain or heart attack) than those who had less than two hours of screen time.*

Diabetes risk. Women who sat for long periods of time every day were more likely to develop type 2 diabetes risk factors compared with those who sat less.**

Cancer risk. For every additional two hours per day spent sitting at a desk or watching TV, the risk for certain cancers increased. Colon cancer risk increased by 8 percent and lung cancer risk rose by 6 percent.***

CAN YOU UNDO THE EFFECTS OF SITTING?

If you have a desk job, a typical day might look something like this ...

- Commute to work in the car/bus/train: 1 hour
- Sit in front of a computer: 8 hours
- Hit the gym for a quick workout: 30 minutes
- Veg out on the couch: 3 hours

While 30 minutes of physical activity is definitely a good thing, it still doesn't erase the effects of sitting all day. Research suggests that even those who get the recommended 30 minutes of exercise are at risk from long hours spent sitting down.¹ The key is to break up long periods of sitting by moving your body at more frequent intervals throughout the day. Challenge yourself to add more exercise to your day, whether it's a power walk on your lunch hour, a few relaxing yoga poses or a quick burst of doing chores around the house.

If you have limited mobility or pain with standing or walking, you may benefit from a personalized exer-



Stand up for your health

Spending less time sitting is better for your body! Try these tips to get up and move more:

- Get up for a glass of water every couple of hours.
- Watching TV? Stand up (or dance around!) during commercial breaks.
- Set reminders to take a lap around your office building or neighborhood. Start your own walking group!
- Desk job? Try sitting on an exercise ball to engage your core muscles, or consider a standing desk or treadmill desk.
- Make a date for an after-dinner walk.
- Go high tech! Try on a wearable health tracker, pedometer or fitness app to measure your steps.
- Play active (motion-controlled) video games instead of passive (hand-controlled) games, or better yet, play tag or football outside.

cise program that gets you moving in different ways. Try an arm bike, rowing machine, chair yoga (seated poses) or a water exercise class. Check with your doctor if you have any concerns about starting a new exercise routine.

* Mayo Clinic, "What are the risks of sitting too much?"

** *American Journal of Preventive Medicine*, "Self-Reported Sitting Time and Markers of Inflammation, Insulin Resistance, and Adiposity," January 2012.

*** *Journal of the National Cancer Institute*, "Sedentary behavior increases the risk of certain cancers," June 16, 2014.

¹American College of Sports Medicine Exercise Sciences Reviews, "Science of Sedentary Behavior," July 2010.

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Extraordinary People

Thank You From All Of Us



Thank you, thank you, thank you!

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