

# HealthWise

Summer 2015

## > Wayne County Hospital and Clinic System

### CELEBRATING 60 YEARS OF CARING FOR GENERATIONS, CARING FOR LIFE

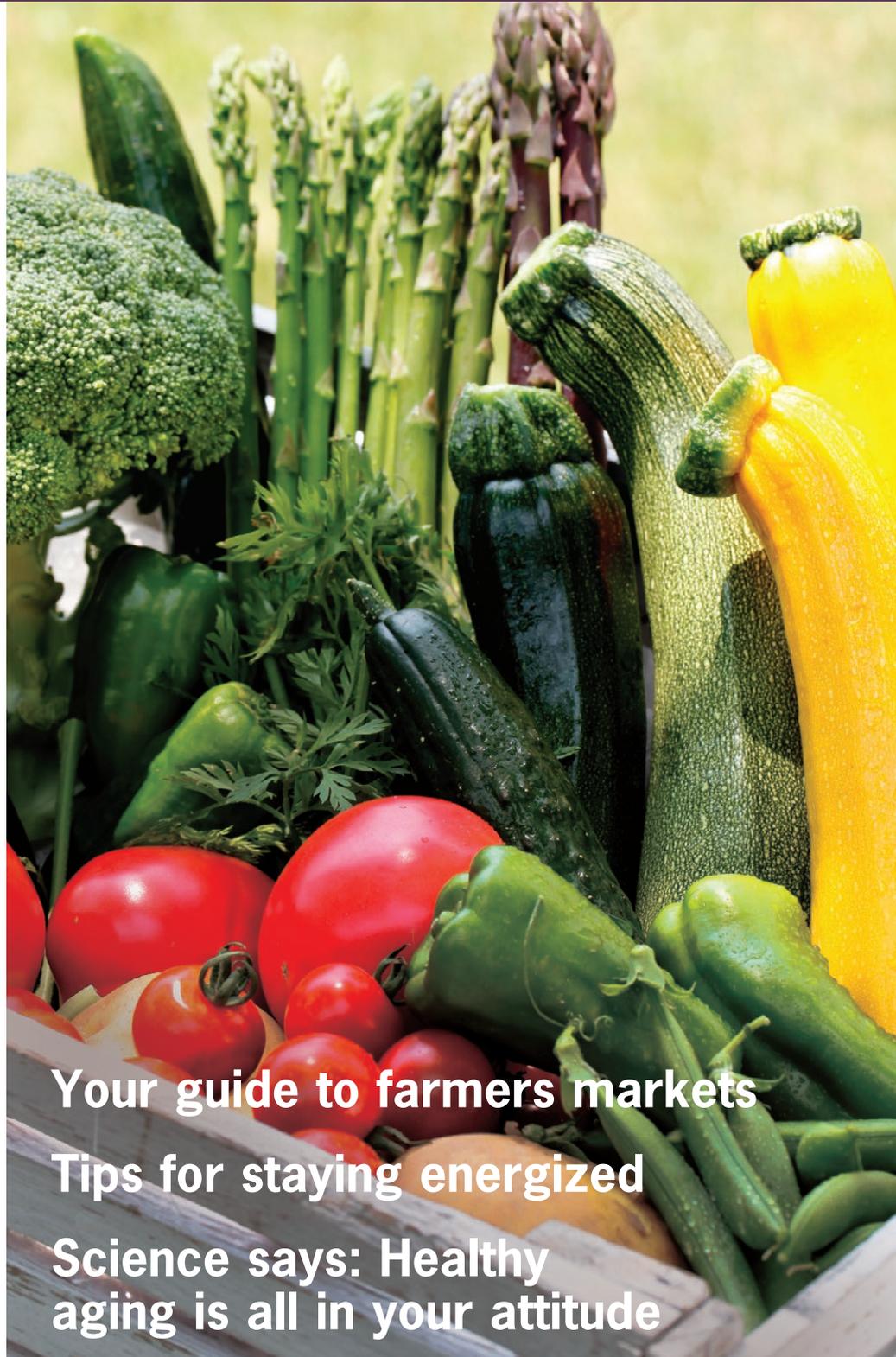
During the past 60 years, Wayne County Hospital has grown considerably and evolved into the Wayne County Hospital and Clinic System (WCHCS). We are so grateful to be celebrating 60 years of service! Starting with 25 employees when we opened Jan. 16, 1955, we have grown to 237 employees and are on track for gross patient revenues of \$40 million in 2015. In 1986, we joined the Mercy Medical Center of Des Moines statewide collaborative Network of Healthcare Services.

We have seen many changes and encountered many challenges over the years. Change and challenges are exhilarating and present new opportunities. As we develop our plans for the future, we remain guided by our Mission and Vision.

**Our Mission:** To be dedicated to providing quality, cost-effective health-related services to meet personal needs and improve the health status of individuals and families in Wayne County and surrounding areas.

**Our Vision:** To be the primary health care provider for residents of Wayne County and the surrounding south central Iowa and north central Missouri regions.

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Your guide to farmers markets

Tips for staying energized

Science says: Healthy aging is all in your attitude



# FARMERS MARKETS

In-season fruits and veggies are fresh and delicious, plus they pack a powerful punch for your health! With more farmers markets taking root across the U.S., buying fresh is easier than ever.

## LOCALLY GROWN TRENDS

Nearly  
**1 in 3**  
of those  
surveyed  
said they:



Go to a farmers market once a week



Spend less than \$10



Shop for freshness and taste

Look at what's in season for summer!



### SUMMER FRUITS

Blackberries  
Blueberries  
Cantaloupe  
Cherries  
Honeydew  
Peaches  
Plums  
Raspberries  
Strawberries  
Watermelon



### SUMMER VEGGIES

Beets  
Bell peppers  
Corn  
Cucumbers  
Green beans  
Peas  
Radishes  
Summer squash  
Tomatoes  
Zucchini

**YEAR ROUND:** Cabbage, Carrots, Garlic, Onions, Mushrooms

## DID YOU KNOW?

Over the last 6 years, the number of farmers markets in the U.S. has jumped from 4,685 to 8,268 says the USDA. That's a 76% hike!



THEN



NOW



**LOOKING FOR A FARMERS MARKET NEAR YOU?**  
Check out the USDA's Farmers Market Directory at [search.ams.usda.gov/farmersmarkets](http://search.ams.usda.gov/farmersmarkets).

## 4 shopping tips to get the most out of your farmers market trip



Go in the morning for the best selection, but go at the end of the day for the best deals.



Bring your own bags for easier shopping and environmental friendliness.



Don't just take advantage of the produce. Explore the baked goods, crafts and more.



Plan for spontaneity — trying new things like zucchini blossoms is part of the fun.

# Science says: Healthy aging is all in your attitude

*"It takes more muscles to frown than it does to smile!"*

Perhaps you heard that as sage wisdom from your mom as a kid or maybe as a gentle reminder from a co-worker trying to cheer you up on a particularly bad day. While experts can't quite agree whether it's true or not, research has sought out whether sunny dispositions and optimism make for a healthier life. And the answer appears to be yes!

## THE SCIENCE BEHIND SUNNY OUTLOOKS

Some research has backed the assertion that, overall, optimism and feeling younger than your actual age may equal a longer life. Here are some findings on the optimism effect:

### ✓ Lower heart failure risk —

One 2014 study, headed up by Harvard and the University of Michigan, found that optimism was linked to a lower heart failure risk.

✓ **Less likely to develop heart disease** — Another study from Harvard and Boston University also pointed to big heart benefits for optimists. Researchers evaluated more than 1,300 older men's and

discovered that, even after accounting for heart disease risk factors, the Negative Neds were more than twice as likely to develop heart disease than their cheerier peers were.

### ✓ Lower dementia risk —

It's no surprise to find a link between optimism and cognitive health. One recent study linked being cynical to an increased dementia risk in seniors.

### ^ Better mobility, healthier in older age —

According to research published in the *Journal of Psychosomatic Research*, having an optimistic spouse improved the odds of being able to get around well in older age and reduced the risk of chronic illnesses.

And if the mounting evidence doesn't convince you, researchers have found other potential benefits associated with optimism, including:

- Lower rates of depression.
- Protection against stroke and healthier carotid arteries — the brain's main blood suppliers.
- Better post-surgery recovery.
- Lower blood pressure.



- Lower levels of the stress hormone cortisol.
- Better overall health, particularly long-term, and ability to remain independent.
- Increased life span.
- Increased immunity against colds.

## LOOKING ON THE BRIGHT SIDE

Although no research has proven a cause-and-effect relationship when it comes to optimism and good health, potential explanations for study results include that healthier people tend to be happier, they have healthier habits (such as exercising regularly and not smoking), they're better able to handle stressful situations and they receive better medical care.

Luckily, optimism can be learned. Try these tips:

- Make changes to those areas of your life that you view negatively.
- Put a positive spin on potentially negative situations.
- Avoid talking badly about yourself.
- Choose to be around people with sunnier outlooks.
- Laugh, and laugh often!



# HealthExtra

{ WELLNESS NEWS FROM THE WORLD OVER }



## > MELANOMA RISK ON THE RISE

Do you believe a tan shows a healthy glow? Think again. While most people know that sunburn is bad for your skin, even tanned skin indicates that skin has been damaged. And this damage can be downright dangerous. Exposure to ultraviolet (UV) light, whether from the sun or tanning beds, is the leading cause of melanoma — one of the most deadly forms of skin cancer.

### JUST THE FACTS

Melanoma has been an increasing threat for more than 30 years. It is one of the most common cancers found in young adults, especially women. Here are some important statistics showing the dangers of melanoma:

- An estimated 76,100 adults were diagnosed with invasive melanoma in 2014.
- Melanoma will affect 1 in 48 adults during their lifetime.
- One American dies of melanoma almost every hour.

### SUN-SAFE TIPS

Follow these tips to lower your risk of melanoma and other dangerous skin cancers:

- Avoid tanning booths and sun lamps.
- Seek shade when outdoors.
- Cover up outdoors with lightweight clothing including a broad-brimmed hat.
- Apply broad-spectrum sunscreen with an SPF of 15 or higher and reapply every two hours, or more if swimming or sweating excessively.
- Wear sunglasses to protect your eyes and surrounding skin.

Recent population-based studies by the Mayo Clinic found striking trends in melanoma incidence between 1970 and 2009:

- An increase of 8-times for young women (ages 18 to 39).
- An increase of 4-times for young men (ages 18 to 39).
- A 24-times increase for women (ages 40 to 60).
- A 4.5-times increase for men (ages 40 to 60).



## > CUCUMBER SALAD

Low-fat yogurt, vinegar and dill give this cucumber salad plenty of zip!  
Number of servings: 2

### DIRECTIONS

1. Peel and thinly slice cucumber.
2. Mix all other ingredients in the mixing bowl.
3. Add cucumber slices and stir until coated.
4. Chill until serving.

### INGREDIENTS

- 1 cucumber (large, peeled and thinly sliced)
- 2 tablespoons low-fat plain yogurt
- 1 tablespoon vinegar
- 1 tablespoon vegetable oil
- 1 tablespoon water
- 1 teaspoon dill weed (optional)
- 1 dash pepper (optional)

## > SUPERFOOD SMOOTHIES: GIVE THEM A WHIRL

Want to make your smoothie even more super? Add in extremely nutritious foods, or superfoods as they are often called, to amp up the health benefits even more. Superfoods are loaded with high levels of antioxidants, vitamins and minerals. With so many to choose from, the blender is your playground. Try these additions to your next smoothie:



**A handful of leafy greens like spinach or kale** — It's a great way to get more servings of vegetables even if you have a sweet tooth.



**A spoonful of chia seeds** — A tablespoon can provide over 20 percent of your daily fiber needs!



**A fourth of a ripe avocado** — Full of heart-healthy fats, avocado also adds extra creaminess to your smoothie.



**A handful of frozen blueberries** — Replace the ice in your smoothie recipe with antioxidant-packed frozen blueberries to add more flavor, nutrients and a fun purple hue.

## > ASSESSING HEART HEALTH: WHAT TESTS DO YOU NEED?

Sometimes heart problems don't make themselves known until a life-threatening event occurs, like a heart attack or stroke. But according to the American Heart Association, certain tests can help assess your heart health and help you take measures, such as changing your diet or exercise regimen, to reduce your risk:

### **Blood pressure measurement.**

High blood pressure has no symptoms, so this is a vital screening. Your doctor likely checks it at every visit. Starting at age 20, get it checked at least every two years, or more frequently if your numbers are 120/80 mm Hg or higher.

**Cholesterol screening.** Get your cholesterol checked every five years starting at age 20. Get it checked more frequently if your total cholesterol is 200 mg/dL or higher; good (HDL) cholesterol is less than 40 mg/dL for men and less than 50 mg/dL for women; you're a man older than age 45 or a woman age 50 or older; or you

have risk factors for heart disease and stroke (e.g., diabetes, smoking).

### **Body mass index (BMI) check.**

This measurement of your weight in proportion to your height should be taken at regular health care visits, starting at age 20. Ideal BMI falls into the 18.5 to 24.9 range. A waist circumference may also be taken as needed.

**Blood glucose test.** This simple blood test can measure how well your body processes glucose. It's recommended every three years starting at age 45.



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## PROVIDING THE BEST CARE NEEDED TO PATIENTS

WCHCS is constantly evaluating the services we provide to ensure they are the most useful to the community we serve. We operate four family practice clinics conveniently located in Corydon, Humeston, Lineville and Seymour. Each clinic includes family practitioners who have extensive training and experience in providing comprehensive health care for people of all ages, from newborns to seniors. Our providers have the opportunity to impact the health of each patient throughout that person's lifetime. Connecting with our patients and understanding your needs, helping you feel comfortable, listening and answering your questions and aiding in the healing process and alleviating suffering are all goals we work to achieve every day.

WCHCS operates using electronic medical records with patient portals conveniently available so you may schedule appointments, pre-register for appointments and pay bills all online.

## DEDICATED TO QUALITY AND PATIENT SATISFACTION

When providing care to family, friends and neighbors, patient satisfaction is extremely important to everyone at WCHCS. We're not a typical small, rural community hospital. We are exceptional because of our people and our adaptability. We have extraordinary people caring for extraordinary people. We are honored to care for you and sincerely thank you for your support during these past 60 years. We look forward to serving you and yours for many more years.

# Dinner and a movie: Set the stage for a healthier night out



**D**ate night or a night out with friends is a chance to connect and enjoy time together. But eating out and catching a flick can be a drag on your health. Make the right moves when planning your next social event so you can enjoy a healthier night out.

## AT THE RESTAURANT WITH FRIENDS

Are you more likely to overeat when you're out with friends? Try to be more aware of your eating habits and listen to your appetite and fullness as cues to stop eating. When you're at the restaurant, don't rush! It takes about 10 to 20 minutes for your stomach to tell your brain that you're full, so eating slowly can help prevent overeating. Here are a few more tips to create a plan of attack so your next restaurant meal doesn't weigh you down.

- When looking over the menu, scan for these key words: steamed, poached, boiled, baked, broiled and grilled. Anything that is fried, sautéed, crispy, creamy or breaded is likely higher in fat.
- Request a to-go box brought with your meal. Wrap up half your entrée before you start eating to keep portion sizes under control.
- Drink a bottomless glass of H<sub>2</sub>O. High-calorie beverages such as soda and alcohol can quickly add hundreds of calories to your meal — especially if refills are on the house.
- Customize your meal. Add a side of asparagus or steamed broccoli and ask for dressing and sauces on the side.
- Move the bread basket to the far end of the table to avoid mindless munching.
- Slow down your chewing speed by ordering foods that need work. Try tail-on shrimp, artichokes or anything eaten with chopsticks.

If dessert is nonnegotiable, choose fruity desserts over “death by chocolate” cake.



## IN FRONT OF THE SCREEN

Thrilling action, edge-of-your-seat excitement and epic ... hunger? Another study found having your eyes glued to the screen during an action movie may mean you stop watching what you eat — literally.

In a study of 94 people, participants who watched an action flick, characterized by frequent camera cuts and high sound variation, ate 98 percent more grams of food and 65 percent more calories than those who watched an interview talk show. Even those who watched the stimulating programming without sound ate more than the interview-watching group. While television's role in weight gain has been previously studied, researchers concluded that not only do TV and movies contribute to increased eating because they are distracting activities, but the level of distraction also affects the amount one eats.

What's an action-lover to do? Instead of banning blockbusters from your date night, plan your snacks before settling down to watch a film. Consider portioning out healthy snacks, like precut veggies or air-popped popcorn. Now let the good times roll!



# Tips for staying energized

It's difficult to be productive and feel good when you're suffering from the symptoms of fatigue — lack of energy and motivation. However, you don't have to feel lethargic and get less done. Choosing to change some habits in your day-to-day life can have a significant impact on how you feel and what you're able to accomplish throughout your day.



## CHOOSE FOODS FOR A SLOW BURN, NOT BURNOUT

Eating a balanced diet is an important factor in feeling well. Maintaining a diet that includes plenty of complex carbohydrates from legumes, wholegrains and starchy vegetables — like corn or sweet potatoes — will help give you sustained energy throughout the day.

One of the differences between eating foods with complex carbs as opposed to refined sugars is the absorption of those sugars during digestion. Foods with refined sugars — like energy drinks or doughnuts — will be absorbed quickly into the bloodstream and provide a load of energy all at once, but that energy source is spent quickly and leaves you feeling just as tired afterward.



## MAKE SURE YOU'RE MOVING

Eating healthy foods works more effectively when done in tandem with regular exercise. Making time for the

recommended 30 minutes of exercise a day can help provide you with more energy by improving muscle strength and endurance. That way you don't feel so taxed after everyday activities like carrying groceries or mowing the lawn.



## GET YOUR ZZZs

Eating healthy foods and boosting your metabolism with exercise will help get you closer to feeling energized, but if you aren't sleeping properly, you'll likely still feel fatigued. Most adults should get seven to eight hours of sleep a night, though many people often have to operate on less. Sleep deprivation can cause an inability to concentrate, impair memory and affect your judgment.

Fortunately, you can make some basic lifestyle changes to help you sleep more easily and feel rested. Going to sleep at the same time each night — even on the weekends — will help reinforce your body's sleep-wake cycle.

Avoid caffeine and nicotine for several hours before bed to allow for the effects of these stimulants to wear off. Try to create a routine you can follow that lets your body know it's time to sleep — dim the lights, read, brush your teeth, etc. Making these few changes before you go to bed can help you get more sleep, feel energized in the morning and continue making healthy choices that will maintain your energy each and every day.

HealthWise is a community educational service provided by

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South Central Iowa Medical Clinic **641-872-2063**

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# Celebrating 60 Years 1955-2015

Thank you to our community for the vision and support you provide. Thank you to our Board, Medical Staff, Employees and Volunteers, past and present, for your dedication and exceptional service. We look forward to the future!

**CARING FOR GENERATIONS, CARING FOR LIFE**