

HealthWise

Fall 2016

> Introducing Barb Masters, DNP, ARNP

Wayne County Hospital and Clinic System (WCHCS) is pleased to welcome and introduce Barb Masters, DNP, ARNP.

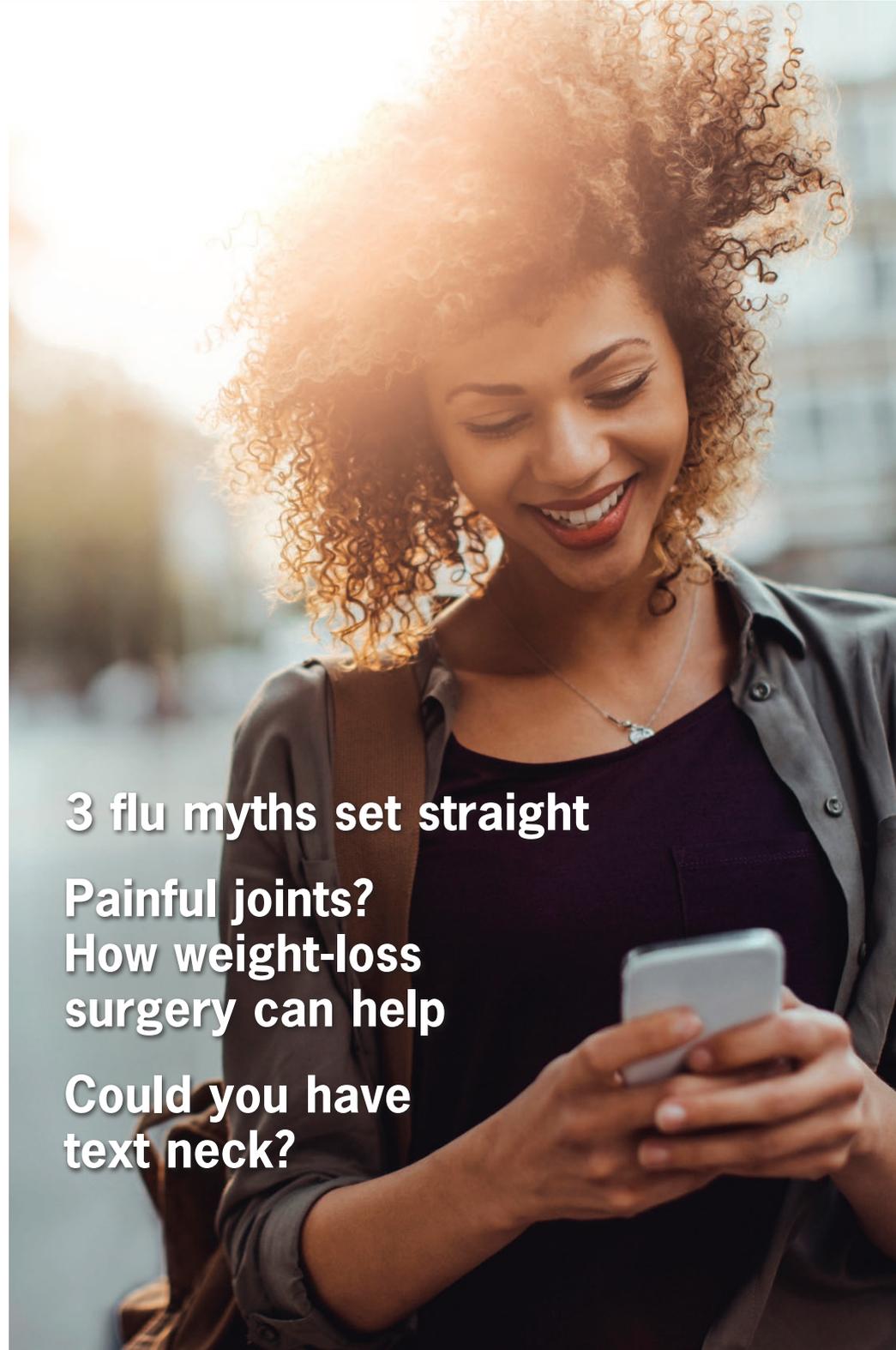


Masters joined the WCHCS medical staff in July 2016. Originally, from Leon, Iowa, she received her Doctorate of Nursing Practice Degree, as a Family Nurse Practitioner, in May 2016 and was awarded her Bachelor of Science in Nursing in May 1993 from the University of Iowa.

Masters brings over 20 years of nursing experience to WCHCS. She has worked both as a staff nurse and director in the med/surg and emergency department settings. She has also worked as a charge, triage and ICU nurse, and has obstetrics experience. She served as a clinical instructor for nursing students at Southwestern Community College in Creston.

She has received numerous honors, including the Area Health Education Center Rural Health Scholar, Sigma Theta Tau International Honor Society of Nursing, as well as the Lieutenant Colonel James Mathey Huebsch and Dorothy Moore Huebsch Scholarship from the University of Iowa.

Masters sees patients at the Humeston Family Medical Clinic, Lineville Medical Clinic and the South Central Iowa Medical Clinic. Please call **641-872-2063** to schedule an appointment.



3 flu myths set straight

Painful joints?
How weight-loss
surgery can help

Could you have
text neck?

3 flu myths set straight



WITH FLU SEASON JUST AROUND THE CORNER — OR MAYBE HERE ALREADY — IT'S TIME TO TAKE THE NECESSARY STEPS TO STAY HEALTHY. ONE STEP IS SEPARATING MYTHS ABOUT THE FLU FROM THE FACTS.



GET A FLU SHOT

Now that you know the facts, take the next step in protecting yourself and your family from the flu: Get vaccinated.*

MYTH:

A flu shot can give you the flu.



FACT:

No, a flu vaccine can't cause flu illness. The flu shot is made from either "inactivated" viruses that aren't infectious or no viruses at all. The nasal spray vaccine is made from weakened viruses that can't cause flu illness. People who develop flu-like symptoms after receiving a flu shot were going to get sick anyway. Their illness is not a result of having received the vaccine.

MYTH:

Getting a flu shot is all you need to do to protect yourself from the flu.



FACT:

Being vaccinated can't guarantee that you won't get the flu. You should take additional steps to protect yourself, such as avoiding people who have the flu, washing your hands often and maintaining a healthy lifestyle to support your immune system. That includes eating right, exercising, getting enough sleep and managing stress.

MYTH:

You should wait to get vaccinated so your immunity lasts through the end of flu season.



FACT:

The Centers for Disease Control and Prevention (CDC) recommends that flu vaccination begin soon after the vaccine becomes available, if possible by October. Immunity lasts through a full flu season for most people. However, as long as flu viruses are circulating, it's not too late to be vaccinated, even in January or later.

Is coffee good for your health?



If you enjoy the perks of coffee, now there's even more to love about your morning cup of joe. In addition to waking you up and boosting your mood, there's a good chance that drinking coffee may actually help your health.

Strong evidence suggests that drinking coffee doesn't pose a long-term health risk when consumed in moderation (three to five cups per day), according to the Dietary Guidelines Advisory Committee's 2015 report. The report also points to a number of potential health benefits linked with drinking coffee, including reduced risk of type 2 diabetes and cardiovascular disease.

COFFEE LINKED TO HEALTH PERKS

Researchers have been studying the health benefits of coffee for years. They're not sure what's behind the coffee and health connection, although it could be related to caffeine (again, moderation is key) or antioxidants. Here's a quick overview of studies that highlight coffee and its potential for reducing health risks:

- **Stroke** // According to a study published in *Stroke: Journal of the American Heart Association*, people

who drank at least one cup of coffee a day had about a 20 percent lower risk of stroke compared with those who rarely drank it.*

- **Diabetes** // In a study of more than 123,000 adults, those who drank three to five cups a day had a significant reduction in type 2 diabetes risk.**

- **Cancer** // Coffee may be protective against some cancers. In research that analyzed the coffee-drinking habits of close to 450,000 adults, scientists found that compared with nondrinkers, those who drank four or more cups of coffee a day had a lower risk of malignant melanoma, the deadliest form of skin cancer.*** New research suggests that drinking coffee may cut the risk of colon cancer by as much as 50 percent.† In addition, the plant compounds in coffee may help lower the risk for endometrial and liver cancers.††

A study by the National Cancer Institute found that coffee drinkers (three or more cups per day) were less likely to die from heart disease, respiratory disease, stroke, injuries and accidents, diabetes and infections. The results were similar for regular and decaffeinated coffee

drinkers. However, study authors are quick to point out that the findings don't prove that coffee makes people live longer. Instead, they say, the results "provide some reassurance that coffee drinking does not adversely affect health."

The bottom line? The research supports the idea that coffee is part of a healthy diet. However, if you load your coffee with cream and sugar, the extra fat and calories may negate any potential health benefits. Enjoy it, like most other foods and beverages, in moderation!

Coffee buzz: Not for everyone

Keep in mind that caffeine can cause problems for some people. Ask your doctor about whether it's safe for you.



Pregnant and nursing women should limit caffeine.



Some medications and supplements may interact with caffeine.



Too much caffeine can cause sleep problems, dehydration, headaches and other problems.



Too much caffeine may cause abnormal heart rhythms and may increase the risk of heart disease in people who metabolize caffeine more slowly.

* American Heart Association. (2013). Green tea, coffee may help lower stroke risk.

** Bhupathiraju SN, Pan A, Manson JE, et al. (2014). Changes in coffee intake and subsequent risk of type 2 diabetes: Three large cohorts of US men and women. *Diabetologia*.

*** E Lofffield, ND Freedman, BI Graubard, et al. (2015). Coffee drinking and cutaneous melanoma risk in the NIH-AARP Diet and Health Study. *JNCI J Natl Cancer Inst*.

† S. L. Schmit, H. S. Rennert, G. Rennert, S. B. Gruber. Coffee Consumption and the Risk of Colorectal Cancer. *Cancer Epidemiology Biomarkers & Prevention*, 2016.

†† American Institute for Cancer Research (2013). *Foods That Fight Cancer*.

HealthExtra



> FIND YOUR OWN HEALTHY EATING PATTERN

One of the most important parts of leading a healthy life is eating a healthy diet. To help Americans know what a healthy diet looks like, the U.S. departments of Agriculture (USDA) and Health and Human Services (HHS) release a joint report every five years detailing nutritional guidelines for the general public. This report is meant to promote health and prevent chronic disease in The United States through proper food and activity patterns.

The recently published 2015-2020 *Dietary Guidelines* builds on the 2010 edition, but has revisions based on the *Scientific Report of the 2015 Dietary Guidelines Advisory Committee*, as well as from public comments.

A big change you'll see in the new *Dietary Guidelines* is a focus on the overall eating pattern, rather than on individual dietary components such as food groups and nutrients. This change is a result of recognizing that people don't often eat food groups by themselves, but rather in combination. The report emphasizes the importance of making small, gradual shifts in food and beverage choices so eating a healthy diet can feel more manageable.

Your healthy eating pattern can be tailored to your personal preferences so you can find one that's right for you. According to the *Dietary Guidelines*, "Healthy eating patterns include a variety



Are you ready to start the shift to a healthier diet? Talk to your doctor about creating a healthy diet plan for you.

of nutritious foods like vegetables, fruits, grains, low-fat and fat-free dairy, lean meats and other protein foods and oils. They limit saturated fats, added sugars and sodium."

The new version of *Dietary Guidelines* presents three different examples of healthy eating patterns, so you can see the range of options that exist:

- **Healthy U.S.-style** // Those who follow the U.S.-style healthy eating pattern and eat 2,000 calories a day have 2.5 cups of vegetables, 2 cups of fruit, 6 ounces of grain, 3 cups of dairy and 5.5 ounces of protein each day.
- **Healthy Mediterranean** // This eating pattern offers more

protein and fruits and less dairy in a daily 2,000-calorie diet. Those following the Mediterranean eating pattern eat 2.5 cups of vegetables, 2.5 cups of fruit, 6 ounces of grain, 2 cups of dairy, and 6.5 ounces of protein per day.

- **Healthy vegetarian** // This is an eating pattern that contains no meat, poultry or seafood. The vegetarian eating pattern includes more legumes (beans and peas), soy products, whole grains, and nuts and seeds. It also only recommends 3.5 ounces of protein in a 2,000-calorie diet, which is still within the daily recommended amount.

> ARE YOU GETTING THE SCREENINGS YOU NEED?

Many U.S. adults aren't, says the Centers for Disease Control and Prevention (CDC). Screening rates for colorectal, breast and cervical cancers either fell short of previous rates or showed no improvement:

- **Cervical cancer** // 1 in 5 women aren't up to date on screenings

- **Breast cancer** // 1 in 4 women aren't up to date on screenings
- **Colorectal cancer** // 2 in 5 adults aren't up to date on screenings

Perhaps not surprisingly, adults without insurance or a usual source of care had the lowest screening rates.

> BUTTERNUT SQUASH WITH BLACK BEANS

This vegetarian dish is perfect for autumn and full of fiber, protein and vitamins.
Number of servings: 6

INGREDIENTS

- 2 ¾ cups butternut squash, cubed (1 small squash, about 1 pound)
- 1 teaspoon vegetable oil
- 1 onion (small, chopped)
- ¼ teaspoon garlic powder
- ¼ cup red wine vinegar
- ¼ cup water
- 2 cans black beans (16 ounces each, rinsed and drained)
- ½ teaspoon oregano

DIRECTIONS

- 1 Heat the squash in a microwave oven on high heat for 1-2 minutes. This will soften the skin.
- 2 Carefully peel the squash with a vegetable peeler or small knife.
- 3 Cut the squash into ½-inch cubes.
- 4 Peel and chop the onion.
- 5 In a large pan, heat the oil. Add the onion, garlic powder and squash.
- 6 Cook for 5 minutes on medium heat.
- 7 Add vinegar and water. Cook on low heat until the squash is tender, about 10 minutes.
- 8 Add the beans and oregano. Cook until the beans are heated through.

Nutritional information per serving: 209 total calories; 2 g fat; 0 g saturated fat; 11 g protein; 39 g carbohydrates; 9 g dietary fiber; 317 mg sodium.

Recipe courtesy of the U.S. Department of Agriculture, recipefinder.nal.usda.gov.



(L-R) Pharmacist, Pam Chambers; Oncologist, Dr. Tara Graff; Oncology Nurse, Angela Wyatt, RN.

> Cancer Care with Experts You Trust

Cancer is an indiscriminate, catastrophic disease that touches many families. Wayne County Hospital and Clinic System (WCHCS) believes in the importance of providing cancer treatment options locally. Our oncology team led by Dr. Tara Graff, with the support of Pharmacist Pam Chambers, and our team of registered nurses, specializing in intravenous chemotherapy, is dedicated to providing the highest quality, compassionate, personalized care. We provide chemotherapy treatment to stop the growth of tumor cells or to prevent them from spreading.

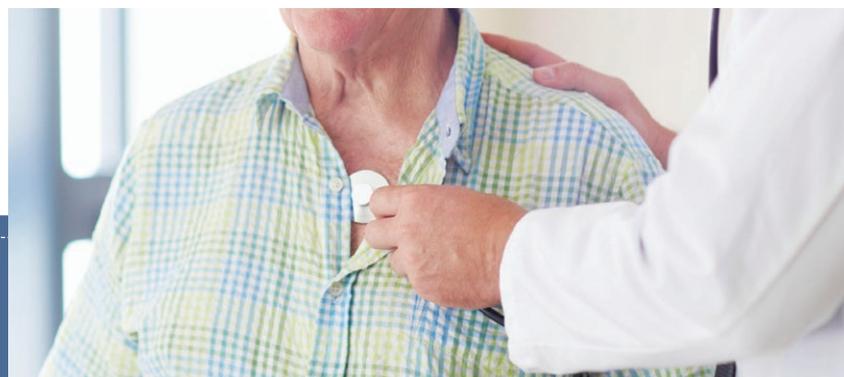
WHAT IS CANCER?

In basic terms it is the uncontrolled growth of abnormal cells in the body. These rogue cells can form a mass called a tumor. Tumors can be benign or malignant. Benign tumors aren't cancer while malignant ones are. Cells from malignant tumors can spread to other parts of the body — this is called metastasis.

Cancer is made up of many diseases, and there are many kinds of cancer. Cancer can develop in almost any organ or tissue, such as the lung, colon, breast, skin, bones or nerve tissue. Cancer symptoms and treatment depend on the type of cancer a person has and how advanced it is.

OUR GOAL

Our goal is to provide the best possible care, support and treatment for our courageous patients with cancer and their families. Working together, we can successfully treat patients while preserving quality of life. For more information, please call the WCHCS Specialty Clinic at **641-872-5259**.



Screenings are important because they mean cancer can be caught in the earliest stages, when it's most treatable and survival rates are best. What's more, cervical and colorectal screenings can prevent cancer by finding and removing

precancerous tissue. For the latest screening recommendations, visit the *American Cancer Society* website, and talk with your doctor. He or she may recommend a different schedule based on your personal and family health history or other risk factors.



Painful joints? How weight-loss surgery can help

Weight-loss surgery isn't a quick fix or a magic bullet, it's a lifelong commitment to being healthy and active. Also known as bariatric surgery, weight-loss surgery options include gastric bypass, gastric banding and sleeve gastrectomy. No matter what type of weight-loss surgery you choose, one of the goals is to reduce your stomach's storage capacity, naturally limiting the amount of food you're able to consume and making you feel fuller sooner. Weight-loss surgery has many health benefits beyond helping you lose weight, including a reduced risk of heart disease and high blood pressure, remission or reversal of type 2 diabetes and increased self-esteem. Weight-loss surgery has also been found to reduce joint pain and increase mobility.

CARRYING AROUND EXTRA WEIGHT IS HARD ON YOUR JOINTS

While weight-loss surgery may not completely cure your joint pain, if you're overweight and suffering, it can likely help you get relief. In one study, about 70 percent of people who reported having severe knee and hip pain or disability prior to weight-loss surgery saw significant improvements in joint pain and function after having the surgery.* That's because carrying around extra weight can be stressful on your joints, making them more prone to damage. Carrying extra weight can also cause you chronic pain and decreased mobility, making daily activities difficult.

According to the Arthritis Foundation, every pound of excess weight you carry exerts 4 pounds of extra pressure on your knees.

If you're 100 pounds overweight, for example, that's equal to 400 pounds of extra pressure on your knees. That's a lot of pressure. And that's why so many people who experience dramatic weight loss after bariatric surgery report feeling considerable relief from joint pain.

IS WEIGHT-LOSS SURGERY RIGHT FOR YOU?

How do you know if weight-loss surgery is right for you? If you have a body mass index (BMI) of 40 or above, but are otherwise healthy, and traditional attempts at losing weight have failed you, you're likely a good candidate for surgery. You may also be a candidate for surgery with a BMI of 35 or above if you have serious weight-related health problems. First though, it's important to consider how ready you are to make a major life change. Weight-loss surgery requires you to fully commit yourself to a lifetime of healthy eating and regular exercise. Success depends greatly on how dedicated you are to changing your eating habits, exercising on a regular basis and leading a healthier lifestyle. Your doctor can help you decide if weight-loss surgery is right for you.

For more information on your weight-loss procedure options, talk to a weight-loss specialist.

* Source: American Society for Metabolic and Bariatric Surgery (ASMBS). ScienceDaily, Nov. 4, 2015.

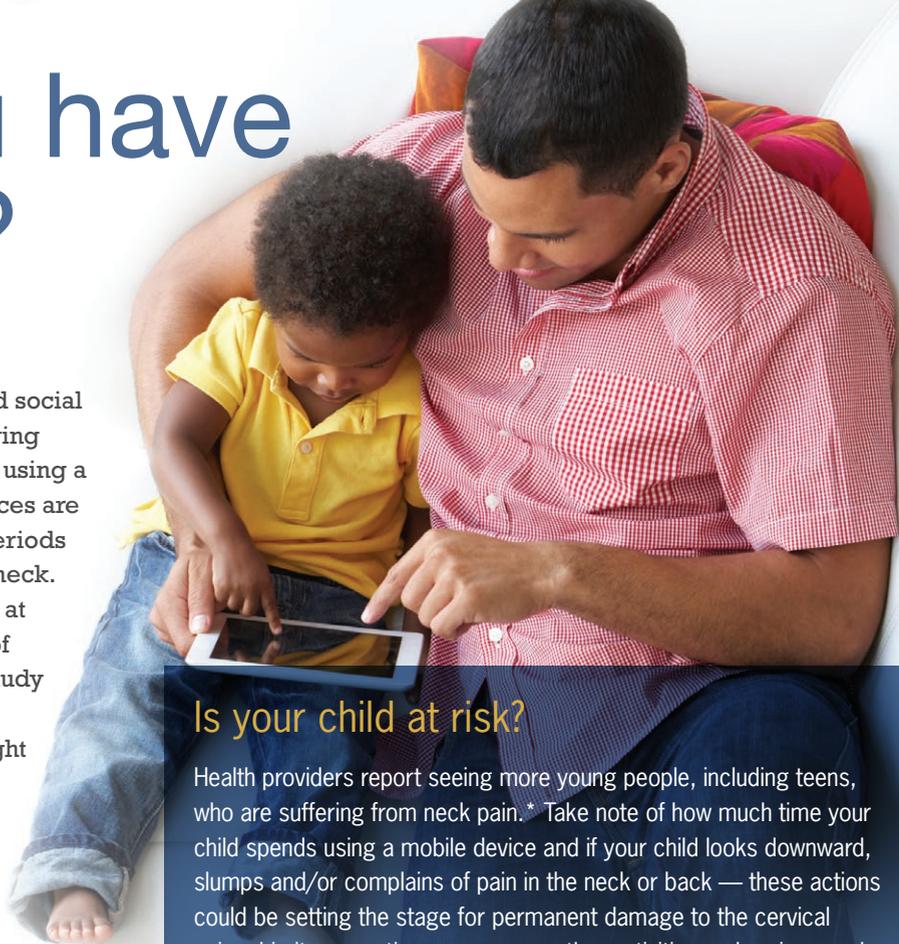
Could you have text neck?

Texting, reading, checking emails and social media posts, browsing the web, playing games — there are many upsides to using a smartphone and/or tablet. But as mobile devices are used more often in daily life and for longer periods of time, there can be a literal downside: your neck.

Dropping your head forward to look down at your phone or tablet can put up to 60 pounds of force on your neck and spine, according to a study published in the journal *Surgical Technology International*. Ouch! Although the average weight of an adult's head is 10 to 12 pounds, for each inch the head drops forward, the load on the neck muscles doubles. [See chart below.] Over time, this regular hunching over a mobile device can change the natural curvature of the neck and lead to muscle strain and pain — also referred to as “text neck.” In some cases, experts note, chronic poor posture can contribute to headaches, back spasms, pinched nerves and arthritis of the neck.

ALL ABOUT ALIGNMENT

Mom was right: Stand and sit up straight. Proper posture and neck alignment means you should be able to draw an imaginary vertical line from your ear to your shoulder. Be mindful of your posture not only when using a mobile



Is your child at risk?

Health providers report seeing more young people, including teens, who are suffering from neck pain.* Take note of how much time your child spends using a mobile device and if your child looks downward, slumps and/or complains of pain in the neck or back — these actions could be setting the stage for permanent damage to the cervical spine. Limit screen time, encourage other activities and praise good posture. Talk with your child's health professional if you're concerned about text neck and its effect on your child's well-being.

* Source: Cleveland Clinic, health.clevelandclinic.org.

Weight of the smartphone slump

As the neck tilts forward to stare at a smartphone, the effective weight on the spine increases.

0° (neutral)	15°	30°	45°	60°
12 lbs.	27 lbs.	40 lbs.	49 lbs.	60 lbs.



Source: Surgical Technology International.

device, but also when walking, standing, sitting at a desk and driving. Awareness is key to reducing weight and strain on your neck.

NEXT STEPS TO PREVENT SORE NECKS

In addition to doing your best to maintain proper posture, here are five tips to minimize the risk of text neck:

- 1. Bring your device up to eye level** so you can look forward to read it.
- 2. Look down with your eyes**, not by bending your neck.
- 3. Take breaks from your screen** — get up and walk around every 20 to 30 minutes.
- 4. Stretch.** Move your head from left to right and touch your ear to your shoulder on both sides.
- 5. Install an app** to shake the text neck habit. Yes, there are apps available to alert you when your mobile device is being held at an angle that puts you at risk for text neck.

LOOK US UP

If you're concerned your smartphone or tablet is contributing to neck misalignment and pain, consult a medical provider. Together, we can help you determine exercises or treatment options that are best for your situation.

HealthWise is a community educational service provided by

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

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Caring for Generations

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