

HealthWise

Fall 2017

> OB/GYN specialist Dr. Pescatore joins WCHCS

Wayne County Hospital and Clinic System is pleased to welcome Earle M. Pescatore Jr., DO, MHA, FACOG, FPMRS, as the newest member of our medical staff effective Sept. 1, 2017. Dr. Pescatore brings 28 years of experience in obstetrics, gynecology and urogynecology specializing in comprehensive care for women, including treatment for incontinence and pelvic conditions.

"We are extremely pleased to have Dr. Pescatore join our organization," commented CEO Daren Relph. "He is looking forward to returning to Iowa and has chosen to practice at Wayne County Hospital and Clinic System to establish a regional program specific to women's health and his advanced specialties."

AN EXPERIENCED PRACTITIONER AND VETERAN

Born and raised in South Florida, Dr. Pescatore graduated with honors, earning a bachelor's degree from William Penn University in Oskaloosa, Iowa. He then attended Nova Southeastern University, where he earned his doctor of osteopathy. He also has a master's

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Earle M. Pescatore Jr.,
DO, MHA, FACOG,
FPMRS



Avoiding weight creep as you age

Parents: When to introduce peanuts?

Can exercise affect your blood sugar?



Avoiding weight creep as you age

If it seems like the pounds are packing on more quickly as you age, you're not imagining things. Controlling your weight can be an uphill battle as you get older. But there are steps you can take to trim down or maintain your weight at any age. Learn why it may be getting easier for you to gain weight and what you can do about it.

WHY YOU MAY GAIN WEIGHT

- **Muscle trades for fat as you get older** // Older muscle cells don't get repaired by the body quickly, causing you to lose them. And the muscle cells that remain don't burn calories as efficiently as they used to, contributing to weight gain if you continue to eat as much as you did when you were younger.
- **Many medications have a side effect of weight gain** // Some common medications, including some antihistamines, antidepressants and diabetes medications, have the side effect of making you hungrier.
- **You aren't getting enough sleep** // Studies have found that getting less than seven hours of sleep per night increases a person's odds of being obese. Emerging research suggests one possible reason for this may be that a lack of sleep encourages food consumption. A small study published in the *American Journal of Clinical Nutrition* found that subjects who slept only four hours ate significantly more than subjects who slept for nine hours.

WHAT YOU CAN DO ABOUT IT

- **Take up strength-building exercises** // No matter how old you are, exercising can offer great benefits. Strength-building exercises in particular can help you retain muscle cells and fight weakness and frailty as you age. They may also deter obesity by increasing your body's ability to burn calories and control your weight. Find ideas for strength exercises on the Go4Life website from the National Institute on Aging.
- **Ask your doctor about changing medication** // If your medication is directly contributing to weight gain, speak with your doctor about switching to an equivalent drug that may not have the same unwanted side effect.
- **Commit yourself to getting more sleep** // This may be easier said than done, but the average adult should aim for seven to nine hours of sleep each night. You can help achieve this by keeping a regular sleeping schedule (even on the weekends!), managing your stress levels and limiting your intake of nicotine, caffeine and alcohol.

If you're concerned about gaining weight as you age, make an appointment today to consult with a medical professional on an appropriate weight management strategy for you.

Parents: When to introduce peanuts?



New research on peanut allergies suggests introducing peanut products in the first year of life. Guidelines from the National Institutes of Health say infants should eat foods containing peanuts as soon as they start solid foods, instead of waiting until age 3.

A panel of experts created three guidelines for babies with different allergy levels. Infants with:

- Severe eczema, egg allergy or both should be given peanut-based foods as early as 4 months of age, after testing for peanut allergy.
- Mild to moderate eczema should begin eating peanut-containing products starting at 6 months of age.
- No signs of eczema or food allergy can eat products containing peanuts without restrictions when you introduce solid foods.

DISCUSS NEXT STEPS

Be sure to talk to your child's doctor before starting peanut products. Together, you can discuss your child's risk for a food allergy. It's possible that your child's doctor will recommend testing for a nut allergy in the office, even if your child has only mild or moderate eczema. If you get the OK to go ahead with peanut products, try these tips for introducing peanut butter safely:

- 1) Start out small** // Just a pea-sized amount of peanut butter at first is plenty. Better yet, mix it into a puree or give a food made with peanut butter. After your child's first taste, wait at least three days for a reaction to appear. Go to the doctor if a rash appears, and seek medical attention right away if swelling or breathing problems occur.
- 2) Prevent choking hazards** // Never give your infant or child younger than age 5 whole peanuts, as they pose a choking hazard. Be careful with the amount of peanut butter you give to your child — large globs of peanut butter are a choking hazard, as well.
- 3) Make it easy** // Once your child is comfortable with eating peanut butter without any threat of allergy, serve peanut butter in easy-to-eat meals. Ideas include peanut butter spread thinly on crackers or even blending some into a smoothie (see sidebar).

- 4) Follow the rules** // Many schools and daycares have banned peanut products and created "peanut-free zones" to protect children with severe peanut allergies. Be careful to follow these rules when choosing snacks and meals to send along with your child.



> Peanut butter banana smoothie

Once your child's comfortable with peanut butter, consider whipping up a yummy smoothie for the two of you to share!

Number of servings: 2

INGREDIENTS

- 2 small bananas (ripe, frozen)
- 1 cup skim milk
- 1½ tablespoons creamy peanut butter
- ½ tablespoon unsweetened cocoa powder
- ½ cup light vanilla yogurt
- 1½ cups ice

DIRECTIONS

- 1** Peel bananas, chop into small pieces and place into freezer until hard.
- 2** Gather all ingredients and put all ingredients in a blender.
- 3** Blend on high until smooth.
- 4** Pour into 2 glasses. Serve immediately.

Nutritional information per serving: 232 calories; 7 g total fat; 2 g saturated fat; 4 mg cholesterol; 11 g protein; 36 g carbohydrates; 4 g dietary fiber; 23 g total sugars; 129 mg sodium; 243 mg calcium; 767 mg potassium.

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



Have questions? Talk to your child's pediatrician or family doctor to see if it's the right choice for your child.

HealthExtra



> VEGETARIAN CHILI

Cook up a batch of chili that's full of flavor and brimming with nutritious veggies.

Number of servings: 4

INGREDIENTS

- 2 onions (large, cut into ¼ inch pieces)
- 1 green bell pepper (cut into ¼ inch pieces)
- 3 garlic cloves
- 2 jalapeno chilies (fresh, diced)
- 2 tablespoons vegetable oil
- 1 tablespoon chili powder
- 1 tablespoon cumin (ground)
- 2 zucchini (medium, cut into ¼ inch pieces)
- 2 cans whole tomatoes, low sodium (28 ounces total, cut into ¼ inch pieces or 8 medium fresh tomatoes)
- 2 summer squash (medium, cut in to ¼ inch pieces)
- 1 can kidney beans (16 ounce, rinsed)
- 1 cup cilantro (or coriander) (chopped, fresh)
- Salt and pepper (to taste, optional)



DIRECTIONS

- 1 In a large pot saute onions, bell pepper, garlic and jalapeno in vegetable oil over medium high heat for about 5 minutes, stirring often.
- 2 Add chili powder, cumin, half of the chopped cilantro, salt and pepper, and continue cooking for another 3 minutes, stirring occasionally.
- 3 Add the tomatoes, zucchini, squash, and bring mixture to a simmer.
- 4 Simmer for 15 minutes, stirring occasionally.
- 5 Add beans, and continue to simmer for another 5 minutes.
- 6 Serve the mixture hot. Put remaining cilantro on top.

Nutritional information per serving: 300 calories; 9 g total fat; 1 g saturated fat; 0 mg cholesterol; 310 mg sodium; 44 g carbohydrates; 13 g dietary fiber; 17 g total sugars; 13 g protein.

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

Protect yourself and your loved ones

> GET A FLU SHOT

Here's a quick review of what you need to know this flu season:

Who is at risk? Anyone can become ill from the flu. Even healthy people can get sick and spread it to others who are more vulnerable. Most people recover completely in one to two weeks, but some develop serious and potentially life-threatening complications. Those at high risk include young children, elderly people, pregnant women and those who have chronic conditions such as diabetes, heart disease and lung disease.

> HOW LONG IS PINK EYE CONTAGIOUS?

Most parents are familiar with the common, contagious nuisance of pink eye. But how much do you really know about conjunctivitis — the formal name for pink eye — and do you know when it's safe for your child to go back to school or day care?

Bacterial conjunctivitis // This bacterial form of pink eye is highly contagious and is a leading cause of children staying home from day care or school. It's more likely than viral pink eye to infect a single eye at first and cause thick pus and mucus to discharge from infected eyes. If your child has a bacterial infection, he or she may be prescribed an antibiotic eye drop or ointment. *Stay home:* At least 24 hours after starting treatment.

Viral conjunctivitis // Caused by a virus, this pink eye is also highly contagious and frequently accompanies a cold or respiratory infection. It's more common for both eyes to get infected and they tend to discharge more watery mucus than with bacterial pink eye. Because antibiotics are ineffective against viral infections, viral pink eye needs to run its course like a cold. *Stay home:* Pink eye is contagious as long as your child has matting and discharge from the eyes, which may take three or more days to resolve.

Allergic conjunctivitis // This form of pink eye is a reaction to an allergen or irritant and isn't contagious. The primary symptoms are itchiness and redness in both eyes, which may be accompanied by other allergy symptoms. Ask your child's doctor if allergy medication or eye drops would be appropriate for your child's symptoms. *Stay home:* You may want to keep your child home to manage symptoms, but there's not a concern about contagious spread.

For more information on how best to treat pink eye, consult with your child's doctor.

What can I do to prevent flu? Vaccination is the best form of prevention. Everyone age 6 months and older should get a yearly flu shot. Note: People with a severe allergy to eggs or a reaction to a past vaccination should discuss with a doctor before getting a flu shot.

When should I get a flu shot? Flu viruses change from year to year, so it's important to get a vaccination each fall. The Centers for Disease Control and Prevention recommends getting a flu shot as soon as the vaccine becomes available, if possible by October. It takes about two weeks after the shot



for antibodies to develop and provide protection.

Where can I get a flu shot? Flu vaccines are available in many locations including doctor's offices, clinics and pharmacies.

degree in health care administration from A.T. Still University School of Health Management.

While serving in the U.S. Navy from 1989 to 1996, Dr. Pescatore completed his postgraduate training in obstetrics and gynecology. He also completed two overseas operational tours.

In 2002, Dr. Pescatore completed the Osteopathic Heritage Fellowship in Health Policy. The Illinois Osteopathic Medical Society recognized him as the Illinois Osteopathic Physician of the Year in 2007, and he was recognized as Outstanding Clinical Faculty by the University of Illinois School of Medicine at Rockford in 2008.

Dr. Pescatore has completed certification in medical quality (CMQ) through the American Board of Medical Quality. He is certified by the American Board of Obstetrics and Gynecology (ABOG) and participates in the annual board certification program to ensure the highest professional standards in women's care. He is subspecialty certified in Female Pelvic Medicine and Reconstructive Surgery (FPMRS) by ABOG. Dr. Pescatore is also a Fellow of the American Congress of Obstetricians and Gynecologists (FACOG).

Dr. Pescatore has held teaching appointments at a number of medical schools, including Ohio University, University of Hawaii, Case Western University, Midwestern University and University of Illinois College of Medicine at Rockford.

He most recently practiced in his home state of Florida at Women's Continence and Robotic Surgical Specialists. Dr. Pescatore focuses on urogynecology and minimally invasive surgery, including da Vinci® robotic-assisted surgery.

Dr. Pescatore is now seeing patients at the Wayne County Hospital Specialty Clinic. For more information, please call the Specialty Clinic at **641-872-5259**.

Can exercise affect your blood sugar?



If you have diabetes, your blood sugar levels are always in the back of your mind. And even with medication and careful attention to diet, your levels can sometimes get too high. Did you know you can help manage your blood glucose (sugar) by adding more physical activity to your day?

HOW EXERCISE CAN LOWER BLOOD SUGAR

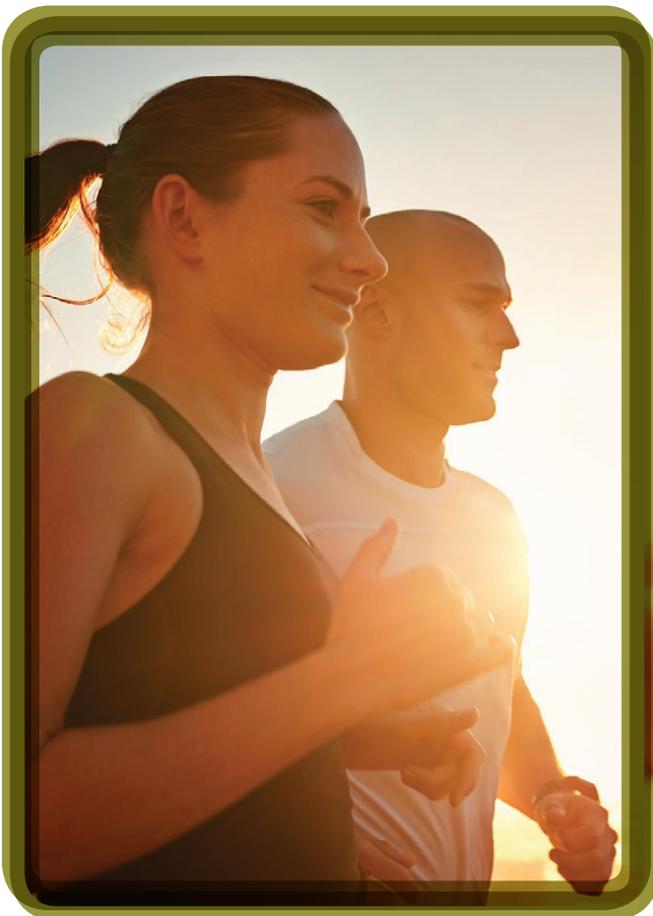
Physical activity — whether it's more vigorous like jogging or casual like gardening — can increase insulin sensitivity in the body. This means during and after physical activity, your body uses insulin better and your blood sugar levels drop. Studies have also found that muscle contraction from exercise creates an insulin-like effect that allows sugar to be used for energy regardless of the presence of insulin.

How long these temporary effects last depends on factors such as length and intensity of the workout, but they can last upward of 24 hours. If you make exercise a regular habit, you may develop long-term increased insulin sensitivity. Some people with type 2 diabetes even stop taking insulin injections and switch to oral medication.

HOW TO EXERCISE SAFELY WITH DIABETES

Be sure to discuss your diabetes and exercise plan with your doctor before getting started. To ensure your blood sugar levels stay within healthy limits while exercising, test your blood sugar before, during and after trying a new or longer workout. Take a reading 30 minutes before exercising and every 30 minutes during your workout. Once you're done, check your level again and continue to monitor them for the next few hours. If at any point they're lower than 100 mg/dL, your blood sugar may be too low to exercise and you should raise your level with a small snack or drink that contains 15 to 30 grams of carbohydrates.

If you have diabetes, it's particularly valuable to get a mix of aerobic exercise (e.g., walking, biking, swimming) and strength training (e.g., lifting weights or using resistance bands). If you're starting a new exercise regimen, make an appointment with your doctor to figure out a plan that safely works for your needs.



HEADS UP

Get the facts on concussion and brain injury

Even a minor bump to the head can cause serious problems with thinking, memory, movement and emotional health. The effects of a brain injury can last for a few days or months — or for a lifetime.



of head injuries are concussions or mild TBIs.

2.5 MILLION emergency room visits in the U.S. were due to TBI in 2013.

5.3 MILLION Americans are living with a disability caused by TBI.

Concussion:
A mild form of TBI affecting the way the brain works.

Traumatic brain injury (TBI): Brain injury caused by a bump, jolt or blow to the head.

WATCH FOR SYMPTOMS

Symptoms can appear right after an injury, a few hours later or days later.

Headache **TROUBLE SLEEPING** Blurry vision
NUMBNESS OR TINGLING **Feeling foggy or groggy**
Difficulty concentrating or remembering
SENSITIVITY TO LIGHT OR NOISE Irritability
Balance problems **Nausea**
Vomiting **FATIGUE** **DIZZINESS**

PROTECT YOURSELF



Wear a helmet when biking, skiing or playing contact sports like hockey and football.



Seek medical attention right away if you have a concussion.



Play it safe after a concussion. Ask your doctor when it's OK to return to activities.

COMMON CAUSES OF HEAD INJURIES



47%
Falls



15%
Being struck by or against an object



14%
Motor vehicle crashes

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
Laurie Ehrich, C.C.O.

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

Clinical services in Wayne County:

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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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Caring for Life.*



Call **641-872-5259** today to schedule your appointment.

417 S. East Street
Corydon, IA 50060
WayneCountyHospital.org

**Your Women's Health Specialist:
Earle M. Pescatore, Jr.
DO, FACOG, FPMRS**

Earle Pescatore, Jr., DO is a board-certified physician with 28 years of experience, specializing in obstetrics, gynecology and urogynecology. Dr. Pescatore offers both surgical and non-surgical treatment options to resolve pelvic floor disorders. Dr. Pescatore provides comprehensive, specialized care for women that makes Wayne County Hospital and Clinic System your healthcare partner. **FOR LIFE.**

Area's Only Urogynecologist Providing Specialized Treatment for Women:

- Female pelvic medicine reconstructive surgery
- Aesthetic vaginal procedures
- Urinary incontinence
- Pap and pelvic exams