

# HealthWise

Spring 2018

## > New surgery technology: da Vinci X Surgical System

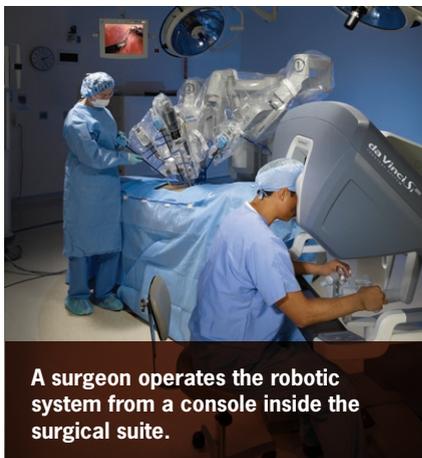
Wayne County Hospital and Clinic System is pleased to announce the recent acquisition of the da Vinci® X Surgical System. The da Vinci X Surgical System was designed to further advance the technology used in minimally invasive surgery. This surgical robot can be used for minimally invasive surgical procedures and has been optimized for cardiac, general, gynecologic, thoracic and urologic surgeries.

### **ROBOTIC-ASSISTED; GREATER PRECISION**

By entering the body through the abdomen or chest, the da Vinci system uses wristed instruments, 3D visualization, intuitive motion and an ergonomic design.

The surgeon remains 100 percent in control of the robotic-assisted system, which translates his or her hand movements into smaller, more precise movements of tiny instruments inside the patient's body offering the surgeon more control.

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A surgeon operates the robotic system from a console inside the surgical suite.

## Know your asthma triggers

## Prediabetes: A hidden threat

## When snoring is more than annoying



# HealthExtra



## > CAN EATING A SALAD PREVENT STROKE?

If you're looking for a simple way to improve your cardiovascular health, consider salad. Results from a recent study suggest that eating nitrate-rich vegetables such as lettuce, spinach and beets can benefit your heart. As you digest, nitrates in the food convert to nitric oxide, which helps widen and relax blood vessels. This may lead to lower blood pressure and a reduced risk of stroke.

Researchers assessed the diets of 1,226 women ages 70–85 who had not been diagnosed with atherosclerosis (fatty plaque buildup in their arteries). After three years, they checked participants' carotid arteries and found that women who ate the most nitrate-rich vegetables had the least evidence of atherosclerosis. Atherosclerosis in the carotid artery blocks blood flow to the brain and is a risk factor for ischemic stroke.

After 15 years, the scientists found that the women whose diets were rich in these vegetables had the lowest rates of experiencing or dying from an ischemic stroke.

Salads are a great way to get important nutrients and fiber in your diet. If you're stuck in a rut with salads, try a new recipe or get creative with different salad toppings and dressings. But avoid or limit high-fat, high-calorie items like cheese, bacon bits and creamy dressings.

## > 5 A DAY SALAD

This nutrient-packed salad uses 10 different vegetables, and each serving is equal to five cups of vegetables!

Serves: 4

## INGREDIENTS

- 4 cups fresh spinach
- 4 cups romaine lettuce
- 2 cups green pepper (chopped, or use red, yellow or orange)
- 2 cups cherry tomatoes
- 1 cup broccoli (chopped)
- 1 cup cauliflower (chopped)
- 1 cup yellow squash (sliced)
- 2 cups cucumber (sliced)
- 2 cups carrots (chopped)
- 1 cup zucchini (sliced)

## DIRECTIONS

Wash all of the vegetables and mix them together in a large mixing bowl. Top this colorful meal with the nonfat or low-fat dressing of your choice. *Note:* Dressing is not included in the nutritional analysis.

Nutrition information: 99 calories; 1 g total fat; 0 g saturated fat; 0 mg cholesterol; 100 mg sodium; 21 g total carbohydrate; 8 g dietary fiber; 10 g total sugars; 0 g added sugars; 5 g protein; 0 mcg vitamin D; 119 mg calcium; 2 mg iron; 1166 mg potassium

Recipe courtesy of the U.S. Department of Agriculture, [whatscooking.ins.usda.gov](http://whatscooking.ins.usda.gov).





## > LAUNDRY PODS AND TOTS DON'T MIX

Using data from the Consumer Product Safety Commission, researchers say eye injuries are increasing in 3- to 4-year-olds who have access to laundry detergent pods. In 2015, almost 500 eye injuries from the pods occurred among this age group. Attracted to the brightly colored contents, children are hurt when playing with or handling the pods. The packets can break, squirting detergent into the eyes, or children touch their eyes after getting detergent on their hands.

The pods contain highly concentrated cleaners that are more toxic than traditional liquid or powder laundry detergents. While this study focused on contact-related eye injuries, such as burns to the cornea that can cause vision loss, other pod-related injuries have been reported. Choking on packets, as well as seizures, coma, respiratory arrest and even death from poisoning have occurred when children ingest packet contents.

Keep your tot out of harm's way by following these safety tips from the American Academy of Pediatrics and American Association of Poison Control Centers:

- Use liquid or powder detergent until all children living in or visiting your home are at least 6 years old.
- Keep the container out of sight and out of reach of children.
- Remove pod from its original container when you're ready to place it in the washing machine.
- If your child gets the contents of one of these packets in his or her mouth or detergent gets into the eyes or on the skin, call Poison Help at 1-800-222-1222 immediately.



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The system provides surgeons a highly magnified view, virtually extending their eyes and hands into the patient. The surgeon operates the robotic system from a console inside the surgical suite.

Although laparoscopic surgery is also considered minimally invasive, traditional laparoscopes only have 4 degrees of movement, whereas instruments on the da Vinci can bend and rotate far greater than traditional laparoscopes as well as the surgeon's hands due to its design.

The da Vinci system will be used in surgery at the Wayne County Hospital for the following issues: endometriosis, fibroid tumors, hernias, hysterectomies and pelvic floor issues.

## MINIMALLY INVASIVE; IMPROVED PATIENT CARE

The robot is truly an investment to improving patient care at Wayne County Hospital. Instead of large incisions and invasive surgeries, the robot offers smaller incisions, lower complication rates, shorter hospital stays, reduced blood loss and faster recovery times.

We are excited to be a leader in this field and look forward to continue bringing the southern Iowa region minimally invasive surgical options.



HealthWise is a community educational service provided by

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# Caring for Generations. Caring for Life.



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