

Health Matters

BROUGHT TO YOU BY CLEVELAND REGIONAL MEDICAL CENTER

**Better health is
just a click away!**

Healthy Woman:
A new program
just for you!

Good day, sunshine!
Greet the day with an SPF

**When nature's
joints give way**

Stroke smarts:
How to spot a stroke



Good day, sunshine!

Greet the day with an SPF

You don't have to be a sun worshipper to take sun protection seriously—even limited exposure can cause damage. Skin cancer is the most common kind of cancer in the United States, affecting nearly half of all Americans who live to age 65. Although most cancers don't appear until after age 50, skin cancer results from years of accumulated sun damage. However, you can avoid sun damage and enjoy your favorite outdoor activities by taking sensible precautions and using a sunscreen that protects your skin from damaging ultraviolet rays.

THE ABCS OF SPFS

Sunscreen products are rated according to their sun protection factor (SPF)—the length of time a product will protect you from sunburn caused by ultraviolet B (UVB) rays. But sunscreens don't provide complete protection. You still need to be cautious about timing and limiting your sun exposure.

Your best bet when shopping for a sunscreen is to choose a product with an SPF of at least 15, according to the American Cancer Society. Check the label to make sure it provides “broad-spectrum” protection, which protects against UVB rays and ultraviolet A (UVA) rays. UVB rays cause sunburns that can lead to superficial skin cancers known as basal cell carcinomas and squamous cell carcinomas. They can also lead to the more deadly skin cancer, melanoma. UVA rays penetrate even more deeply into the skin, damaging connective tissue.

SAVE-YOUR-SKIN TIPS

If you'll be outside, slather on sunscreen and find a shady spot, but keep in mind that sunlight reflects off surfaces such as water, sand and pavement. Avoid the sun between 10 a.m. and 4 p.m., when rays are strongest. To block sunlight,



wear sunglasses, a broad-brimmed hat and clothing made from tightly woven fabric, preferably long-sleeved shirts and pants. For your sunscreen to be most effective:

- Apply about 30 minutes before going outdoors.
- Use liberally. Apply 1 ounce of sunscreen to cover all exposed areas of your body, including your neck, ears and scalp.
- Reapply every 90 minutes—more often if you sweat heavily or go swimming.
- Use even on cloudy days—UV rays can still reach you.

Harmful UV rays can pass through car windows, too, so apply sunscreen to exposed skin if you'll be driving during peak sun hours.

Make applying sunscreen a habit—like brushing your teeth—but don't rely on sunscreen for full protection against skin cancer. Be sure to examine your skin each month for unusual changes and see your dermatologist if you spot any irregularities.

“When outside, apply sunscreen liberally every 90 minutes.”



Bouncing back from joint pain

With all the wear and tear we place on our joints, it's no wonder that almost 639,000 people underwent hip or knee replacement surgery in 2003, according to the Centers for Disease Control and Prevention. Knees and hips, in particular, are prone to problems—largely because they play a part in almost everything we do—but shoulder, finger, ankle and elbow joints can need replacement as well.

WHY ARE JOINT REPLACEMENTS NEEDED?

Joint replacement surgery, also known as arthroplasty, becomes necessary when conditions such as arthritis destroy the cartilage that cushions and separates bones. Over time, the friction of bone against bone wears away the joint, causing it to become stiff and painful.

Additionally, sports-related injuries and falls can create the need for surgery. Generally, arthroplasty becomes an option when joint pain disrupts your daily routine.

GETTING NEW PARTS

Surgeons can create a new joint, relieving your pain and providing greater freedom of movement. During the procedure, destroyed bone and tissue are removed and replaced with prosthetics, or artificial parts. The parts are made from durable metal, plastic or ceramic and can last up to 20 years.

Newer minimally invasive techniques are being performed more often, using smaller incisions—just 3 to 5 inches, compared with 6 to 12 inches in standard procedures—and reducing recovery time. Your hospital stay may be reduced to one or two days from four or three, and some patients go home the same day as surgery. However, minimally invasive surgery is not for everyone; patients who are overweight, elderly or frail or who have bone abnormalities do not make good candidates.

With hip or knee replacement surgery, expect to use a walker, crutches or a cane initially after the procedure. As you recuperate, a physical therapist will help you perform exercises to strengthen the joint, guiding your movements so you don't accidentally dislocate the replacement. Barring the unforeseen, you should be walking unassisted two to six weeks later. And though grueling workouts like 10-mile runs may still be too tough for artificial hips or knees, make plans to resume long-lost activities like dancing or strolling on the beach within six months.



Do you need joint replacement surgery?

Your overall health and age and the condition of your joints will help you and your healthcare provider decide whether you're suitable for joint replacement. If you can answer yes to any of the following questions, you may want to consider surgery.

- Are you still in pain even after losing excess weight?
- Does your pain keep you awake nights?

- Does your pain interfere with your ability to earn a living?
- Has your quality of life suffered because of your pain—your ability to travel, perform household chores or visit with friends or family?
- Have you exhausted all other options, including anti-inflammatory drugs to relieve joint pain, walking with a cane, power-walking or swimming instead of jogging?

Better health is just a click away

Find health news and more on our improved Web site

Everyone's been there. You're concerned about a bad cough, a sore throat or a sick friend. Where can you turn to find complete and accurate answers to your healthcare questions? Cleveland Regional Medical Center's Web site, www.clevelandregionalmedicalcenter.com.

There, you'll find the information and tools you need to manage your health and gain a greater understanding of health issues important to you and your family. Simply click on the Discovery Hospital link to access thousands of pages of health-related articles and interactive tools courtesy of Discovery Communications, an award-winning producer of health programming on the Discovery Health Channel and its Web site.

THE INTERNET ADVANTAGE

Being well informed not only gives you peace of mind, but it can also lead to better personal care. Studies have shown that more than 45 million patients with chronic health conditions are using the Internet for health information and services. What's more, nearly 60 percent of consumers who use the Internet for health information say doing so improves discussions with their doctors.

INFORMATION AT YOUR FINGERTIPS

Discovery Hospital features a variety of educational and interactive components, including:

- a comprehensive medical library on various diseases and conditions
- an anatomy explorer with guided virtual tours of the body
- health quizzes and risk assessments to test your health knowledge and gauge your personal disease risk
- interactive wellness tools to help you lose weight, manage stress, stop smoking and more
- a symptoms explanation module



to help you understand different physical symptoms, their causes and treatments

And if you're planning on starting a family, you'll find a dedicated parenting section featuring a multitude of articles on getting ready for baby, exercise during pregnancy, birthing alternatives, tests during pregnancy, nutritional needs and much more.

At Cleveland Regional Medical Center, our focus is always on providing exceptional, quality healthcare to those in our community. Discovery Hospital is one more way we're helping you and your family live healthier and happier.



Visit us online!

Find health information, risk assessments and more at www.clevelandregionalmedicalcenter.com.

Dear readers,

In keeping with our commitment to meet the healthcare needs of the women we serve, I'm proud to announce the launch of a new program for women in our community—Healthy Woman.

The program features free monthly seminars, health fairs, educational programs and interactive events that focus on the emotional, physical and fiscal well-being of women. Healthy Woman advisors Alma Pizzolato and Janet Batchelor are leading this effort in conjunction with the Healthy Woman Advisory Council, a group of female community leaders and volunteers.

Our kick-off event is planned for August 3 and will feature Suzanne Metzger, M.D., a nationally known motivational speaker and author who will address women's health and life balance issues.



HEALTHY WOMAN

Women make between 80 percent and 90 percent of all healthcare decisions in the household—often while balancing careers, primary and secondary families, caregiving issues and civic work. Healthy Woman was created by women for women to provide up-to-date healthcare information to women for their entire family. Its mission is to empower women with the knowledge and confidence to make informed healthcare and wellness

decisions for themselves and those they love.

Best Regards,

JUDE TORCHIA, CEO
Cleveland Regional Medical Center



A day to celebrate

Cleveland Regional Medical Center unveils new technology, dedicates its lobby



Cleveland Regional Medical Center's lobby (pictured above) was dedicated in honor of the hospital's founders, William Barnett, M.D., and William Leggett, M.D.

At a recent Open House event, the Cleveland community came out in full support to view demonstrations of Cleveland Regional Medical Center's new computerized tomography scanner in the imaging services department. On the same day, the Greater Cleveland Chamber of Commerce attended the hospital's ribbon-cutting ceremonies for its new technology and remodeled maternal/child services unit.

The highlight of the day was the dedication of the hospital's lobby in honor of William Barnett, M.D., and William Leggett, M.D., who founded Cleveland Regional Medical Center in 1941. To make the dedication even more special, Becky Roseberry, the oldest female child born at the hospital, and Liberty County Judge Lloyd Kirkham, the first boy born at the hospital, were on hand.

Judge Kirkham, a longtime resident of the area, delivered a proclamation commending the staff of Cleveland Regional Medical Center "for their dedication to improving lives in our community, their contribution to the welfare of the citizens of Liberty County and their thoughtful and selfless endeavor to prevent, treat and cure illness and disease."

HEALTHWISE QUIZ

How much do you know about ADHD?

Take this quiz to find out how much you know about attention deficit hyperactivity disorder (ADHD).

- 1 Which of the following is *not* a symptom of attention deficit hyperactivity disorder?
 - a. hyperactivity
 - b. obsession
 - c. impulsivity
 - d. inattention
- 2 ADHD is thought to be caused by:
 - a. poor parenting
 - b. a genetic disorder
 - c. rheumatic fever
 - d. all of the above
- 3 Other disorders may accompany ADHD in as many as one in three cases. These include:
 - a. Tourette's syndrome
 - b. learning disabilities
 - c. bipolar disorder
 - d. all of the above
- 4 Most children who have ADHD begin to show signs and symptoms of the disorder between ages:
 - a. 1 and 2 years
 - b. 4 and 6 years
 - c. 9 and 12 years
 - d. 13 and 15 years
- 5 Adults can also suffer from ADHD. To be diagnosed with the disorder, a person must:
 - a. have shown symptoms of ADHD in childhood
 - b. have suffered from a serious illness as a child
 - c. have trouble holding down a job
 - d. be a reckless driver

ANSWERS: 1. B; 2. B; 3. D; 4. B; 5. A



STROKE SMARTS

How to spot a stroke

A stroke is similar to a lightning strike—it can happen suddenly and without warning. However, there are sometimes warning signs that lightning is imminent, such as storm clouds, rain and thunder.

Warning signs can signal a stroke, too. If you spot them and act quickly, you may prevent severe disability or death. If you or someone around you show any of these symptoms, seek emergency medical treatment immediately:

- sudden numbness or weakness in the face, arm or leg, especially on one side of the body
- sudden confusion, trouble speaking or understanding
- sudden trouble seeing in one or both eyes
- sudden trouble walking, dizziness, loss of balance or coordination
- sudden, severe headache with no known cause

These signs point to a stroke in progress. Blood and oxygen are not getting to a part of the brain as a result of a burst blood vessel or a blood clot, and that portion of the brain begins to die. Speedy medical care may minimize brain damage.

RISK FACTORS

Lifestyle factors and other health conditions that weaken blood vessels or contribute to blood clots increase your risk for stroke. You can control or treat some of them, such as high blood pressure, smoking, diabetes, carotid or other artery disease, abnormal heart rhythm, transient ischemic attacks (mini-strokes), certain blood disorders, sickle cell disease, high blood cholesterol, high triglycerides, physical inactivity, obesity and substance abuse.

Factors you can't change include increasing age, gender (more men suffer strokes), family history, race (African-Americans face greater risk) and having had a prior stroke or heart attack. Talk to your doctor about ways to reduce your risk for stroke and be prepared to act quickly if warning signs appear.

Outward bound

10 play-safe tips for your kids



What's one of the best things to say to your child? Go outside and play! Close supervision, proper protective gear and these simple precautions will help your kids safely enjoy the great outdoors:

- 1 Apply a sunscreen with an SPF of at least 15 every day—even on cloudy days—and reapply every 90 minutes, especially after swimming or sweating.
- 2 Outfit kids with brimmed hats and don't forget the sunglasses.
- 3 Keep babies under age 6 months out of direct sunlight and in the shade.
- 4 Avoid using swimming aids such as "floaties." They don't substitute for a life vest and can give kids a false sense of security.
- 5 When kids are swimming, keep a portable phone and rescue equipment like a shepherd's hook and life preserver nearby.
- 6 Supervise kids at all times near water and stay within arm's length of babies and toddlers. If you have to step

away even for a moment, get everyone out of the pool area and take little ones with you.

- 7 Insist kids wear proper protective equipment, especially a helmet, wrist guards and knee and elbow pads when bicycle riding, skateboarding and in-line skating.
- 8 Teach kids to bike skillfully. Enroll your children in a class to practice basic skills, such as balance and braking, on a smooth surface away from traffic.
- 9 Visit playgrounds that have soft surfaces like wood mulch or chips, shredded rubber tires or sand to lessen the impact of falls. Avoid play equipment on asphalt, concrete, packed dirt and grass.
- 10 Don't let kids wear helmets, necklaces, backpacks, scarves or clothing with drawstrings while on playgrounds.



Fire up the grill!

But read these food-safety tips first

For many people, summertime fare means fresh, fast, no-fuss meals cooked outdoors. However, warm temperatures can set the stage for a nasty bout of food poisoning. Take these

precautions to make sure your meals are safe:

- **Defrost thoroughly.** Place frozen foods in the refrigerator for safe thawing. If meats are out too long, bacteria can produce illness-causing toxins that remain active even during cooking.
- **Marinate right.** Keep foods refrigerated while marinating.
- **Transport safely.** When traveling, use an insulated cooler with enough ice or cold packs to maintain a temperature of at least 40° F. Wait until you're ready to leave to

pack refrigerated foods in the cooler. Then place it in the coolest part of the car—not the trunk. When you arrive at your destination, move the cooler into the shade, avoid opening it frequently and replenish ice as needed.

- **Bring extra plates and tools.** Use one

platter and spatula, tongs and sauce brush for raw foods and a different platter and utensils for cooked foods.

Don't use a fork to turn meats since puncturing can introduce surface bacteria into the meat.

- **Keep clean.** Bring paper towels and disposable wipes or a sanitizing gel for convenient hand washing and surface cleanup.

- **Prepare the grill.** Light the coals and allow the cooking surface to heat up to kill microorganisms before putting on the food.

Is it done?

Use an instant-read meat thermometer to test meat's doneness. Grill precooked meats such as hot dogs to 165° F until steaming hot. Refer to the chart at right to determine when cooked meat is safe to eat.

Meat product	Safe temperature
poultry	180° F
pork	160° F
beef, ground	160° F
beef, steaks or roasts	145° F
veal	145° F
lamb	145° F

MRI Doesn't Get Any Better Than This

Comfort and Quality

We have the MRI system you and your doctor have both been hoping for. Comfort for you . . . maximum quality for your doctor.



comfort quality

- Top quality images for precision diagnosis
- Fast imaging for shorter scan times
- Greater comfort and access

World class healthcare close to home...
the MRI service at Cleveland Regional Medical Center.



For more information, please contact 281-593-2278,
or visit us on the web at
www.clevelandregionalmedicalcenter.com.

Alliance Imaging, Inc.

70CRM



Cleveland Regional Medical Center
300 E. Crockett
Cleveland, TX 77327

PRSR STD
U.S. POSTAGE
PAID
Lebanon Junction, KY
Permit 19

SPRING 2006

Health Matters

Health Matters is published as a community service of Cleveland Regional Medical Center. There is no fee to subscribe.

The information contained in this publication is not intended as a substitute for professional medical advice. If you have medical concerns, please consult your healthcare provider.

Copyright © 2006 Cleveland Regional Medical Center