

Health Connection

A PUBLICATION OF DUKES MEMORIAL HOSPITAL

**We care for
your family**
Meet our new
medical staff

**Dukes Memorial
Hospital receives
top honors!**
Respiratory care
program recognized

**Kids' sports
injuries on
the rise**
Keep your
child safe

**Take your
health to heart**

Dukes Memorial  **Hospital**

www.dukesmemorialhosp.com





Debra Close,
M.S., B.S.N., CPHQ
Chief Executive Officer

Dear friends and neighbors,

The summer months have gone fast and autumn leaves will soon start to fall.

We at Dukes Memorial Hospital (DMH) have been busy addressing our community's needs, such as healthcare reform and what that will mean for rural hospitals.

For your convenience, RediMed has moved back to the hospital campus. Thank you for your support during this time.

HIGHLIGHTS OF THIS ISSUE

In this issue of *Health Connection*, we're proud to introduce two new family practice physicians, Mark Striebel, D.O., and Rakesh Parikh, M.D. It's also allergy and respiratory illness season so we'll share tips on how to cope with those conditions. Finally, our respiratory department, with specially trained professionals, recently earned the Quality Respiratory Care Recognition designation from the American Association for Respiratory Care. More than 700 hospitals applied, and only 15 percent actually receive the designation, another reason to be proud of your local hospital.

DEDICATED TO YOU

As chief executive officer, I'm committed to keeping you up-to-date on the hospital's progress. I'm also committed to our promise to bring care close to home. We have a lot to be proud of and are continuously advancing to meet your healthcare needs. I'm always open to your thoughts and suggestions. Please feel free to call or stop by and see us. Thank you for your support and for choosing DMH, your hometown hospital!

Best wishes,

DEBRA CLOSE, M.S., B.S.N., CPHQ
Chief Executive Officer
Dukes Memorial Hospital

How to cope with year-round allergies

For many people, the misery of sniffles, sneezing and watery eyes

doesn't end with the spring or summer. If you suffer from allergy symptoms throughout the year, chances are you have multiple allergies to irritants both indoors and out.

Reducing your contact with indoor and outdoor allergens may help make your symptoms more manageable. Try these measures:

- Limit contact with pets.
- Avoid carpets, which can trap dust and animal dander.
- Use a vacuum with a HEPA (high-efficiency particulate air) filter.
- Run a HEPA cleaner in your bedroom.
- Make sure basements, bathrooms and kitchens are well ventilated and cleaned frequently to prevent mold and mildew.
- Use a dehumidifier in damp basements.
- Keep windows closed and use air conditioning during peak pollen months.
- Stay indoors during peak pollen hours from 5 a.m. to 10 a.m.
- Make your home a smoke-free environment.
- Avoid aerosols, paint, perfumes and cleaning products with strong fumes.



! Ease the sneezing!

See your physician for an evaluation and prescription medications if over-the-counter remedies and self-care measures don't offer enough relief or your symptoms worsen. To find more health information, visit www.dukesmemorialhosp.com.

Strength-train your brain

The mental benefits of exercise

Exercise has long been touted for its physical health benefits, such as improving metabolism, lowering blood pressure and reducing your risk of heart disease, stroke and cancer. But working up a sweat is also good for your head. Here's how:

BEATS THE BLUES

In a review of 80 studies on exercise and depression, researchers concluded that getting physical can act like an antidepressant. The analysis found that exercise decreased depression more than relaxation training (such as meditation or breathing) or engaging in enjoyable activities did. Working out may boost levels of feel-good endorphins, natural painkillers that promote a heightened sense of well-being.

TAMES TENSION

Physical activity releases muscle tension, reduces levels of the stress hormone cortisol and raises body temperature, which may have calming effects. Additionally, it can shift your attention away from anxious thoughts to something more pleasant, like your surroundings or the music that gets you moving.

AMPS UP ENERGY

Often feel drained? Inactivity is the likely culprit. Yes, working out may make you tired in the short term, but it helps increase stamina and energy in the long run. And, according to the Centers for Disease Control and Prevention, staying active may improve sleep quality, which translates into more next-day pep.

CRANKS UP CONFIDENCE

If you're nervous, working up a sweat gives you a confidence boost. How does getting sweaty raise self-worth? The effect is thought to be brought about by the sense of accomplishment that comes from meeting fitness goals or challenges.

BOOSTS BRAIN POWER

Regular physical activity can help keep your thinking, learning and judgment skills sharp as you age. In one study of 62- to 70-year-olds, those who were still working and retirees who exercised sustained their levels of cerebral blood flow and performed better on cognition tests than inactive retirees. What's more, in a few studies of subjects older than age 65, those who worked out for at least 15 to 30 minutes three times a week were less likely to develop Alzheimer's disease.



How much is enough?

If you have a physical disability, talk with your physician before exercising. Once you get his or her OK, do the following activities to reap the mental and physical benefits:

- A minimum of 150 minutes of moderate-intensity aerobic activity (like brisk walking) each week. If you're just getting started, break your workout into three brisk 10-minute walks a day, five days a week. Not into walking? Do water aerobics, go for a bike ride, play doubles tennis or mow the lawn—anything that gets you moving.
- Muscle-strengthening activities that target all major muscle groups on two or more days a week. Try heavy gardening (digging, shoveling), yoga, lifting weights or other weight-bearing moves like push-ups or sit-ups. Aim for eight to 12 repetitions per activity.

MEET OUR NEW MEDICAL STAFF MEMBERS

The experienced, dedicated medical staff members of Dukes Memorial Hospital (DMH) can help keep you and your family healthy. We'd like to introduce two of our newest members to you.



RAKESH PARIKH, M.D.
Family Practice

**Dukes Professional Building,
Suite 208
275 W. 12th St.
Peru
(765) 475-8606**

Board certified in family practice, Rakesh Parikh, M.D., earned his medical degree from Government Medical College in Patiala, India. Dr. Parikh completed his fellowship in pediatrics at the Royal College of Physicians and Surgeons in Bombay, India, and a residency in the family practice residency program at Jackson Park Hospital in Chicago, Ill. Most recently, Dr. Parikh, who's a member of the American Medical Association and the American Academy of Family Physicians, provided emergency medicine care at DMH through Emergency Medicine of Indiana. Dr. Parikh is accepting new patients.



MARK STRIEBEL, D.O.
Family Practice

**1000 N. Broadway
Peru
(765) 473-6864**

Mark Striebel, D.O., a board-certified family practice physician, earned his medical degree and completed an internship at the Chicago College of Osteopathic Medicine in Downers Grove, Ill. Dr. Striebel completed a residency in family practice at Grandview Hospital in Dayton, Ohio.

Since 1990, Dr. Striebel was in private practice and served as medical director and staff physician for several nursing homes in Ohio. He's a member of the American Osteopathic Association. Dr. Striebel is accepting new patients.

About family practice

Family physicians focus on general healthcare for men, women and children of all ages. They diagnose acute and chronic illnesses and provide routine health screenings, emergency medical care, minor surgical procedures and counseling about lifestyle, diet and illness.

The practice of family medicine differs from other specialties because of its universal approach. While all physicians have a knowledge of and skill in general medicine, the process of family medicine is a comprehensive, long-term approach, which includes developing a relationship between the physician and patient.

To find a physician by specialty, visit www.dukesmemorialhosp.com.

A better kind of respiratory care

Dukes Memorial Hospital earns recognition

Dukes Memorial Hospital (DMH) has earned the Quality Respiratory Care Recognition (QRCR) under a national program aimed at helping patients and families make informed decisions about the quality of the respiratory care services available in hospitals.

More than 700 hospitals, or about 15 percent of hospitals in the United States, have applied for and received this award. This is the second consecutive year DMH has received this recognition.

The American Association for Respiratory Care (AARC) started the QRCR program in 2003 to help consumers identify those facilities using qualified respiratory therapists to provide respiratory care. Hospitals earning the QRCR designation ensure patient safety by agreeing to adhere to a strict set of criteria governing their respiratory care services.

PROGRAM REQUIREMENTS

To qualify for the recognition, DMH provided documentation showing it meets the following conditions:

- All respiratory therapists employed by the hospital to deliver bedside respiratory care services are either legally recognized by the state as competent to provide respiratory care services or hold the certified respiratory therapist (C.R.T.) or registered respiratory therapist (R.R.T.) credential.
- Respiratory therapists are available 24 hours a day.
- Other personnel qualified to perform specific respiratory procedures and the amount of supervision required for personnel to carry out specific procedures are designated in writing.
- A doctor of medicine or osteopathy is designated as medical director of respiratory care services.

The AARC's QRCR program resulted from growing concerns among healthcare leaders and the general public about the safety and quality of healthcare services provided to patients. Hospitals that meet the QRCR requirements provide a level of respiratory care consistent with national standards and guidelines and should be commended for their commitment to quality care.



SPECIALLY TRAINED

Respiratory therapists are specially trained healthcare professionals who work under physician's orders to provide a wide range of breathing treatment and other services to people who have asthma, chronic obstructive pulmonary disease, cystic fibrosis, lung cancer, AIDS and other lung or lung-related conditions. They also care for premature infants and are key members of lifesaving response teams charged with handling medical emergencies.

DMH is pleased to acknowledge our respiratory care team for achieving this recognition and for their role in fulfilling our healthcare mission to the community.

! Catch your breath!

For questions or more information about DMH's respiratory services, call (765) 472-8000.

HEALTHWISE QUIZ

How much do you know about breast cancer?

Take this quiz to find out.

- 1** Your risk of developing breast cancer is increased by which of the following?
 - a. radiation exposure to the chest as a child or a young adult
 - b. first pregnancy after age 30
 - c. use of estrogen and progesterone to treat menopausal symptoms for four or more years
 - d. all of the above
- 2** Which is not a risk factor for developing breast cancer?
 - a. having a family history of the disease
 - b. being overweight
 - c. antiperspirant use
 - d. excessive drinking
- 3** Symptoms of breast cancer typically don't include:
 - a. changes in the size or contour of the breast
 - b. breast pain
 - c. an indentation of the nipple
 - d. a clear or bloody discharge from the nipple
- 4** Which of the following is not true about male breast cancer?
 - a. One in five men with breast cancer has a close male or female relative with breast cancer.
 - b. The average male is 60 to 70 years old at diagnosis.
 - c. Being overweight doesn't increase breast cancer risk.
 - d. Health conditions that affect the testicles may increase risk.
- 5** An annual mammogram once you turn 40 is important because:
 - a. your chance of being diagnosed with breast cancer increases with age
 - b. you may have a small cancer that won't show up until your next annual screening
 - c. the sooner you're diagnosed with breast cancer, the easier it is to treat
 - d. all of the above

ANSWERS: 1. (D), 2. (C), 3. (B), 4. (C), 5. (D)



Living with heart disease

Being diagnosed with heart disease can be scary. You may wonder: Will I still be able to do the things I love? By making a few adjustments, you can control your condition and enjoy life to its fullest. Here's how:

Master your medications. If your physician prescribes cholesterol- or blood pressure-lowering pills, tape a note to your mirror, set an alarm—whatever's necessary—to ensure you take them as directed every day.

Learn food math. Don't worry: You can still eat delicious meals. But you'll have to learn to read labels and keep tabs on your daily intake of certain foods. The basics:

- Keep total fat to less than 35 percent of your calories (saturated fat should equal just 7 percent).
- Limit cholesterol to 200 mg a day.
- Restrict sodium to 2,400 mg or less a day.
- Eat just enough calories to maintain or achieve a healthy weight.

Move more. Joining a gym is great (if you'll go), but it's not a requirement. Cleaning your house, walking your dog briskly and biking to the store are all examples of valid activity. Just 30 minutes a day will help protect your heart—even if you do only 10 minutes at a time. Of course, always check with your physician before beginning any exercise program.

If you follow these recommendations, you'll drop any extra pounds slowly, which means your weight loss is more likely to stick. The great news: Losing even 5 to 10 percent of your current weight can reduce your risk of heart attack and improve your overall health.

Keeping little athletes safe



Kids love sports, and we love watching them play. But each year, more than 3.5 million children under age 15 are treated for sports-related injuries, according to the American Academy of Pediatrics (AAP). That number is on the rise. One reason: Many kids now play the same sport year-round, resulting in overuse injuries such as chronic muscle strains, stress fractures and tendonitis. Plus, some sports have gone more extreme. Cheer-leading alone injured almost 70,000 children in 2007. So how can you keep your child out of the ER?

- **Don't start too soon.** Don't let your child join a team until he or she is at least 6 years old, says the AAP.
- **Get a pre-season checkup.** Visit your pediatrician to make sure your son or daughter is indeed sports-ready.
- **Gear up correctly.** Make sure your child doesn't compete without the right sporting shoes, helmet and safety equipment.

- **Teach the wisdom of warming up and cooling down.** Insist that young athletes exercise lightly for at least three minutes, then stretch the muscles to be used for at least 30 seconds each before practice or a game.
- **Fill 'er up.** Make sure your child carries a water bottle and knows the importance of drinking frequently, even if he or she isn't thirsty. Dehydration can cause fatigue and sickness.
- **Watch carefully.** Discourage participation in just one sport. If your child shows sign of strain or injury, insist he or she stop playing immediately—then see your pediatrician.

Healthy eating on the run

You're out and about when hunger pangs hit. Stopping at the nearest fast-food joint, you order a cheeseburger, fries and a soda and quickly wolf it all down in your car. Minutes later you feel sluggish, bloated—and guilty.

The good news: Your healthy diet doesn't have to suffer just because you're racing from one obligation to the next, spending the day running errands or hitting the road for a family vacation. Be prepared with these smart-snacking tips:

- **Always take water with you.** If it's too

bland, add a slice of fruit or a splash of juice.

- **For an on-the-run breakfast,** grab low-fat string cheese and a piece of fruit.
- **Fill an insulated lunch box with fresh fruit,** carrots, celery sticks, walnuts, yogurt or peanut butter on 100 percent whole-wheat bread for snacks during the day. Keep protein bars or snack bags of almonds or raisins in your purse, glove compartment or tote bag for hunger attacks.
- **If you must hit the drive-through,** opt for a kid-sized meal with fresh fruit or a side salad (with low-fat dressing) instead of fries, and a grilled chicken sandwich instead of one that's breaded and fried. Skip the mayo and other fatty spreads.
- **Need a coffee break?** Order the low-fat, sugar-free version of your favorite frozen coffee or latte and skip the whipped cream and caramel drizzle.



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Take charge of your heart health

Have you ever been so frightened that you thought you'd have a heart attack? Be careful—that dire description can actually come true. Heart attacks are the nation's No. 1 killer, and certain physical or emotional conditions can actually bring on a heart attack.

PAY ATTENTION TO TRIGGERS

In our everyday lives, common occurrences (or triggers) may not actually cause a heart attack but may increase your risk if you have another condition such as high cholesterol, obesity or high blood pressure. These common heart

attack triggers include stress, anger, grief, lack of sleep, extreme physical exertion or even overeating.

Talk to your physician to learn more about how to control your risk.

! Get heart smart

For an appointment with a member of the Dukes Memorial Hospital heart team or to sign up for one of our free community seminars on heart health, visit www.dukesmemorialhosp.com or call (765) 472-8000.



Stop heart attacks before they start

Nearly 2,400 Americans die every day of cardiovascular disease, and knowing and doing something about your risk factors can be your ounce of prevention.

THE ABCS OF PREVENTION

A healthy lifestyle is your best defense against heart disease and stroke. The American Heart Association has identified three main actions that can help you reduce your risk:

- 1. Avoid tobacco.** Smoking puts a heavy burden on the heart. If you smoke, quit.
- 2. Become more active.** Check with your physician first and start slowly, but eventually aim for at least 150 minutes (two hours and 30 minutes) of moderate to vigorous physical activity a week.
- 3. Choose good nutrition.** Eat a variety of foods, including moderate amounts of lean meats and low-fat dairy products and lots of fiber, fresh fruits and vegetables.