

HealthConnection

A PUBLICATION OF **DUKES MEMORIAL HOSPITAL**



*Health
Connection
gets a fresh
look!*

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Walking

is a great way to reduce stress while you quit smoking. It aids in increasing mood and energy levels.

> New guidelines take the air out of ballooning obesity rates

More than two-thirds of adults and one-third of children are now considered to be overweight or obese. Excess weight raises the risk of serious health issues. To reverse this trend, the U.S. Department of Agriculture (USDA) and Department of Health and Human Services (HHS) updated their Dietary Guidelines for Americans in 2010. The guidelines focus on getting people to eat healthier and exercise more, and help policymakers create nutrition programs. The USDA and HHS released more consumer-friendly advice and tools, including a new food pyramid. They offer these simple strategies to help people change their habits and their weight:

- > Eat less.
- > Watch portion sizes.
- > Fill half of your plate each meal with fruits and veggies.
- > Switch to fat-free or low-fat milk.
- > Look for lower-sodium options.
- > Drink water instead of sugary drinks.



> Act F.A.S.T. to head off a stroke

Rapid medical care can help reduce the risk of brain damage from stroke. Physicians treat patients with a clot-busting drug that can help protect the brain against permanent damage, but the drug must be given within three hours of the stroke's onset. If someone is experiencing stroke symptoms, call 911. To help you remember stroke signs and determine whether someone you know has had a stroke, think **F.A.S.T.:**

- > **FACE:** Does the face look uneven? Can the person smile?
- > **ARMS:** Can the person raise both arms and keep them there?
- > **SPEECH:** Is the person's speech slurred or strange?
- > **TIME:** Call 911 if you notice any of these signs.

> Healthy diet may boost kids' IQs

Fish isn't the only food that's good for your brain. A new study says that other healthy selections might boost kids' intelligence. The flip side may also be true: If kids eat nothing but processed food, they might lose IQ points. Published in the *Journal of Epidemiology and Community Health*, the report collected information from parents on almost 4,000 children. Surveys were given when children were ages 3, 4, 7 and 8.5. The "processed" diet included foods high in fat and sugar. The "health-conscious" diet included foods such as salad, rice, pasta, fish and fruit. Those who ate a processed diet at age 3 scored slightly lower on IQ tests at age 8.5 than those who ate a health-conscious one at age 3. While the difference between the groups was small, it might be another reason to encourage picky eaters to eat a few more vegetables.



Healthy Woman is working to keep up with you—

So you can keep up with us!

➤ **We know women have busy schedules and it's not always**

easy to keep up with friends and family, let alone health information and community programs. So how can women keep up with hospital happenings and Healthy Woman events? It's easier than ever!

Check out the new Healthy Woman section of our hospital website. We have a new e-mail program to keep women even more up to date. And, when registering for upcoming Healthy Woman events, you'll get a confirmation e-mail with a map. You can even register your friends as guests! ●



Enjoy the benefits!

If you're not a Healthy Woman member yet, join today. Membership is free and the benefits can last a lifetime. Go to www.DukesMemorialHosp.com/HealthyWoman or call (765) 472-8016.

HEALTHY WOMAN™
A DUKES MEMORIAL HOSPITAL RESOURCE

From us TO YOU



DEBRA CLOSE
Chief Executive Officer

DEAR FRIENDS,

The fall season in Indiana has greeted us with sunny days and cool, crisp evenings. We find ourselves spending the last of our warm afternoons before the winter season at the local reservoir, one of the many beautiful golf courses or parks in our area or just trying to get in that last outdoor activity before the cold weather sets in.

October is Breast Cancer Awareness Month and Dukes Memorial Hospital (DMH) is dedicated to promoting awareness of this disease and the screening options available locally, which include advanced digital mammography in our medical imaging department. In this issue of *Health Connection*, we discuss cervical cancer risks and a screening option with Ob/Gyn June Pollydore, M.D., FACS; our Fifth Annual Health Expo being held in conjunction with the Cole Porter Classic run; and our QuickER campaign illustrating our commitment to shorter wait times in our emergency department.

I'd like to take this opportunity to thank you for choosing DMH for your health care needs. We're dedicated to being the hospital of choice for Miami County and the surrounding communities, and we strive to provide an outstanding experience for every patient. If you have any questions or comments, I'd love to hear them. I'm always open to your thoughts and suggestions. Please feel free to call or stop by and see us!

Sincerely,

**Debra Close, M.S.,
B.S.N., CPHQ**

Chief Executive Officer
Dukes Memorial Hospital



Trust us with your care!

Find out what DMH can do for you. Visit www.DukesMemorialHosp.com and click on "Our Services" to learn more about how we can help you and your family stay healthy.

Treating an ACL injury



➤ **The dreaded torn ACL, or anterior cruciate ligament,** is a common injury for athletes—especially female athletes, who may be at a disadvantage because of hormonal influences and their build—but it can happen to just about anyone.

What is an ACL tear?

Your ACL is one of four knee ligaments. It's located in the middle of your knee and prevents the top of the shin bone, or the tibia, from sliding out in front of the end of the thigh bone, or the femur, while lending stability to your knee. Most often, ACL injuries occur when you stop suddenly and change direction while running, pivoting or landing from a jump or overextending your knee. You can also injure your ACL during contact, such as receiving a blow to your knee during a sports game or any nonsport accident.

When you injure your ACL, you may hear a popping noise and feel your knee giving out. Typically, painful swelling, joint tenderness, pain while walking and the inability to fully move your knee occur. Elevating the joint above heart level, icing it and using pain relievers are recommended until the injury can be evaluated. If your physician suspects an ACL tear, he or she may order an MRI to confirm that no other parts of the knee have been injured.

tip

Warming

up properly before physical activity may help prevent ACL injuries.

Treatment

The ACL cannot be “fixed.” Often, physicians have to create a new ligament through surgery. Surgery is the most common treatment for an ACL injury, as untreated injuries may lead to further instability of the knee and the beginning of arthritis in that area.

However, what's best for you depends on the degree of injury (is it a partial tear or a complete tear?) and your lifestyle.

For example, a sedentary 75-year-old who has suffered only an ACL injury and has no knee instability may be able to function fine without surgery. In this case, bracing the knee combined with physical therapy can help the patient get back on his or her feet.

An athlete will most likely need surgery to continue to compete in sports, as will those who've suffered injury to multiple ligaments in the knee. In these cases, the ligament is rebuilt using a tissue graft from your own tendons, such as the hamstring, or from a cadaver. Most ACL tears typically require physical rehabilitation. Overall, ACL surgery has a long-term success rate of 82 percent to 95 percent.

Prevention

It's not easy to prevent an ACL injury, but you can do your part to reduce the chance that one will occur by:

- warming up properly before a physical activity
- engaging in strength training, such as using weight machines, to gain muscle strength
- asking a trainer to teach you how to land on the balls of your feet if you participate in sports that involve jumping and landing ●

HealthWise QUIZ

How much do you know about colon cancer?

> TAKE THIS QUIZ TO FIND OUT.

1 Which of the following is known to raise your risk of colon cancer?

- a. exercising too much
- b. being under the age of 50
- c. being obese
- d. being of Asian descent

2 How often should healthy individuals ages 50 or older at average risk of colon cancer get a colonoscopy?

- a. once every three years
- b. once every five years
- c. once every seven years
- d. once every 10 years

3 A possible symptom of colon cancer is:

- a. narrower stools
- b. fatigue
- c. rectal bleeding
- d. all of the above

4 Although more research is needed, which of the following supplements may possibly help reduce the risk of colon cancer?

- a. folic acid
- b. green tea
- c. vitamin A
- d. vitamin C

5 A true statement about colon cancer is:

- a. It's the leading cause of cancer deaths in the United States.
- b. It usually arises from growths called polyps.
- c. Blood tests can be used to detect colon cancer.
- d. all of the above

Answers: 1. (c) 2. (d) 3. (d) 4. (a) 5. (b)

Can heart attacks be 'silent'?

> You're undergoing a routine heart test when your physician

drops a bombshell:

"You've had a heart attack."

These are words you didn't expect to hear, because you didn't know you'd ever had one. But that's the trouble with what experts call "silent heart attacks."

While they don't produce the telltale warning signs of heart trouble, they still damage your heart and the rest of your body.

Silence isn't golden

A heart attack occurs when an artery that supplies oxygen-rich blood to the heart becomes blocked. Besides chest pain and shortness of breath, some people experience nausea, extreme fatigue, discomfort in their extremities and sweating.

People who experience a silent heart attack—studies put the number of Americans who do at almost 200,000 a year—either have no symptoms or symptoms so mild that they're not recognized as a heart attack. These people are more likely to be women and those who have conditions such as heart failure and diabetes. Silent heart attacks also tend to accompany a condition called silent ischemia—or a painless chronic shortage of blood and oxygen to the heart because of artery plaque.

The longer you don't receive treatment, the more likely it is that serious, irreversible damage is being done to heart muscle, which reduces its ability to pump and can greatly increase your risk

of death down the road.

Some silent heart attacks may be picked up on an electrocardiogram (ECG) during a routine physician visit because the damage done to heart muscle produces a different "wave."

Breaking through the silence

Risk factors such as smoking, high cholesterol, high blood pressure, obesity and a sedentary lifestyle increase your risk for trouble. Your best bet to prevent a heart attack is to follow a heart-healthy lifestyle:

- > Eat a diet rich in fruits, vegetables, whole grains, lean meats, fish and fat-free or low-fat dairy products; limit saturated fats, cholesterol and sodium.
- > Work out regularly.
- > Quit smoking.
- > Manage your diabetes.
- > Take any medications used to treat high cholesterol or blood pressure as prescribed. ●





Cervical cancer

Protect yourself with a Pap test

BY JUNE POLLYDORE, M.D., FACS
OBSTETRICIAN/GYNECOLOGIST
DUKES MEDICAL GROUP
HEARTLAND OBSTETRICS & GYNECOLOGY



What's your risk?

To learn about your risk of developing HPV or cervical cancer or to get the vaccine, call **(877) 336-2496** to make an appointment with Dr. Pollydore at Dukes Medical Group Heartland Obstetrics & Gynecology.

➤ Every year, about 55 million women undergo Pap tests,

screenings that can detect human papillomavirus (HPV) infection and precancerous conditions that lead to cervical cancer. About 6 percent of those women are diagnosed with a cervical abnormality that needs follow-up testing.

Screening for cancer

A woman should begin having annual cervical cancer screenings about three years after becoming sexually active, but not later than age 21. How frequently she should be screened is based on her risk factors, such as how old she was when she became sexually active, any history of sexual abuse and behaviors that may increase her risk for HPV.

Generally, a woman who's younger than age

30 should have a Pap test every year. If a woman older than age 30 has three consecutive normal Pap tests and no history of abnormal test results, she may be screened every other year or every three years.

The rest of the story

Pap tests are only part of the annual exam. To minimize risk, a woman should have pelvic and breast exams annually to screen for other cancer types.

Infection with one or more HPV subtypes is extremely common and develops in at least 80 percent of sexually active women by age 50. Most cervical HPV infections disappear on their own, but that likelihood decreases as a woman ages. Persistent HPV infections may result in abnormal cervical changes that, if left untreated, may eventually worsen into cervical cancer.

Infection with one or more HPV subtypes develops in at least 80 percent of sexually active women by age 50.

Giving prevention a shot

The U.S. Food and Drug Administration has licensed a vaccine shown to be effective against the HPV strains that cause cervical cancer in up to 70 percent of women and the strains that cause genital warts in 90 percent of women. The vaccine is approved for use in both males and females ages 9 to 26.

The HPV vaccine is administered in three doses—an initial dose followed by boosters two and six months later. Remember, however, that the vaccine is a preventive tool, not a substitute for routine cancer screenings. ●





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**BICYCLE RIDERS
 WILL TRAVEL
 NICKEL PLATE
 TRAIL AT THE
 HEALTH EXPO.**

Our Annual Health Expo

Join in the fun!

➤ **On Saturday, Oct. 1, Dukes Memorial Hospital will host**

its Fifth Annual Health Expo in conjunction with the Peru Rotary Club's Cole Porter Classic XXV 5K and 15K Road Race, 5K Competitive Walk and the 5K Fun Walk.

If you're a bike enthusiast, you may also be interested in our "After the Run" bike ride. You're invited to join us after the run for a late-morning bicycle ride. We'll incorporate the grand opening of the bridge at the beginning of the ride, then ride north along Nickel Plate Trail. You must register for the event, but participation is free with a paid Cole Porter Classic registration.

All of these activities will be held or kick off in the Peru Amateur Circus

Building located at 154 N. Broadway in Downtown Peru. The Fifth Annual Health Expo will start at 8 a.m. and run until 1 p.m., with the Pee-Wee Fun Run beginning at 8:30 a.m., the 15K beginning at 9 a.m. and the 5K walks beginning at 9:05 a.m. The Health Expo will feature several free health screenings, free lunch, various local area vendors with health information and giveaways, and speakers and demonstrations throughout the day.

If you have any questions regarding the Health Expo, call **(765) 472-8016**. To register to participate in the Cole Porter Classic, call **(765) 473-6668** or **(765) 469-5066**. To learn more about the bike ride along Nickel Plate Trail, visit **www.breakawaybikeandfitness.com** or call **(765) 473-3848**. ●



Check out our health resources!

To find more ways to get fit and stay healthy, visit **www.DukesMemorialHosp.com** and click on "Health Resources."



Dangerous dishes

Keep your child safe from culinary choking hazards

➤ **Each year, more than 10,000 children younger than age 14 end up in the emergency room after choking on food.** That's because children lack the larger molars, stronger chewing ability and wider airways of older children and adults.

The American Academy of Pediatrics in 2010 recommended that hot dogs—one of the most common food choking hazards in children—carry a choking hazard warning on packaging, and that the hot dogs

themselves be redesigned to make them less likely to get stuck in young throats.

But hot dogs aren't the only concern. Other choking hazards include peanuts, sausages, whole grapes, chewing gum, hard candy, whole cherry tomatoes, popcorn, tough meat, large pieces of raw fruits and vegetables and chips. You can reduce the threat of injury or death by following these tips:

- Keep an eye on your child as he or she eats.
- Make sure your child is sitting up straight.
- Cut food into no more than ½-inch pieces.
- Teach children to chew and swallow properly.
- Cook vegetables until they're soft or grate them.
- Be on the lookout for stuffed cheeks—a sign your child is storing large quantities of food in his or her mouth and not swallowing. ●

In case of emergency

It's always a good idea to be prepared in case of a choking emergency. Visit www.redcross.org/www-files/Documents/pdf/Preparedness/ConsciousChokingPoster_EN.pdf to print out a chart that shows you what to do if an adult, child or infant is choking.

The truth about cereal

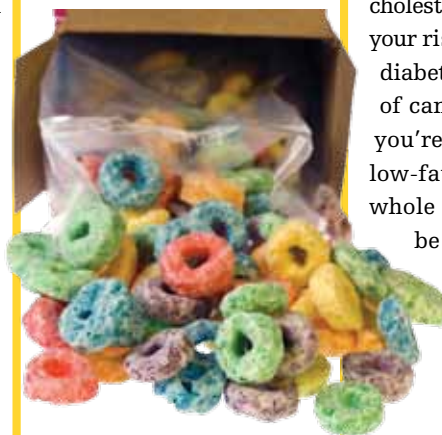
Is your breakfast bowl a dietary disaster?

➤ **Just how healthy are the cereals you and your child eat?** Sure, the box promises plenty of whole grains and fiber, but that might not be the reality.

Cereal can be a tasty and fast way to get your day started healthfully. But you need to look carefully at the nutrition label when making your purchase. First, carefully note the serving size; otherwise, you may be eating double the calories shown. Then, look for other key information:

➤ **Sugar.** Excess sugar is a major source of extra calories in the American diet. It also promotes tooth decay and may raise triglyceride levels—a type of blood fat—which can boost heart disease risk. Opt for cereal with 5 grams or less of sugar per serving. Skip cereals that list sugar at the top of the ingredients list or that contain many types of added sugar, such as high-fructose corn syrup.

➤ **Calories.** To avoid calorie overload, choose cereals with 120 calories or less per serving. Just remember, some cereals can be slightly higher in calories and still be healthy.



➤ **Fiber.** Ideally, you should purchase cereal that has at least 5 grams of fiber per serving, but be sure there are no less than 3 grams per serving. Why? This important nutrient may help lower your cholesterol and reduce your risk of heart disease, diabetes and some types of cancer. Make sure you're using fat-free or low-fat milk instead of whole milk or you could be canceling out those healthy benefits!

Getting a grip on cancer's side effects

➤ **Being diagnosed with cancer can trigger intense feelings, especially** when it comes to treatment—fears that it will be unsuccessful or worries over the possible side effects that you'll have to endure.

But the good news is that much of the discomfort you may encounter on your cancer-care journey can be managed. Here's how.

The side effects of treatment

What you experience depends on your cancer and what your treatment regimen entails. Following are some of the most common side effects:

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FATIGUE. Cancer can cause changes in your body that leave you feeling exhausted. Chemotherapy, radiation, surgery and other treatments may damage healthy cells, along with the cancerous ones, which can lead to fatigue.

➤ **What you can do:** Rest up. Set aside time for naps (no more than an hour) during the day. Conserve your energy for the most important tasks, and let loved ones help you with the others. Skip the alcohol and caffeine.

.....
NAUSEA. Chemotherapy, radiation that's targeted at certain areas (liver, brain, digestive tract) and advanced cancers can trigger nausea and vomiting.

➤ **What you can do:** Depending on the cause of your nausea, you may benefit from techniques such as guided imagery, hypnosis and relaxation, or from anti-nausea drugs. Also, try consuming several small meals throughout the day before your treatment, sipping fluids and avoiding foods that can trigger nausea, such as spicy foods or those with strong odors.

PAIN. You may experience pain as the cancer damages surrounding tissue. Or you'll be in pain due to treatments' side effects. For example, surgery can be painful, radiation can cause painful scars, and chemotherapy can lead to mouth sores, diarrhea or nerve damage.

➤ **What you can do:** Discuss your pain management options with your physician, who may refer you to a pain management specialist. Pain relief may come from over-the-counter and prescription pain medications, nerve blocks, acupuncture, acupressure, massage, physical therapy, relaxation and meditation.

.....
HAIR LOSS. Chemotherapy can damage cells in the roots of your hair—including the hair on your head, eyelashes and eyebrows—causing hair to come out either in clumps or gradually during the weeks after treatment begins.

➤ **What you can do:** Air-dry your hair as often as possible and skip salon treatments like perms, dyes, braiding and hair relaxers. If your loss is upsetting, ask your oncologist to write a prescription for an "extracranial prosthesis" (code for wig). Many insurance companies will cover at least part of this cost.

.....
EMOTIONAL ISSUES. Feelings of fear, anger and sadness can occur—even guilt over not recognizing symptoms earlier.

➤ **What you can do:** Lean on family members, friends, clergy, social workers or support groups. Consider journaling as an outlet to express your feelings. ●



tip

Join a support group

Other people with cancer can share their knowledge about what to expect.

Quality care— when minutes count



➤ **In the emergency department (ED) at Dukes Memorial Hospital (DMH),**

our focus on patient experience and a high level of care includes striving to achieve the shortest ED wait times possible.

Our QuickER commitment applies not only at DMH, but also at all Lutheran Health Network hospitals—Dupont Hospital, Lutheran Hospital, St. Joseph Hospital, Bluffton Regional Medical Center and Kosciusko Community Hospital—which all offer:

- board-certified emergency physicians
- fully equipped surgical suites
- comprehensive digital diagnostics
- fast access to the network's comprehensive critical care services

Patients who come to the EDs of Lutheran Health Network are evaluated on a critical-need basis. This means patients with life-threatening conditions will be treated first.

Here are answers to some questions you may have about emergency care.

What can you expect when you come to the ED?

When you arrive at the ED, you'll be greeted and rapidly entered into the hospital computer system. Next, a nurse will evaluate you and ask for more detail about your medical problem, including background information. Then you'll be taken to an exam room for appropriate tests and treatments.

How long does an ED visit take?

The length of an ED visit can vary significantly, depending on the seriousness of the illness and the number of tests necessary. You can generally expect to spend from one to four hours in the ED. You'll leave the ED with the results of your examination and any tests performed.

Are there problems that shouldn't be treated in the ED?

In general, your primary physician should treat common colds, minor skin rashes or other minor health concerns.

How long does it take to see a clinical professional?

Patients are generally seen by a clinical professional (a physician, physician assistant or advanced practice nurse) within 30 minutes of their arrival in the ED at a Lutheran Health Network hospital. While the goal is to see every patient within 30 minutes of their arrival, the most severe cases will always receive immediate attention.

What tests can be done in the ED?

Most basic and advanced diagnostic tests can be performed in the ED. However, tests that aren't immediately necessary can be performed after you've been discharged.

What if you need to be admitted to the hospital?

If your condition requires you to stay in the hospital, the emergency physician will contact your primary physician or the appropriate specialist and arrange for your admission to the hospital. That physician assumes responsibility and directs your care while you're in the hospital. ●

Get help fast!

To learn more about DMH's emergency services, visit www.DukesMemorialHosp.com and click on "Emergency Care."

QuickER matters.
Committed to shorter waits.



Lutheran Health Network

Dukes Memorial Hospital

Inside joint surgery

➤ **You used to enjoy gardening, but those days are long gone, thanks** to unbearable knee or hip pain. But you don't have to live with it.

If you find that you're unable to enjoy the activities you once did, it might be time to talk with your physician about joint replacement. Almost 775,000 Americans undergo hip or knee replacement—two of the most common types of joint replacement surgery—each year. Surgery is also an option for shoulders, fingers, ankles, feet and elbows.

Is surgery for you?

Joints are formed by the ends of two or more bones and are coated with cartilage, which allows the joints to move freely and without friction. When cartilage damage is caused by issues such as wear and tear, arthritis or an injury, it can lead to pain and stiffness.

Your physician will perform a physical exam and possibly use imaging such as X-rays, an arthroscope (a lighted tube that can look for damage in joints) and lab tests to determine the extent of the damage and whether surgery is the best option. Your physician may decide that more conservative approaches, such as walking aids (canes, walkers), medication or physical therapy, might better suit you.

Joint surgery primer

During joint replacement surgery, the surgeon removes the damaged joint and replaces it with an artificial one that may be made out of metal, plastic or ceramic or a combination of these materials. During a hip replacement, for example, a ball attached to a stem is placed into the femur bone and an insert is placed into the pelvis to simulate the ball-and-socket joint of the hip.

Depending on the extent of damage, the surgeon may replace the whole joint

or just parts of it. In either case, the goal is to restore as much normal function to the joint as possible. Recovery depends on the individual and the type of surgical procedure, but it can take weeks to months or longer, and usually involves physical therapy. Outcomes also vary by procedure, but total knee replacement, for example, has a patient satisfaction rate of 85 percent, according to the National Institutes of Health.

An alternative to hip replacement?

There's been a lot of talk over the past several years about hip resurfacing, a procedure that keeps more bone intact than does hip replacement. Instead of removing the head of the femur bone, the head is trimmed and topped with smooth metal.

While preserving more bone is a big bonus, the procedure is best suited to specific types of patients. In general, they should be younger than age 60, have a larger frame and have stronger bones. These patients have a lower risk of complications. ●



Did you know?

The most common reason for having a hip or knee replaced is osteoarthritis, a degenerative joint disease.



Health Connection is published as a community service of Dukes Memorial Hospital. 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 health care provider.

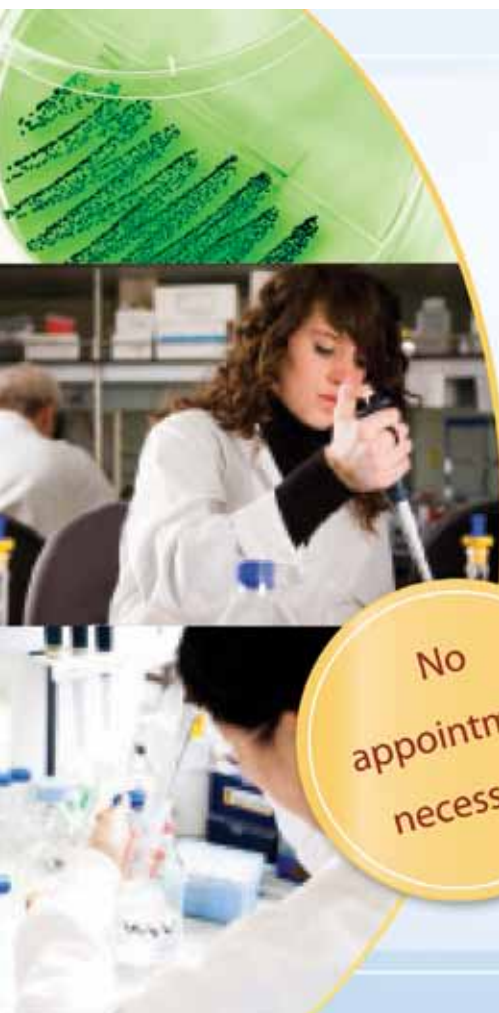
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appointment
necessary!



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