

Health Connection

A PUBLICATION OF DUKES MEMORIAL HOSPITAL

**Advanced
technology,
close to home**

**Learn to live
with diabetes**

**Meet two new
physicians**

Bounce back
Dukes Therapy Center
can help



**Dukes Memorial
Hospital**

Lutheran Health Network

www.dukesmemorialhosp.com

Keep your PROSTATE HEALTHY

Sens. Bob Dole and John Kerry, baseball team manager Joe Torre—what do all these men have in common? They're all prostate cancer survivors.

Cancer of the prostate—a walnut-shaped gland located below the bladder—is one of the most common cancers found in men. It may be slow growing and require little or no treatment, or it may be aggressive and spread quickly to other parts of the body.

THE PREVENTIVE APPROACH

While prostate cancer isn't completely avoidable, certain measures may help reduce your risk:

- **Stay active.** Daily exercise improves your overall health and helps keep your weight in check. Some research has shown that men who exercise regularly have a lower incidence of prostate cancer compared to men who don't.
- **Watch your weight.** A sobering fact: Men who are obese when diagnosed with prostate cancer are more likely to have advanced cases, which are more difficult to treat. But eating right and exercising can help you keep off excess pounds.
- **Talk with your physician.** Discuss any risk factors you have—being older than age 65, African-American or

obese, or having a family history of prostate cancer. Also, learn about the pros and cons of screening tests. A digital rectal exam and the prostate-specific antigen (PSA) test are two ways to identify cancer cases, but they can't tell a physician about the aggressiveness of the cancer. And prostate cancer treatments can have unpleasant side effects such as impotence and incontinence.

The American Cancer Society (ACS) recently revised its prostate cancer screening guidelines, encouraging more patient involvement in decisions about screenings:

- The ACS recommends that men at high risk of prostate cancer, including men with a family history of the disease, talk with their physicians sooner—as early as age 40.
- Men who do not have prostate cancer symptoms (trouble urinating, problems with urine stream, blood in urine or semen, leg swelling, pelvic discomfort, bone pain) and who are in relatively good health and are expected to live at least 10 more years should have the screening conversation with their physicians beginning at age 50.
- Men without symptoms who aren't expected to live 10 more years because of age or poor health shouldn't be offered the screening because the risks likely outweigh the benefits.

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Daily exercise improves your overall health and helps keep your weight in check.
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What to ask your physician about prostate health

Be prepared to ask some key questions at your next appointment:

- What is my risk of developing prostate cancer?
- Do you recommend I be tested?
- What is my PSA level (if you've had the test)?
- Will I need more tests? If so, which ones will I need?
- What do the test results mean?
- If I have cancer, what are my treatment options, and what are the pros and cons of each?



February is American Heart Month!

Cardiovascular disease is America's No. 1 killer. To make Americans aware of this, every year the President proclaims February "American Heart Month." There are a range of factors that can raise your risk of heart disease and stroke. The more risk factors you have, the greater your chances of developing disease and having a heart attack or stroke.

UNDERSTAND YOUR RISK

Some risk factors that can be controlled or treated are cholesterol, blood pressure, diabetes, smoking, physical activity and obesity. Unfortunately, you can't control factors such as age, family history and race. That's why it's important to understand all of the risk factors of heart disease and to discuss them with your physician.

Your heart is at risk if you don't care for it. Here's how you can be kind to your heart: Follow your physician's recommendations for diet and exercise; take prescribed medication as directed by your health care provider; limit foods high in saturated fats and dietary cholesterol; limit your salt intake; and if you drink alcoholic beverages, drink in moderation. For more heart-healthy tips, see page 5.

! Get heart smart!

To learn more about cardiovascular disease, visit www.dukesmemorialhosp.com and click on "Health Resources."

Dear friends,

With the hustle and bustle of the holiday season once again behind us, we're eagerly awaiting the arrival of spring. Besides looking forward to the changing seasons, all of us at Dukes Memorial Hospital (DMH) are excited for the upcoming year. We're committed to being your hospital of choice and look forward to showcasing our improvements to you and the communities we serve.



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

GET HEART SMART

February is American Heart Month, and once again DMH is proud to partner with the American Heart Association to sponsor the Go Red For Women movement. Coronary heart disease is the No. 1 killer of women—more women succumb to this disease than those who die from breast, cervical and ovarian cancers combined. Learn more about heart health on this page and on page 5.

DMH is proud to be an important part of the communities we serve. If you have any suggestions about how we can better serve your needs, let us know. Thank you for putting your trust in us!

Sincerely,

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

Chief Executive Officer
Dukes Memorial Hospital

Mammogram confusion

Information on new screening guidelines

We've all heard that early detection of breast cancer with mammograms saves lives. So it was surprising when in 2009, the U.S. Preventive Services Task Force (USPSTF)—an independent panel that makes recommendations about which preventive services should routinely be offered and to whom—recommended against routine mammograms for women ages 40 to 49 who weren't at increased risk for breast cancer. Traditionally, all women ages 40 and older were encouraged to get the screening.

THE FLIP SIDE

In disagreement with the USPSTF's recommendations were major professional health care organizations including the American Cancer Society. "I have tremendous difficulty in not recommending an intervention [mammography]," says Otis Brawley, M.D., chief medical officer of the American Cancer Society. "Women ages 40 and older should have a mammogram every year."

NOW WHAT DO I DO?

Amid the confusion, you may be wondering about how to approach your own mammogram. Some words of advice: Talk with your physician.

The USPSTF's recommendations were just that—recommendations, not rules. Discuss your personal and family health history and how frequently you should get mammograms with your physician. And, if you're at high risk—see *Are you at risk?* at right—a yearly screening starting earlier than age 40 may be one of the most crucial weapons in early detection of breast cancer.



Mammogram comfort

Try these tips for a more comfortable mammogram, courtesy of the Centers for Disease Control and Prevention:

- Don't schedule your mammogram for the week before or during your period, which is when your breasts are likely to be tender or swollen, making mammograms less comfortable.
- Skip the deodorant, perfume and powder on the day of your mammogram. These may show up as white spots on the X-ray.
- For ease of undressing from the waist up, wear a blouse with a skirt or pants, instead of a dress.

Are you at risk?

According to the National Institutes of Health, breast cancer will affect one in eight women in their lifetime. Why breast cancer affects some women and not others isn't known; however, several known risk factors for the disease include:

- increasing age
- having the BRCA1 or BRCA2 genes; if your family members have had breast or ovarian cancer, talk with your physician about getting tested
- starting your period before age 12 or going through menopause after age 55
- being overweight
- using menopausal hormone therapy
- taking birth control pills
- drinking alcohol
- not having children or having your first child after age 35
- having dense breasts



HEALTHWISE QUIZ

How much do you know about **high blood pressure**?

Take this quiz to find out.

- 1** How many American adults have high blood pressure?
 - a. one in three
 - b. one in five
 - c. one in 10
 - d. one in 20
- 2** Most people with high blood pressure experience:
 - a. nausea
 - b. weakness
 - c. trouble concentrating
 - d. no symptoms
- 3** Healthy adults with no history of high blood pressure should have their blood pressure checked every:
 - a. six months
 - b. year
 - c. two years
 - d. 10 years
- 4** High blood pressure can increase your risk for:
 - a. dementia
 - b. eye damage
 - c. bone loss
 - d. all of the above
- 5** Which of the following statements is true?
 - a. After age 65, more women than men have high blood pressure.
 - b. After age 65, more men than women have high blood pressure.
 - c. After age 65, an equal number of men and women have high blood pressure.
 - d. After age 65, the number of men and women suffering from high blood pressure is unknown.

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

Show your heart a little love

Your heart works hard for you, pumping day in and day out to supply your body with the oxygen-rich blood you need for survival. So what are you doing to nurture it? Try these five tips to ensure better heart health:

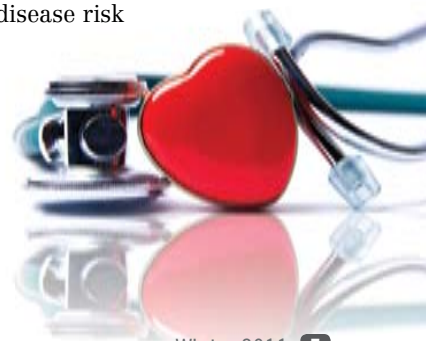
➔ Choose good-for-you foods. Follow a diet such as Dietary Approaches to Stop Hypertension (DASH). This eating plan is centered on foods low in fat, cholesterol and salt; and rich in fruits and vegetables (aim for five to 10 servings a day), whole grains and low-fat dairy products. Foods that are good for the heart also include those with high levels of omega-3 fatty acids, a type of polyunsaturated fat, found in fish such as salmon, mackerel and sardines.

➔ Give your heart a workout. You don't need a gym membership to keep your heart in tip-top shape. Get the recommended 30 to 60 minutes of physical activity daily by walking, jogging or biking—and remember that everyday tasks such as gardening, vacuuming and taking the stairs count toward your activity goals. Activity, along with eating healthy foods, can help you maintain a healthy weight, which is another way that you can boost heart health.

➔ Consider aspirin therapy. A daily aspirin can benefit many people, but not everyone, so talk with your physician first about the risks and benefits. For example, aspirin can help prevent first and second heart attacks in older women and men of all ages, but only second heart attacks in women younger than age 65. Aspirin also may prevent certain types of strokes.

➔ Quit smoking. Tobacco smoke contains thousands of chemicals that damage the heart and blood vessels, including nicotine, which narrows blood vessels and makes your heart work harder. Within one year of quitting, you can expect to see your heart-disease risk drop dramatically.

➔ Get checked. Have your blood pressure and cholesterol checked regularly. Ask your physician how frequently you should be tested based on your health history.



Advanced technology, close to home



The medical imaging department at Dukes Memorial Hospital (DMH) announces the addition of a new ultrasound machine. The IU-22 Ultrasound provides advanced ultrasonic technology by increasing image quality and expanding exam capabilities at DMH.

The IU-22 Ultrasound improves breast imaging by depicting the size and location of breast lesions identified during digital mammography screening, available at DMH since last spring. This new ultrasound machine is capable of identifying small tumors early in development during both breast imaging and entire-body imaging. The IU-22 Ultrasound also decreases exam times by 30 percent to 50 percent.

“**Advanced ultrasound technology also can be used to detect many diseases and abnormalities.**”

THE BENEFITS OF IMAGING TECHNOLOGY

Most people are familiar with ultrasound exams used for fetal imaging, but ultrasound technology also can be used

to detect many diseases and abnormalities. Whether it's magnetic resonance imaging (MRI), a computed tomography (CT) scan or an ultrasound exam, diagnostic imaging procedures play a critical part in detecting many diseases, including kidney cancer, a serious disease that accounts for more than 11,000 deaths in the United States every year. Imaging can also detect colon cancer, America's second-leading cause of cancer death after lung cancer. Another disease that can be found with imaging is endometriosis, a disorder in which cysts form in the female reproductive system, causing pain and bleeding.

FAST FACT

➤ Did you know that about one in three American adults has at least one type of cardiovascular disease?



To learn how to keep your heart healthy, visit Dukes Memorial Hospital at www.dukesmemorialhosp.com and click on “Health Resources.” There, you can assess your risks, take quizzes and more.

! Get screened

You'll need a physician referral to schedule an ultrasound exam at DMH. If you have any questions regarding ultrasound exams, digital mammography or other imaging procedures, call DMH's medical imaging department at (765) 472-8043.

Bounce back

Physical, occupational and speech therapy at DMH can help

If you've had an injury or disease or are experiencing a dysfunction, you may be unable to fully enjoy your usual activities. The therapy team at Dukes Therapy Center, located on the fourth floor of Dukes Memorial Hospital (DMH), can help you return to your maximum level of independence.

TYPES OF THERAPY OFFERED

Physical therapy helps patients relieve pain, build strength, improve range of motion and regain balance and coordination. Staff lead physical therapist David Khosa, P.T., is the head of our physical therapy team. The physical therapy staff uses a variety of treatments including myofascial release and other strengthening regimens. The team treats patients of all ages with many different conditions, including temporomandibular joint disorder (TMJ), stroke and sports or work injuries.

Occupational therapy provides treatments including myofascial release, craniosacral therapy and upper body strengthening. The therapists treat neurological dysfunctions and a variety of diseases. Occupational therapy also helps with activities of daily living (ADLs) such as grooming, hygiene and household tasks.

Speech therapy is available for all ages for disorders involving articulation (the way speech sounds are produced), language, cognition (thinking skills), swallowing difficulties, fluency disorders (stuttering), voice disorders and dysphagia/apraxia of speech (slurred speech or difficulty producing sounds, words or sentences). Modified barium swallow studies are performed to determine swallowing difficulties. Speech therapists can treat many conditions from autism to stroke. The center's speech language pathologist is certified in VitalStim therapy and deep pharyngeal neuromuscular stimulation and has experience with augmentative/alternative communication and the picture exchange communication system (PECS).

TREATMENT OPTIONS

The therapist's goal is to return patients to functional status and to increase their independence. Our team will

evaluate each patient and design a specific plan to treat each patient and meet his or her goal. Treatment includes exercising, strengthening, stretching, pain management, manual therapy and patient education. Many patients also will be given a home exercise program. Patients need a physician's order before any therapy plan can be implemented.

"People in our community have different issues, whether they choke when they eat or suffer from a stroke," says Khosa. "We want them to know that we can help them meet their needs and return to normal." Our therapy team is available during or after your stay at DMH.



Get better here!

Dukes Therapy Center can help with all your rehabilitative therapy needs. For more information about our services or to schedule an appointment, call (765) 475-2160.





CLEAN UP your health

It's easy to focus on all the bad things we breathe in the air outside, such as pollen and pollutants. But what about what's lurking inside our houses? Household dust, mold and various chemicals can make breathing difficult. Here's what might be stirring up trouble at home:

Dust mites. In dust around the home lie dust mites—microscopic insects that are the most common cause of dust allergies. They can also trigger asthma and flu-like symptoms.

Combat them: Wipe dusty surfaces with a damp cloth, and vacuum once a week. Wash bedding once a week in hot water, and cover mattresses, box springs and pillows in mite-proof covers.

Mold. Mold spores thrive in damp areas such as basements and bathrooms. Along with dust mites, mold is considered a biological pollutant and can also trigger allergies and asthma.

Combat it: Use ventilation fans and dehumidifiers to keep humidity at 30 percent to 50 percent. Treat moldy bathrooms, basement walls and furniture with diluted bleach or other disinfectants.

Volatile organic compounds (VOCs): These gases are emitted from products such as paints and cleaning supplies. Health effects range from ear, nose and throat irritation to central nervous system damage.

Combat them: Use chemicals only in well-ventilated areas. Consider purchasing low-VOC paint.

Don't let the bedbugs bite!



Bedbugs are one souvenir you don't want to take home with you from vacation. But these flat, little reddish-brown pests, which are more common in places such as hotels, may find a way into your home by hitching a ride in your suitcase. Waiting to strike, they hide out in beds, box springs, headboards and bed frames. When they do bite, they can cause red, itchy, clustered bite marks on the face, neck, arms and hands. The best way to eliminate them is with a professional exterminator.

DOUBTING diet soda

Diet soda: It's sugar and calorie free, so it must not be bad for you, right? Some recent research suggests otherwise. While most of these health concerns need further investigation, now might be a good time to either limit your diet-soda intake to the occasional indulgence, or switch to water, skim milk or diluted 100-percent fruit juice. Here's why:

Tough on teeth. Diet soda is just as acidic as regular soda, which can damage tooth enamel and promote decay.

Wicked to waistlines. Some studies have found that drinking diet soda regularly may be connected to obesity and type 2 diabetes. Researchers are unsure if diet soda actually causes obesity, but one study found that those who drank three or more of the beverages daily were more likely to gain weight than those who didn't.

Unkind to kidneys. One major study found that women who consumed two or more artificially sweetened sodas a day doubled their risk for kidney function decline. Drinking regular soda or only one diet soda daily did not decrease kidney function more than normal. However, for those prone to kidney stones, a separate study discovered that citrus-flavored diet sodas contain high levels of a compound that may inhibit stone formation.

Bad to the bones. According to the National Institutes of Health, people may be replacing bone-friendly, calcium-rich milk with soda, which may lead to decreased bone mass and an increased risk of fracture.



The truth behind autism

According to the Centers for Disease Control and Prevention's (CDC) latest estimates, an average of one in 110 children has autism. And as the prevalence of the disorder has risen over the years, so too have the circulating myths and misinformation. Here's the truth behind some of the most common:

MYTH

Vaccines cause autism.

FACT: Some parents are afraid that the mercury found in thimerosal, a preservative used in small amounts in some multidose vaccines, could trigger autism. However, studies haven't shown this to be the case. In fact, according to the CDC, the rate of autism has actually risen since most childhood vaccines went thimerosal-free.

MYTH

Children with autism will always be socially awkward.

FACT: While it's true that children with autism have trouble interacting with others, individualized attention and special therapy, such as Applied Behavioral Analysis, can teach them how to react better in social situations and communicate with others.

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There's no cure for autism, but some children seem to respond to a gluten- or casein-free diet.

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MYTH

Dietary changes can cure a child of autism.

FACT: There's no cure for autism, but some children seem to respond to a gluten- or casein-free diet, according to the National Institutes of Health. Gluten is found in foods made with wheat, rye and barley, while casein is found in milk, cheese and other dairy products. Still, experts and studies have been divided on whether these dietary changes actually make a difference. Before changing your child's diet, consult his or her physician to ensure that your child is getting the right amount of nutrients.

MYTH

There are always alternative treatments.

FACT: Many parents of children with autism want to do everything possible for their child, which can mean trying alternative treatments such as holding therapy (hugging the child for long periods of time to bond) and chelation therapy (removing heavy metals like mercury from the body). Unfortunately, there's no proof that these methods work and, as is the case with chelation therapy, some can be downright dangerous. Always talk with your child's physician before trying any new therapy.



Learn to live with diabetes

Diabetes is a disease that causes high glucose (sugar) levels in the blood. In people with diabetes, the body has trouble producing insulin, the chemical that breaks down blood glucose. People with type 1 diabetes produce little or no insulin and require daily insulin injections, meal planning and exercise to stay healthy. Those with type 2 diabetes are insulin-resistant, and manage their blood sugar with meal planning, exercise and medication.

DEALING WITH DIABETES

Here are some healthy-living tips for people with diabetes.

- **Plan ahead.** If you've been invited to a party and you won't be preparing the food, call ahead to find out what food will be served.

! Help is here

If you have diabetes or a family history of diabetes and want to see a specialist who can help you, **Dukes Memorial Hospital's full-time endocrinologist, Ann Collie, D.O., can help. Primary care physician referrals are preferred. To learn more, call (765) 475-8703 or visit www.dukesmemorialhosp.com.**



Ann Collie, D.O.
Endocrinologist

- **Keep counting the carbs.** Carbohydrates are what really affect your blood sugar. When it's time to eat, look at your entire meal and ask yourself, "Which foods contain carbohydrates? What do I really want to eat?"
- **Sugar-free isn't always carb-free.** Sugar-free products are tempting, but that doesn't mean they don't contain carbohydrates. It's important to buy the real thing and look at the total carbohydrate levels.
- **Check your blood sugar before cocktails.** Alcohol can cause low blood sugar levels, so check before you drink. It's best to drink alcohol after eating a full meal and to plan on eating foods containing carbohydrates.
- **Make sure someone knows you have diabetes.** The symptoms of low blood sugar and being drunk are similar. It's important that if someone knows you have diabetes and you begin to exhibit these symptoms, they take you aside and have you check your blood sugar level.
- **Walk after your meals.** Go for a nice long walk about an hour after a meal. That's when most sugar is in your blood stream and exercise has the greatest impact on lowering blood sugar.
- **Plan for stress relief.** Stress can be challenging for people with diabetes because it can increase blood sugar. While walking helps to relieve stress, there are other stress-management strategies that can help, like listening to relaxing music.

What's behind that belly pain?

Does your stomach ever feel like it's twisted in knots? Most stomach pain isn't serious and requires only waiting it out and home remedies. Still, you may need to get checked by your physician because the level of pain doesn't always tell you the condition's severity. For example, severe pain may be just gas, while mild discomfort could be the beginnings of appendicitis.

THE CULPRITS

Pain can be caused by a number of conditions, including:

➔ **Gas.** Gas can lead to sharp, jabbing pains.

➔ **Ulcers.** Peptic ulcers, or sores in the lining of the stomach or upper small intestine, cause intermittent burning pain that often feels worse when the stomach is empty and gets better after you eat. A condition called ulcerative colitis, which causes ulcers in the lining of the colon and rectum, can also trigger severe abdominal cramps in some people.

➔ **Irritable bowel syndrome (IBS).** IBS pain may be accompanied by bloating, constipation, diarrhea or a change in frequency and appearance of stool, and may be relieved by having a bowel movement.

➔ **Celiac disease.** Here, the immune system responds to gluten (a protein found in wheat, rye and barley) by damaging the intestine's lining, causing abdominal pain.

➔ **Gallstones.** Stones that get lodged in the passageway between your gallbladder and your intestine cause sudden, severe pain in the right upper part of your abdomen that lasts for several hours. Pain may also occur in the upper back and your skin may become jaundiced (have a yellowish hue).

➔ **Appendicitis.** An infection or a blockage can cause the appendix to become inflamed and filled with pus. Pain usually begins around the navel before shifting to the lower right abdomen. Pain worsens over the course of time.

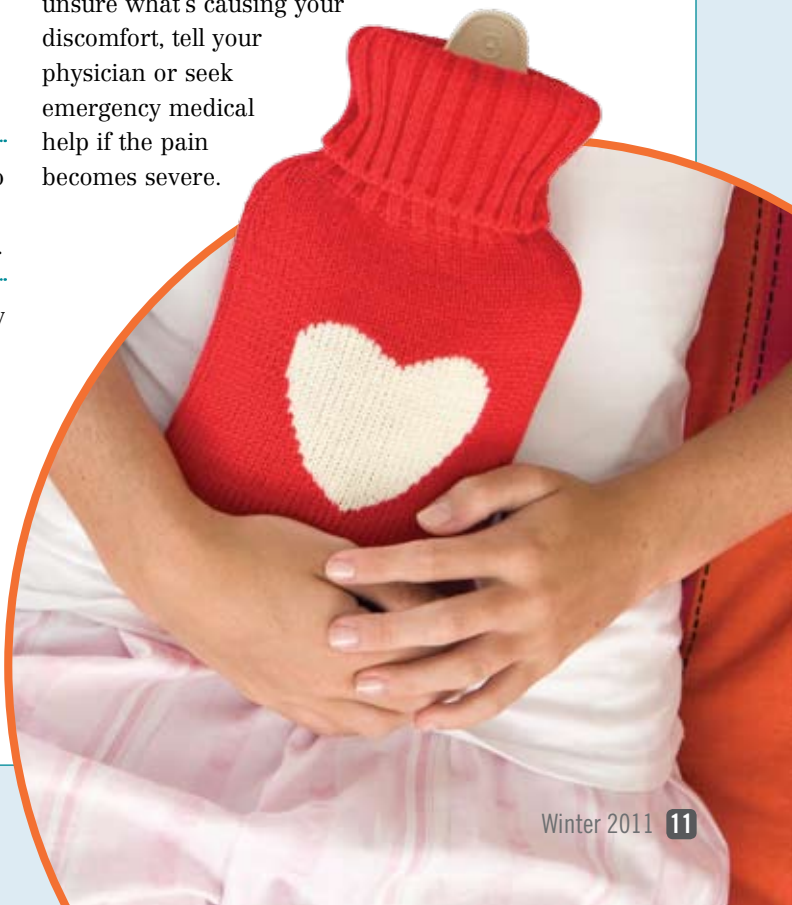
GETTING RID OF THE PAIN

Treatment depends on the cause of your pain. Surgery is usually recommended for problematic gallstones and appendicitis. Medications are helpful for people who suffer from ulcers or IBS. Adjusting your diet can help relieve gas pain.

These tips, courtesy of the National Institutes of Health, can also help ease mild abdominal pain:

- Sip water or other clear fluids.
- Forgo solid food for a few hours, and then stick with mild foods such as rice, applesauce or crackers. Don't eat dairy.
- Try an antacid if pain occurs in the upper abdomen after meals. Skip citrus fruits and high-fat, fried or greasy foods, as well as tomato products, caffeine, alcohol and carbonated beverages. H2 blockers (medicines which reduce the amount of acid the stomach produces), available over the counter, may also help.
- Avoid aspirin, narcotic pain medications, ibuprofen or other anti-inflammatory medications unless your physician tells you to take them.

If these measures don't ease the pain, or if you're unsure what's causing your discomfort, tell your physician or seek emergency medical help if the pain becomes severe.



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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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MEDICAL STAFF SPOTLIGHTS

The experienced and dedicated medical staff members of Dukes Memorial Hospital can help keep you and your family healthy. We'd like to introduce two of them to you.



AGNES KENNY, M.D.
Family Medicine

Dukes Medical Group
1000 N. Broadway
Peru
(765) 472-5335

Agnes Kenny, M.D., received her medical degree from Memorial University of Newfoundland in St. John's, Canada. She has practiced in Peru for 29 years. She's a member of the American Academy of Family Physicians, the College of Family Physicians of Canada, the American Association of Physician Specialists, the Indiana State Medical Association and the Miami County Medical Society and is on the pediatric board of the Narcolepsy Network. Dr. Kenny is certified by the American Board of Family Medicine.

Dr. Kenny treats patients of all ages. She practices preventive care because she believes preventing illness is the best medicine. Dr. Kenny provides Pap tests and well-patient exams and cares for patients with chronic illnesses.

Dr. Kenny's hobbies include reading, hiking, traveling, bird watching, bike riding and gardening. She also enjoys spending time with her family, especially her grandchildren.



ROSE PAUL, M.D.
Family Medicine

Dukes Medical Group
1000 N. Broadway
Peru
(765) 473-6864

Rose Paul, M.D., earned her medical degree from Aga Khan University Medical College in Karachi, Pakistan. She completed her residency at Jackson Memorial Hospital in Miami, Florida. She's a member of the American Academy of Family Physicians and is certified by the American Board of Family Medicine.

Dr. Paul likes reading in her spare time. She also enjoys watching television and spending time with her family and friends.

For a list of physicians, visit www.dukesmemorialhosp.com, or call (765) 472-8000.