

# LIFE HEALTH®

A JOURNAL DEVOTED TO HEALTHFUL LIVING

SUMMER 2009

## It's hot!

STAY SAFE ON STEAMY SUMMER DAYS

**M**ANY OF US LOOK forward to the leisurely, fun days of summer. But too much heat and sun can harm our health. Jay Cannon, DO, family medicine physician at Paris Regional Medical Center, offers these tips to protect yourself and family from heat-related illness and sun exposure:

- Try to limit outdoor activity to mornings and evenings.
- Drink plenty of water throughout the day; don't wait until you're thirsty. Avoid drinks containing alcohol, sugar or caffeine.
- Stay cool. If you don't have air conditioning, open your windows and turn on a fan. During the day, visit cool places: the library, shopping malls or movie theaters. Take cool showers or baths.
- If you're working or exercising outside, drink two to four glasses of cool water or a sport drink every hour. Rest often and stay in the shade as much as possible.
- Be sure kids in sports take plenty of breaks and stay hydrated during games and practice. Check that coaches know how to keep kids safe

When temperatures soar, take steps to protect your health.

in the heat.

- Protect your skin with a wide-brimmed hat, sunglasses and sunscreen with a sun protection factor (SPF) of 30 or higher.
- Wear light-colored, loose-fitting clothing.
- Never leave anyone—children, adults or even animals—in a closed, parked car.

### Get help for heatstroke.

Dr. Cannon says to call 911 right away if you think someone may have heatstroke. Symptoms can include hot, dry skin; confusion; hallucinations; and aggressive behavior. ❖

## Watch kids near water

PARENTS PLAY many roles. When our kids are near water, our job is head lifeguard. To keep children safe:

- Stay within an arm's length.
- Pay attention. Don't read or talk on the phone.
- Don't leave kids alone in or near the water, even for a moment. Take them with you if you must leave.
- Learn infant and child CPR (cardiopulmonary resuscitation). ❖

Source: Safe Kids Worldwide

# HEALTH NEWS UPDATE



## Women and caregiving: Coping and staying healthy

Women make up the majority of family caregivers in this country—those who care for a sick, elderly or disabled loved one. While this vital role can be rewarding, it also can bring on emotional and physical stresses and strains.

As a result, the U.S. Department of Health and Human Services reports, caregivers face an increased risk of health problems, from colds and flu to chronic health conditions like heart disease. They also have twice the risk of depression as those who aren't caregivers.

**Take care of yourself too.** To help make your own health and well-being a priority, consider the following tips from Michelle Vess, PA, Paris Regional Medical Center psychiatrist, and other experts. Remember, you can't take care of others if you don't stay healthy.

- See your doctor for checkups, and get follow-up care as advised.
- Eat well and don't skip meals.
- Take some time every day to read, relax, take a walk or do whatever recharges you.
- Seek help when needed. Family or friends may be able to lend a hand, so don't be afraid to ask for or accept assistance.
- Find out about local resources for caregiver assistance and support groups.

**Learn more.** For help finding services, visit the Family Caregiver Alliance at [www.caregiver.org](http://www.caregiver.org) or the U.S. Administration on Aging at [www.aoa.gov](http://www.aoa.gov). ♦

## What is a hospitalist?

A hospitalist is a physician who specializes in the general medical care of hospitalized patients.

A hospitalist does not have an office but usually practices exclusively in the hospital setting and is uniquely qualified to treat people who are admitted to the hospital.

Hospitalists manage and coordinate a patient's entire inpatient stay, working closely with a patient's primary care physician or other specialists involved in a patient's care.

Meet the Paris Regional Medical Center hospitalist team:

- Amanda Green, MD.
- James Gulde, MD.
- Syed Mahdi, MD.
- Audrey Mangwiro, MD.
- Vijay Nandi, MD.
- Charles Natalizio, MD.



**MUSHROOMS** may not be as brightly colored as carrots or red peppers, but they still pack many nutrients.

These drab veggies can add copper, antioxidants, vitamin D, and the B vitamins riboflavin and niacin to your diet.

—American Dietetic Association

If you're planning on a pregnancy, check in with your doctor as soon as possible. A **PRECONCEPTION** checkup is one way to give your future baby the best chance for a healthy start.

—March of Dimes

Just chill—be sure to refrigerate **LEFTOVERS** promptly. Discard foods that have been left out for more than two hours—and make that one hour in temperatures above 90 degrees.

—U.S. Department of Agriculture

Many of us have a favorite song that lifts our spirits, but that song may have additional health benefits too. **MUSIC THERAPY**—which can include listening to, creating and talking about music—has been shown to lower heart rate and reduce blood pressure.

—American Cancer Society

**BAM! BODY AND MIND** is a website designed for kids ages 9 to 13. Kids can go to [www.bam.gov](http://www.bam.gov) to learn how to make healthy lifestyle choices using quizzes, games and other interactive tools.

—Centers for Disease Control and Prevention



## Fruit juice for kids: Make it 100 percent

Health experts have pointed a finger at sweet drinks, such as soda and juice, as a factor in the rising rate of child obesity.

But we shouldn't be quick to blame 100 percent fruit juice for making children overweight. It may actually help children stay healthier, according to a study in the *Archives of*

*Pediatrics & Adolescent Medicine*. The study shows that children who drink 100 percent juice are no more likely to be overweight, and may get better nutrition, than kids who don't drink 100 percent juice.

This study included more than 3,600 children ages 2 to 11 years. The researchers found no association between drinking juice in appropriate amounts and being overweight. They did find that kids who drank the right amount of juice had much higher intakes of potassium, vitamins C and B<sub>6</sub>, iron, and other nutrients than children who didn't drink juice.

Kids who drank juice also tended to consume less fat and more whole fruits.

While 100 percent fruit juice can be part of a nutritious diet, drinking too much may cause diarrhea, tooth decay and other problems. Cliff Scott, MD, Paris Regional Medical Center pediatrician, and other experts recommend limiting juice to 4 to 6 ounces daily for children 1 to 6 years old and 8 to 12 ounces daily for children ages 7 to 18 years. ❖

## Can your memory go up in smoke?

You can now add poor memory to the long list of health problems linked to smoking, say researchers.

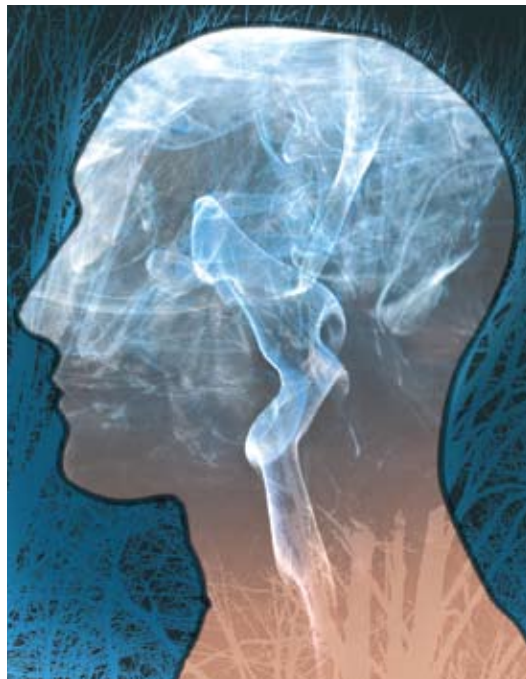
A study in the *Archives of Internal Medicine* showed that smoking was associated with increased risk of poor memory in middle-aged adults.

But researchers also found that kicking the habit not only did a body good but helped protect brainpower as well.

Researchers based their findings on a study of 5,388 London-based civil servants ages 35 to 55. Participants were tested on memory, reasoning and vocabulary.

Current smokers were more likely to perform in the bottom 20 percent on the tests when compared to people who had never smoked. Former smokers also performed better than current smokers.

For information about quitting



smoking, you can call a nationally organized quitline at 800-QUIT-NOW (800-784-8669). ❖



## Don't let diabetes and arthritis slow you down

It's a tricky combination: having both diabetes and arthritis.

Your doctor tells you to exercise regularly to help keep your blood sugar down and to reduce diabetes-related risks, such as high blood pressure and heart disease. But you're afraid physical activity may hurt your already painful joints.

It's a common problem. According to a study by the Centers for Disease Control and Prevention, slightly more than half of adults with diabetes also have arthritis. And those with both conditions tend to be less physically active than adults with diabetes alone.

So, what can you do? First of all, don't give up.

Most people with arthritis and diabetes can—and should—exercise, advises John Durham, MD, family medicine physician at Paris Regional Medical Center.

Not only will keeping fit help your diabetes, it also is good for your arthritis. Exercise helps build muscles to support sore joints. It also helps maintain flexibility.

The key is to find activities appropriate for you. Consult your doctor or a physical therapist for help with a program that meets your needs. Suggested activities may include swimming, walking and strength training. You might expect sore muscles from exercise at first, but this doesn't mean you're making your arthritis worse.

Ask your doctor about how much and how frequently you should exercise.

"Every little bit helps and can make a big difference to your overall health," Dr. Durham says. ❖

# A promising an

## Eat well to be at your best



### Brrriingggg.

There goes the alarm—and you're up and running.

It's the daily dash to school, work, errands, meetings, appointments. A hundred daily decisions lie ahead.

To treat yourself well, consider making this promise every day: "Today I'll eat nutritious food to help me be my best."

Health advocates have long encouraged everyone to make small daily changes to build a healthier life.

Studies continue to show that eating healthfully can have powerful, positive effects on cholesterol, weight, blood pressure, cancer risk, diabetes and heart disease.

Eating well can boost your overall sense of well-being and may even make you smarter. Healthy foods nourish your brain and, thus, help your ability to think and make decisions.

### Now, what to eat?

When it comes to making healthy choices, you don't have to overthink it, says Paris Regional Medical Center (PRMC) registered dietitian Todd Phillips.

You can make a big difference by building your daily eating plan around these

foods and basic principles:

**Veggies.** Consciously choose more vegetables, particularly dark green veggies (broccoli, spinach, kale) and orange or red veggies (carrots, sweet potatoes, tomatoes, red peppers).

**Fruit.** Fruit is generally low in calories and packed with vitamins, minerals and other nutrients.

Be bold.  
Choose a variety of foods, including many colorful picks from the produce aisle.

**Legumes (beans and peas).** Add them to soups and salads; puree them for dips and sauces. A few to try: black beans, pinto beans, garbanzo beans, split peas and lentils.

**Lean meat, fish and poultry, and healthy fats.** Choose lean beef, chicken and turkey that is broiled, baked or grilled instead of fried or sautéed. A few times a week select fish, which has heart-healthy fats.

Most people are not eating enough foods with good, heart-healthy fats, such as omega-3s, Phillips says.

Research has shown that omega-3s offer a number of health benefits, including lower blood pressure, less inflammation in the body, improved mood and better mental ability, he says.

Good sources of omega-3 fatty acids and other healthy fats include canola oil, walnuts, tuna, salmon, olives and olive oil, avocados, and nut butters.

**Calcium-rich foods.** Choose low-fat or fat-free milk, yogurt and cheese and calcium-fortified foods and drinks. If you can't consume



# d tasty future

milk, lactose-free milk products also are good choices.

**Grains.** Choose pastas, cereals, breads, crackers and rice that are labeled *whole grain*.

## Some ground rules

A promise of eating well should involve a few simple ground rules:

- 1. Eat breakfast every day.** You'll have energy to start your day and will be less likely to overeat later.
- 2. Eat lunch and dinner too.** Skipping meals can lead to overeating and an unbalanced diet.
- 3. Nibble with know-how.** Wise, well-timed snacks combat hunger, help keep energy up, prevent overeating and boost nutrition. Plan snacks carefully.
- 4. Practice portion control.** Eating too much of anything isn't healthy: An extra 100 calories a day more than you burn packs on 10 pounds in a year.

So keep serving size in mind. One serving of meat or ½ cup of fruit is about the size of a woman's palm. In restaurants, where servings often are supersized, split



## Five daily feats for families

Parents, help kids develop lifelong healthy habits:

- 1. Set the family table.** Designate several family dinner nights each week.
- 2. Keep a schedule.** Without regular meals and snacks, kids tend to grab and graze.
- 3. Serve smart snacks.** Chosen carefully, snacks can quell hunger and boost daily nutrition.
- 4. Empower them.** Let kids help plan and prepare meals, select their own fruit for snacks, and choose a new food to try.
- 5. Encourage active play.** Kids need at least 60 minutes of physical activity each day.

Source: American Dietetic Association

a meal or take half home.

## A word about exercise

Now that you're fueled up for premium performance, don't forget about the other part of the calorie equation—exercise.

Exercise is crucial to good health

and wellness, says Susan Davis, PRMC physical therapist. Among other things, it keeps your metabolism high and helps you burn calories so you can stay at a healthy weight.

Most healthy adults should try to get at least 150 minutes of moderate physical activity a week—and more is even better. ❖

## Got the vending machine blues? Smart on-the-job snacks

The workplace can be a hunger zone filled with temptations, from cakes and cookies in the conference room to candy bars in vending machines.

A well-planned snack can save the day. The following are a dozen healthy ways to handle your next snack attack at work.

### Easy-to-pack snacks from home:

- Carrot and bell pepper sticks with low-fat salad dressing.

- An 8-ounce fruit and yogurt smoothie.
- 1 cup of low-fat yogurt with 2 tablespoons of whole-grain cereal.
- Fresh fruit with low-fat cheese.
- Half a small, whole-wheat bagel with 1 tablespoon peanut butter or hummus.
- All-fruit preserves on crackers or whole-wheat melba toast.

### Snacks from a well-stocked desk drawer:

- ¼ cup of trail mix.

- Four or five whole-wheat crackers with peanut butter.
- 3 cups low-fat microwave popcorn.
- 2 tablespoons of sunflower or pumpkin seeds.
- A small handful of dried apples, plums, apricots or other dried fruit.
- Two or three ginger snaps, graham crackers or fig bars.

Sources: American Dietetic Association; American Institute for Cancer Research

For more on nutrition, including recipes and tips, go to the American Dietetic Association's website at [www.eatright.org](http://www.eatright.org).

PRMC WOUND  
CARE CENTER

# Providing hope and healing

**F**OR MOST PEOPLE, the occasional skinned knee or blister requires nothing more than a Band-Aid and a few days to heal. But when wounds won't heal and cause long-term pain, a more comprehensive approach is required.

Paris Regional Medical Center (PRMC) announces the reopening of its Wound Care Center. Now located at 1128 Clarksville St., Suite 50, in Paris, the Wound Care Center offers advanced technology and proven methods for treating chronic, nonhealing wounds.

## GET THE FACTS

Statistics show a tremendous need for wound care treatment. Each year approximately 5 million Americans will experience chronic wounds caused by diabetes, circulatory problems and many other

conditions.

The statistics are compelling:

- 1.5 million people with chronic wounds have diabetic ulcers.
- 2.5 million people have pressure ulcers.
- 1 million people have venous stasis (circulatory) ulcers.
- 15 percent of all people with diabetes will develop chronic wounds.
- Patients with diabetes have a 15-fold increase in the risk of amputation, and approximately 60,000 of these people undergo amputation each year.

But there is good news.

Studies show that wound care treatment has reduced amputation rates significantly and reduced the length of hospital stays by 24 percent. Wounds also heal faster and with more success.

“Healing problem wounds can be frustrating and time-consuming,”

says Chris Dux, CEO of PRMC.

“The professional staff at the Wound Care Center is trained to provide a specialized, comprehensive course of outpatient therapy for problem wounds.”

## A WINNING TEAM

The patient's primary physician continues to treat any underlying conditions and manage overall patient care. The Wound Care Center team treats the chronic or nonhealing wound and remains in contact with the patient's primary physician as well.

PRMC has partnered with Diversified Clinical Services, the nation's leader in wound management, to develop and operate the center. Diversified Clinical Services uses innovative techniques that focus not only on treating the wound's symptoms, but also on healing the wound entirely by taking a disease-management approach that eliminates the cause of the wound.

The clinical therapies and approaches employed by the Wound Care Center at PRMC are also used at Diversified's nearly 300 wound care centers across the nation—with outstanding results, including:

- A greater than 95 percent patient satisfaction rate.
- A greater than 87 percent healing rate.
- An average of 21 days to healing.

To learn more or to make a referral, call **903-739-7620**. ❖

## Even minor wounds require care

Wounds include cuts, scrapes, scratches and punctured skin. They often occur as a result of an accident or injury, but surgical incisions, sutures and stitches also cause wounds.

Minor wounds usually aren't serious, but even cuts and scrapes require care. To avoid infection and aid healing:

- Apply pressure with a clean cloth to stop bleeding.
- Clean the wound with water.
- Use an antibiotic ointment to help

prevent infection.

- Bandage the wound if it's in an area that might get dirty.
- Watch for swelling and redness.
- Get a tetanus booster if you need one.

Serious and infected wounds require medical attention. You should also seek help if the wound is deep, you can't close it yourself, you can't stop the bleeding or get the dirt out, or it doesn't heal.

Source: National Institutes of Health

# A healthy place: Your clean kitchen

**A** BEAUTIFULLY clean kitchen does more than sparkle. It helps keep you from getting sick—from colds, flu and foodborne illness.

## A LIST TO CLEAN BY

Mary Fitzwater, infection prevention coordinator at Paris Regional Medical Center, suggests this clean-kitchen checklist:

- Wash your hands before you work with food. Germs multiply on hands and are spread from surface to surface.

- Clean work surfaces with hot, soapy water, especially before food preparation.

- Wash dishes in a dishwasher or in hot, soapy water.

- Change towels and dishcloths often. Wash them in the hot cycle on the washing machine. Throw away dirty sponges, or wash them in bleach water—two teaspoons of bleach to one quart of water.

- Clean up spills quickly.

- Use plastic, marble or glass cutting boards that clean easily. If you prefer wood, use hardwood (replace when worn). Keep one board for meat only.

- Don't use the same knife to cut meat and chop vegetables unless you clean it well in between.

## WHEN IN DOUBT, THROW IT OUT

Even in a clean kitchen, you still need to be careful about what you eat. Don't count on taste, smell or appearance to warn you—if you're not sure about a food's safety, throw it out. ❖

Keeping things clean can help protect your family from germs that cause illness.

# What's in the water?

## A HEADS-UP ON PROTECTING YOUR FAMILY FROM LEAD

**T**HE WATER FROM the tap may be sparkling clear and still hold a hidden hazard—lead.

Lead is a toxic metal.

It is especially dangerous for children and can cause growth problems, hearing loss, anemia, seizures and other serious health conditions.

If you have an older home with pipes lined or soldered with lead, it could leach into the water as those pipes corrode. How much lead gets into your water can depend on how long the water sits in the pipes and the temperature of the water.

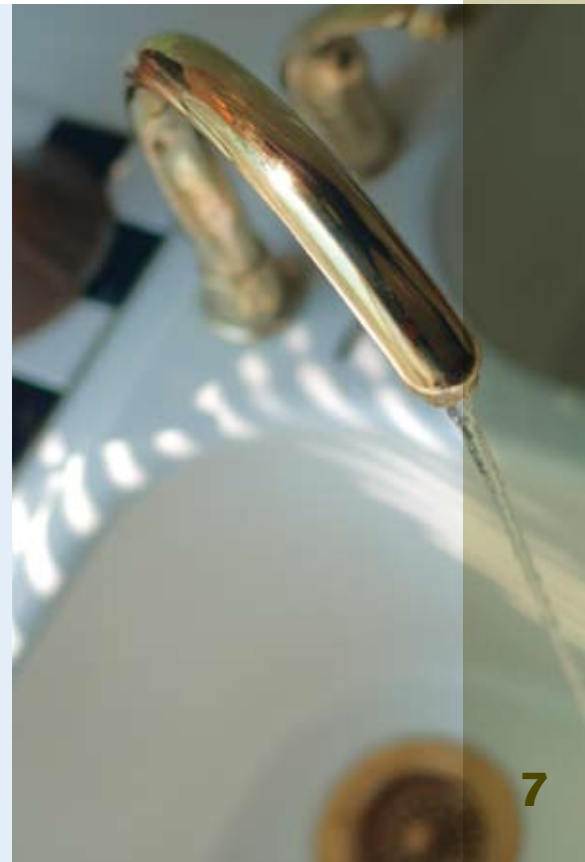
If your home has lead pipes:

- Run your cold water tap before you first use it in the morning. Run it for two minutes or until the water is as cold as it will get. If you haven't used a particular tap for several hours during the day, do the same thing again.

- Use only cold water for drinking, cooking, mixing juice or making infant formula.

- Consider using a faucet or pitcher water filter. Choose a filter that is certified by NSF International to remove lead. ❖

Sources: American Academy of Pediatrics; Centers for Disease Control and Prevention; U.S. Environmental Protection Agency



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# Our nurses: Caring for you

## NURSES ARE AN ESSENTIAL PART OF YOUR HEALTH CARE TEAM

**W**ITH WHATEVER type of health care you need, quite often a nurse will be there to see you through.

“Nurses are an integral part of any health care team,” says Connie Murchison, chief nursing officer at Paris Regional Medical Center. “Our nurses assist in providing treatment and also help educate and support patients and their families.”

So whether you’re in the doctor’s office or the hospital, nurses are with you each step of the way. Here are some types of nurses you might meet.

Our nurses  
are here for  
you every  
step of the  
way.

### Licensed practical nurses (LPN) or licensed vocational nurses (LVN)

often provide basic bedside care, such as taking blood pressure; giving injections; and assisting those who need help with bathing, dressing or eating. LPNs and LVNs work under the direction of physicians and registered nurses.

### Registered nurses (RN)

perform a range of duties in the course of caring for patients and may oversee LPNs, LVNs and nursing aides as well. RNs can specialize in any number of fields, from diabetes management to home health care, from pediatrics to geriatrics.

**Nurse-midwives** have advanced training to provide primary care for women, including gynecological exams, family planning, prenatal care, labor and delivery, and neonatal care.

**Nurse practitioners (NP)** have completed graduate level courses to become nurse practitioners. They commonly specialize in fields such as women’s health, family medicine and pediatrics. NPs can often provide primary care services, including performing exams, diagnosing and treating illnesses, as well as prescribing medications. ❖

## Upcoming events

### Movies in the Park

Sponsored by PRMC

Every Thursday night in June and July

8 p.m.

Bywaters Park

### Girls' Night Out

Thursday, July 16

6 p.m.

Lewis Hall, PRMC’s North Campus

### HeartSaver CPR Class

Friday, July 17

8 a.m.

Classrooms A and B, PRMC’s South Campus

### Free Seminar and Screening: Prevention of Chronic Wounds With Doppler Pulse Foot Check

Tuesday, August 25

6 p.m.

Lewis Hall, PRMC’s North Campus

### Senior Expo

Tuesday, September 15

8 a.m. to 1 p.m.

Love Civic Center

Call 903-737-3215 for  
information or to  
register for any seminar.