

Health Connection

FROM YOUR FRIENDS AT MOBERLY REGIONAL MEDICAL CENTER



**Face facts: Now you
can look years younger**

Safeguarding against GERD

**10 play-safe tips
for your kids**

**Fire up the grill!
But read these food-safety tips first**

Good day, sunshine!

Greet the day with an SPF

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

THE ABCS OF SPFS

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

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

SAVE-YOUR-SKIN TIPS

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



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

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

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

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

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



Bouncing back from joint pain

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

WHY ARE JOINT REPLACEMENTS NEEDED?

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

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

GETTING NEW PARTS

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

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

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



Do you need joint replacement surgery?

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

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



SAFEGUARDING against GERD

An estimated two-thirds of all adults get occasional heartburn. Worse, it's often accompanied by chest and abdominal pain, hoarseness, coughing and difficulty swallowing.

Doctors call this group of chronic symptoms gastroesophageal reflux disease (GERD). Left untreated, GERD can result in Barrett's esophagus, a chronic inflammation of the throat's lining that may cause throat cancer.

A DOOR THAT WON'T STAY SHUT

GERD develops in people with a weakened sphincter—the flap at the bottom of the throat that keeps stomach acid from refluxing back into the food pipe. When it leaks and stomach acid scalds and damages tender throat linings, we get heartburn.

Likely culprits of GERD include:

- **Asthma.** Half of all asthma sufferers get GERD.
- **Ulcer treatment.** Up to 30 percent of people who take medicine to rid the stomach of peptic ulcer develop GERD.
- **Crohn's disease.** Crohn's can strike the esophagus and potentially foster the onset of GERD.

HOW TO FIGHT BACK

Thankfully, many GERD problems respond to lifestyle changes, medication or both. Typical therapies include:

- **Lifestyle changes** such as avoiding foods and beverages that trigger heartburn, not smoking or drinking alcohol, losing weight, eating dinner earlier and sleeping with the head elevated.
- **Medications** like antacids, over-the-counter H2 blockers or drugs that coat irritated throat linings. If you have frequent heartburn or have taken antacids for more than two weeks without relief, see your doctor.

ENDOSCOPES

Endoscopic procedures can often improve difficult cases of GERD and Barrett's esophagus. Gastroenterologists examine the throat with a miniature camera device that also takes tissue samples.



Ameena Anees, M.D.
Gastroenterologist

Learn more!

For questions about digestive conditions, call Ameena Anees, M.D., at (660) 263-2400.

Dr. Anees' office is located at 1501 Union Ave., Suite D, Moberly.

FROM THE CEO



Dear friends,

Each May, Moberly Regional Medical Center (MRMC) joins with hospitals

across the country to celebrate Hospital Week, a time to focus attention on the contributions of healthcare workers. This year, MRMC will celebrate 25 years of serving patients. We're proud of the quality care we provide and equally proud of our 469 employees who deliver that care. In 2005, MRMC:

- hired 144 new employees, 70 of which were for technical positions
- spent \$195,746 on continuing education
- recruited five new physician specialists

Thank you for supporting Moberly's only full-service hospital—Moberly Regional Medical Center. We look forward to serving you for another 25 years.

HAROLD L. SIGLAR
Chief Executive Officer

FIND A PHYSICIAN (660) 269-3102

WHAT OUR PATIENTS ARE SAYING...

"When I was told I needed outpatient surgery, I chose MRMC ... and I'm sure glad I did. What started out as a relatively minor laparoscopic procedure became a more complex traditional surgery midstream. MRMC had all the resources right there and my continuity of care was not interrupted. My family did not have to drive far, and I was home in three days."

-Stacy Eschliman from Moberly

"When my son went to MRMC's ER with pain in his abdomen, we had no idea it would result in emergency abdominal surgery. From the ER physician that diagnosed his condition, to the surgeon, to the quality nursing care he received, we want to extend our gratitude to all who were involved with his exceptional care."

-Christina Finney from Moberly

FACE FACTS: Now you can look years younger

It's hard to feel young at heart when you think you look old. For many of us, midlife means unwelcome wrinkles, blotches and creases in our skin.

New techniques in skin rejuvenation can give you back a fresher, more youthful appearance.

SLOWING THE CLOCK

Even the best efforts won't completely prevent sagging chins or crow's feet. However, physicians can now improve some effects of aging with nonsurgical procedures like:

- **Chemical peels.** A special chemical solution removes old surface skin (the epidermis) and allows new, unblemished skin to grow from the underlying dermis layer. Results are long lasting.
- **Microdermabrasion.** Developed years ago to conceal acne and pox scars, this technique also repairs sun-damaged or blotchy skin. Doctors use a high-pressure machine to blow aluminum oxide crystal onto the skin to remove the epidermis.
- **Laser resurfacing.** An intense pulse light (IPL) or laser stimulates the epidermis and dermis. After several treatments, long-term results occur, but continual skin care and avoidance of UV light are required.
- **Hair removal (epilation).** This is the most common nonsurgical cosmetic procedure now performed. Unwanted (dark colored) body hair can now be removed with the IPL system. Results may be permanent.
- **Fillers.** To reinflate sunken skin, doctors inject nonpermanent fillers around fine lines near the mouth, nose and chin. The results last three to six months.
- **Botox.** A highly purified toxin from the bacterium botulinum A is injected into muscles to help paralyze those

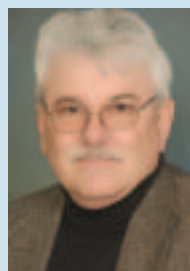


that cause forehead ridges, crow's feet and lines between the eyes. Treatments last up to five months.

- **Mesotherapy.** An easy way to treat cellulite using multiple injections of phosphatidylcholine. It's a good, inexpensive way to treat small cellulite areas, which plague some 80 percent of women over the age of 25. With proper diet and exercise, results can last many years.

- **Sclerotherapy.** The very small "spider" veins in the legs are treated with FDA-approved agents. Over time, veins disappear. This procedure is sometimes performed with IPL or laser treatments, in order to treat the veins that are impossible to inject with sclerotherapy.
- **Rosacea, acne, stretch marks and age spots.** These areas are frequently treated with chemical peels, microdermabrasions, IPLs and lasers. Results vary, but noticeable results can be seen within a few months.

Procedures close to home



A. Jack Childress, M.D.
Ob/Gyn Surgeon

For information on cosmetic procedures available close to home, contact A. Jack Childress, M.D., at (660) 263-4800. Dr. Childress is a Fellow of the International Society of Cosmetogynecologists, and has more than 30 years experience as an Ob/Gyn board-certified surgeon. Dr. Childress is located at 1501 Union Ave., Suite A, Moberly.

HEALTHWISE QUIZ

How much do you know about ADHD?

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

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

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



STROKE SMARTS

How to spot a stroke

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

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

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

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

RISK FACTORS

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

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

Outward bound

10 play-safe tips for your kids

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

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



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

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



Fire up the grill!

But read these food-safety tips first

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

precautions to make sure your meals are safe:

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

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

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

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

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

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

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

Is it done?

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

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

Healthy Programs & Events

MOBERLY REGIONAL MEDICAL CENTER

EXERCISE

Strength Training For Seniors

Exercises designed to gradually increase strength, muscle tone, range of motion and/or balance.

When: Tuesdays and Thursdays, 11 a.m.–noon

PREPARING FOR CHILDBIRTH

Childbirth Preparation Classes

Call: (660) 269-3262 to enroll in weeknight or weekend classes

Breastfeeding Classes

When: Mondays, four-week series, 6–8 p.m.

Call: (660) 269-3262

REHABILITATION

Cardiovascular Rehabilitation

Pulmonary Rehabilitation

Call: (660) 269-3060 for an appointment

Outpatient Sports Medicine and Rehabilitation (Physical, Occupational, Speech)

Call: (660) 269-3189 for an appointment

WELLNESS

Blood Pressure Screenings

Blood Sugar Screenings

When: Tuesdays, 8:30 a.m.–3 p.m., FREE

Where: MRMC's Wellness Center

Healthy Woman

FREE monthly healthcare programs empowering women with the knowledge to make informed healthcare decisions.

Call: (660) 269-3121 or log onto www.moberlyhospital.com to register for upcoming events

Diabetes Self-Management and Education

Schedule your multidisciplinary diabetes education at MRMC. Covered by most insurance.

Call: (660) 269-3060

Senior Circle

A program dedicated to enriching the lives of individuals ages 50 and older.

Cost: \$15 per year

Call: (660) 269-3121 for information and a list of activities

Nutrition Consultations

Call: (660) 269-3047

Smoking Cessation

Call: (660) 269-3060 for an appointment

Stress Management Education

Group classes available by appointment.

Call: (660) 269-3060

DIRECTORY

Important numbers

Emergency (911) or	(660) 269-3157
Healthy Woman	(660) 269-3121
Heart & Vascular Ctr	(660) 269-3280
Hospital Operator	(660) 263-8400
Human Resources	(660) 269-3083
Laboratory	(660) 269-3172
Outpatient Dietitian	(660) 269-3047
Outpatient Diagnostic Center	(660) 269-3288
Outpatient Services & Wound Care Clinic	(660) 269-2974
Patient Business Office	(660) 269-3146
Pulmonary Medicine	(660) 269-3182
Radiology	(660) 269-3166
Rehabilitation & Sports Medicine	(660) 269-3189
Senior Circle	(660) 269-3121
Volunteers	(660) 269-3121
Wellness Center	(660) 269-3060



MOBERLY REGIONAL
MEDICAL CENTER

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