

# Health Connection

FROM YOUR FRIENDS AT  
MOBERLY REGIONAL MEDICAL CENTER

**16 ways to kick  
the smoking habit**

**Aging gracefully**  
Know what  
to expect

**Preparing for  
outpatient  
surgery**

**Improve your  
balance and  
strength**  
Try core conditioning

# Preparing for outpatient surgery

**T**hanks to the miracle of science, surgeries that once required a hospital stay can now be done on an outpatient basis. That's good news for those who recover better in the comfort of home, but it also means that any necessary arrangements must be made before the surgery date. If you or a loved one is facing outpatient surgery, try the suggestions below to help make the experience as smooth as possible.

## PLAN AHEAD

As surgery day draws closer, you'll find it helpful to have certain things taken care of. Once you know your surgery date and time, ask yourself these questions:

- **Do I need to make any changes in my house's setup?** You may have to set up a temporary bedroom on the first floor if you think you'll have difficulty climbing stairs, for instance.
- **Do I have enough food in the house?** Stock up on meals in the freezer (either homemade or store-bought) so you

won't have to worry about food preparation. Ask your doctor about dietary restrictions or recommendations.

- **Will I need help in the house?** Plan to have a friend or a family member drive you home from the hospital. It's also a good idea to have someone stay with you during the first 24 hours. After that, schedule your visitors. They'll brighten your mood but may also cut into your resting time. Be sure to limit visits based on how you feel.
- **Is there anyone I'm responsible for?** If you have baby-sitting or caretaking responsibilities, remember to make other arrangements for your recovery period.

## THE DAY BEFORE

Your doctor will probably instruct you not to eat or drink within eight hours of surgery. Ask your doctor whether you should abstain from taking medication or bring a day's dosage with you to the hospital.

If you're recovering from or coming down with a cold, tell your doctor. Your surgery may be postponed until you feel healthy.

Because skin-tone changes can sometimes be a sign of postsurgery problems, don't wear any makeup the day of surgery, including eye makeup and nail polish. Also, plan to wear loose clothing to the hospital.

## AFTER SURGERY

Tell your healthcare team about any discomfort, irritation or pain you feel. How long you stay at the hospital will depend on your ability to drink fluids, walk and urinate. The amount of pain you're in will also affect your discharge. Before you leave, get a written list of postoperative instructions, symptoms to monitor and in-case-of-emergency phone numbers.





**A strong, stable core helps reduce your risk of injury and prevent back pain.**

# At the core of fitness

postures that focus on building flexibility, balance and strength.

- **Tai chi.** This Chinese ritual involves precise, relaxed exercises to increase both agility and balance.

- **Pilates.** It's the latest craze, involving the use of certain exercises to create longer and stronger muscles without the bulk.

- **Weight training.** Focus on exercises that target your core muscles. Start light and increase the intensity of your workout over time. You may want to consult with a personal trainer to develop a program tailored to your needs.

- **Stability ball.** Sometimes

**H**ead of core conditioning? It's the "apple-a-day" way for you to ensure that your body stays strong and steady. Simply put, core conditioning is a series of exercises that target your core—the body's center of power that starts just below your shoulders and ends just below your hips. You work out to gain strength in the muscles that control your trunk and spine while improving balance, agility and flexibility. Adding core strength helps you perform daily functions like lifting grocery bags, playing with your kids and getting in and out of your car. A strong, stable core also helps reduce your risk of injury and prevent back pain.

Try these exercises to build the back, abdominal, thigh and buttock muscles associated with a strong core. Check with your physician first to be sure you're starting at a fitness level that's right for you.

- **Yoga.** This ancient practice involves stretching and holding

called a Swiss ball or a resist-a-ball, this large, rubber exercise ball is one of the best ways to actively target and stabilize your core. Start with the ball slightly deflated or secure it against a wall until you're ready to add more challenge to your balance. Choose a ball that comes with a video of basic exercises.

- **BOSU ball.** Shaped like a stability ball cut in half—flat on one side, domed on the other—the BOSU ball is designed to activate and strengthen your core as you perform exercises on it. Many gyms offer BOSU ball classes, and you can also buy video and DVD workouts to use with the BOSU at home.

- **Stability equipment.** Other light equipment ranging from foam rollers, balance pads and discs and mini-trampolines (ideal for beginners) to balance and wobble boards (for the more advanced) can help you improve core strength and stability.

## Quality healthcare

Serving the people of our community with a variety of health services is what Moberly Regional Medical Center (MRMC) is all about. We're a comprehensive, acute care and full-service community hospital, right here in your own backyard. That's a great thing! Most people in communities the size of ours have to travel miles to access the kind of care we offer our patients.

In 2007, we encourage you to seek medical care close to home. To find a local physician, call (660) 269-3102 or click on the Find a Physician link at [www.moberlyhospital.com](http://www.moberlyhospital.com). While there, check out Discovery Hospital, which allows you to access more than 7,500 health-related articles. Take advantage of other nearby healthcare resources by getting involved with Healthy Woman and Senior Circle at MRMC. To find out more about either program, call (660) 269-3121.

MRMC will continue to provide quality

healthcare in a safe, caring and compassionate environment.

We are proud to be your healthcare provider of choice.

LARRY RODGERS  
Assistant Chief  
Executive Officer

Moberly Regional  
Medical Center



# 16 ways to kick the smoking habit

Here are 16 tips to help ease the way to a smoke-free life.

1. **Choose your method and stick with it.**
2. **Keep a smoking diary.** Write down situations that trigger your desire and coping alternatives.
3. **Destroy all traces.** Get rid of every smoking reminder.
4. **Flush out toxins.** Drink at least six to eight glasses of water a day.
5. **Don't worry about getting fat.** Average weight gain after quitting is five pounds. Avoid salty, sugary foods.
6. **Begin a fitness plan.** Relieve tension through exercise.
7. **Occupy your hands.**
8. **Chew on this.** Munch on carrots, celery or sugar-free gum.
9. **Focus on the positive.** Have your teeth cleaned on quitting day and notice how they look.
10. **Avoid smoke at all costs.**
11. **Change your habits.** Don't linger at the dinner table. If you usually have a cigarette with coffee, switch to tea.
12. **Use your support system.** Call ex-smokers for encouragement when you're feeling edgy.
13. **Reward yourself.** Buy something nice for yourself with the money you saved on cigarettes.
14. **Commiserate and conquer.** Smoking-cessation programs help you quit while providing an instant support group.
15. **Relax.** Calm down with proven relaxation techniques, such as meditation.
16. **See your doctor.** He or she may prescribe nicotine gum or a patch.



## Learn more!

For more information on ways to stop smoking, call (660) 269-3060 or Zia Rehman, M.D., a pulmonologist with Moberly Medical Clinics, at (660) 263-1960. The clinic is at 1513 Union Ave., Suite 2900, in Moberly.



Zia Rehman, M.D.  
Pulmonologist

# Aging gracefully



## Know what to expect

**Y**our chronological age shouldn't determine how young and healthy you feel. The good news is people are living longer—to 77 years on average, according to the Centers for Disease Control and Prevention—and they also feel better and suffer fewer injuries in their senior years.

The lists below offer some guidelines for what you should—and shouldn't—accept as natural aging.

### NORMAL

- recent memory loss that doesn't affect quality of life
- gradual loss of stamina and energy, slightly lower libido
- gradual, slight muscle loss and weight gain
- slightly elevated blood pressure and cholesterol
- minor joint or muscle aches and stiffness, especially in the morning
- some trouble reading or seeing distances, a need for new glasses
- slight difficulty hearing high-pitched sounds
- gradual thinning of hair
- some tooth decay and gum disease
- concern about body change
- fragmented sleep

### NOT NORMAL

- mental confusion, disorientation, blackouts or inability to perform everyday tasks
- sudden and severe fatigue affecting function, loss of sex drive or depression

- sudden weight loss or gain
- excessively high or low blood pressure or cholesterol that doesn't respond well to treatment
- sharp or chronic pain, joint or muscle swelling that gets worse with time
- bone fractures
- blurred vision, eye pain, dizziness, blind spots or excessively dry eyes
- severe hearing loss, itching or ringing in the ear, pressure in the ear or excessive ear wax
- sudden hair loss or graying, sudden facial hair growth in women
- bleeding or receding gums, severe tooth pain, dry mouth, sores or lumps in the mouth or difficulty swallowing
- no longer enjoying things you usually like, feeling you're a burden, unexplained loss of appetite or low energy
- insomnia or sleep disturbances every night

## Make an appointment today

If you're experiencing any of the above abnormal aging symptoms, seek medical attention. To find a local physician, call (660) 269-3102.

## THE RIGHT DOCTORS FOR YOU

Internal medicine physicians specialize in adult medicine. We'd like to introduce you to four of them.



**JESSICA HANEY, M.D.**  
1501 Union Ave., Suite D  
Moberly  
(660) 263-2400



**SYED RASHID, M.D.**  
1501 Union Ave., Suite C  
Moberly  
(660) 269-8550



**HSIUNG LIN, M.D.**  
1513 Union Ave., Suite 1200  
Moberly  
(660) 263-1340



**ALFRED SOTO, M.D.**  
1501 Union Ave., Suite 1 A/B  
Moberly  
(660) 263-8513

To find a local physician, visit [www.moberlyhospital.com](http://www.moberlyhospital.com), or call (660) 269-3102.

## HEALTHWISE QUIZ

### How much do you know about **menopause**?

Take this quiz to find out.

**1** The average age when women in the United States reach menopause is:

- a. 51
- b. 55
- c. 48
- d. 64

**2** The single biggest risk factor for osteoporosis, or brittle bone disease, is menopause. All of the following are signs that you may have osteoporosis except which one?

- a. height loss
- b. tooth loss
- c. joint pain
- d. backaches

**3** One of the few reasons you should consider using hormone therapy is to:

- a. prevent ovarian cancer
- b. relieve severe menopausal symptoms such as hot flashes
- c. protect against heart disease
- d. lower your risk of breast cancer

**4** The transitional period of two to 10 years before menopause, characterized by hormone fluctuations that can cause menopausal symptoms, is called:

- a. premature menopause
- b. premenopause
- c. perimenopause
- d. postmenopause

**5** Of the following remedies, which is the only one approved by the U.S. Food and Drug Administration to relieve hot flashes?

- a. soy
- b. black cohosh
- c. phytoestrogens
- d. hormone therapy

# Take control!

## 7 steps to healthy blood pressure and cholesterol

**H**eat disease and stroke kill millions of Americans each year. Unless you take steps to control your blood pressure and cholesterol levels, you may be at risk for these diseases. Get on the road to better health today with these seven simple steps:

- 1 Take a walk.** Exercise helps control your blood pressure and improves your cholesterol. Choose activities you enjoy and strive for at least 30 minutes of moderate-intensity physical activity on most days of the week.
- 2 Manage your weight.** Reducing your weight by just 10 pounds may help lower your blood pressure and reduce bad cholesterol. Since dropping pounds may be easier when working with a group, ask your healthcare provider to refer you to experts, groups or classes that can help.
- 3 Toss the cigarettes.** Smoking causes blood vessels to narrow and blood pressure to rise. It also makes it easier for cholesterol-rich plaque to stick to artery walls. A smoking cessation class can offer extra support.
- 4 Eat well.** Enjoy vegetables, fruits, whole grains, beans and legumes, along with moderate amounts of lean protein and healthy fats like those in salmon and olive oil. Avoid foods high in saturated fat, cholesterol, sodium, sugar and trans fatty acids.
- 5 Try soy.** A recent study shows that two servings a day of uncooked soy protein—found in tofu, soy milk or soy powder—lowers cholesterol levels by as much as 9 percent.
- 6 Limit your liquor.** Women should consume no more than one drink a day and men no more than two drinks a day.
- 7 Get screened.** Routinely checking your blood pressure and cholesterol levels keeps you on top of your cardiovascular disease risks. If your blood pressure's high, ask your doctor about buying a blood pressure monitor for home use.





# First-aid foresight

Would you know what to do?

**S**ooner or later, we all face a medical problem that calls for immediate first aid and clear thinking. Knowing what to do next is a health skill everyone needs.

**Bleeding.** Apply pressure to the wound with a thick, clean cloth and raise the wound above the heart. If bleeding is severe or isn't controlled in five minutes or if the wound is very dirty, longer than an inch or gaping, get immediate medical care.

**Puncture wounds.** Don't self-treat deep puncture wounds since they can result in deep-tissue injury or infection.

**Burns.** Run cool water over minor burns, immerse in cold water or wrap the burned area in a cold, wet cloth for about 10 minutes or until pain subsides. Apply an antibiotic ointment and cover with a bandage. Call your doctor if blisters form.

**Poisoning.** Before doing anything, call the National Poison Control Hotline at 1-800-222-1222. Induce vomiting only if instructed.

**Shock.** Shock may cause cold, clammy skin; weakness; confusion; a rapid heartbeat; or deep, shallow or irregular breathing. Keep the victim warm and lying down on his or her back until help arrives. Don't give the victim anything to drink.

**Electrical injuries.** Do not touch someone who has just been electrocuted—the current may pass through you. While waiting for help to arrive, try to turn off the source of electricity.

**Sprains and strains.** To treat sprains and strains, follow the RICE method: rest, ice, compression and elevation. Apply ice packs or cold-water compresses to relieve swelling. Wrap the injury in an elastic bandage and keep it elevated above the heart.

**Broken bones.** Quickly call for emergency assistance. It's best not to move the person or attempt to straighten a broken bone.

## Dine the Greek way

**A**lthough many of their meals consist of 40 percent fat, residents of the Greek isle of Crete who eat a traditional diet live longer than most other ethnic groups. In fact, Greeks who haven't succumbed to Western-style meals are 20 percent less likely to die of coronary artery disease and about 30 percent less likely to die of cancer than Americans are.

These stats make nutritionists take note, and what they've found is that the traditional Greek diet is one of the healthiest eating styles you can choose. The diet focuses on:

- vegetables, fruits, fish, grains, beans, nuts and legumes like chickpeas
- olive oil as the sole source of added fat
- only a few weekly servings of poultry, eggs and sweets
- daily, small to moderate amounts of cheese and yogurt
- red meats saved for special occasions only

What's more, the Greek diet is tasty—a sign that you don't have to give up good food to stay healthy.

### BEWARE OF TROJAN HORSES

But be cautious: Some Greek foods found in the United States don't fit the heart-healthy profile of traditional



Greek cuisine. The nonprofit Center for Science in the Public Interest analyzed typical restaurant-size portions of some popular Greek meals. What they found could stop your heart. For example, spanakopita (spinach pie in phyllo dough) has 410 calories and 24 grams of fat, beef or lamb gyro (sandwich) has 760 calories and 20 grams of fat and moussaka (a meat and eggplant casserole) has 830 calories and 48 grams of fat!



# Community Events 2007

MOBERLY REGIONAL MEDICAL CENTER

**FIND A PHYSICIAN (660) 269-3102**

## EXERCISE

### Strength Training for Seniors

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

**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 and Speech)

**Call:** (660) 269-3189 for an appointment

## WELLNESS

### Blood Pressure Screenings

### Blood Sugar Screenings

**FREE**

**When:** Tuesdays, 8:30 a.m.–3 p.m.

**Call:** (660) 269-3060 for information

### Healthy Woman

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

**Call:** (660) 269-3121 or log on to [www.moberlyhospital.com](http://www.moberlyhospital.com) to register for upcoming events

### Diabetes Self-Management and Education Classes

Schedule group or individual multidisciplinary diabetes education sessions. Covered by most insurance.

**Call:** (660) 269-3060 for information

### Nutrition Consultations

**Call:** (660) 269-3047 for an appointment

## Senior Circle

A program dedicated to enriching the lives of individuals ages 50 and better. Only \$15 annually.

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

## 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

70MRM



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# Health Connection

*Health Connection* is published as a community service of Moberly Regional Medical Center. There is no fee to subscribe.

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