

Health Connection

FROM YOUR FRIENDS AT MOBERLY REGIONAL MEDICAL CENTER



**Visit MRMC
online for
healthy recipes**

Save the dates
Health programs
and events at MRMC

**Our patients
are satisfied**
See where
MRMC ranks

**Be wise—
immunize!**

**Start your
day off right**
Why breakfast is your
most important meal

MOBERLY REGIONAL
MEDICAL CENTER

www.moberlyhospital.com

Mind your medicine

Smart strategies to stay well



Adults over age 65 who have adverse drug reactions account for more than 177,000 emergency room visits each year. One-third of these visits are related to three drugs: warfarin (a blood thinner), insulin (for diabetes) and digoxin (a heart medicine). Many of these reactions can be avoided with better communication between patient and physician. Follow this advice to help you avoid becoming a statistic:

- **Tell your physician about all the medicine you're taking.** That

includes prescription medications and over-the-counter drugs and supplements. Your physician will want to make sure you're not taking anything that can cause a reaction or affect a drug's potency. For example, Ginkgo biloba, garlic, ginger and ginseng can all interact with warfarin, as can medications taken for headaches and joint pain, such as aspirin and ibuprofen. Iron and calcium supplements can interfere with thyroid medication absorption.

- **Ask questions.** Don't be afraid to ask your physician to clarify a medication's purpose and common side effects. Also make sure you know when and how often you should take it and what to do if you miss a dose. Learn both the medicine's brand name and generic name and its shape, size and color.
- **Write it down.** Keep a list of all the medications you take in your wallet in case you do end up in the ER. This will allow physicians and nurses to avoid giving you medicine that could cause a dangerous interaction.
- **Take your medication as prescribed.** Don't stop your treatment because you think it's not working, you have side effects or you think your pill-taking regimen is hard to stick with. Instead, call your physician. He or she may be able to prescribe a different medicine or dosage to minimize side effects or simplify your regimen.

Also let your physician know if you've stopped taking a prescribed medicine. Otherwise, he or she may assume the drug isn't working and give you a higher dosage or different medication.

- **Go to follow-up appointments.** Some medications, such as blood thinners and drugs for diabetes, seizures and heart problems, require regular blood tests and monitoring by your physician. Regular visits are crucial to ensure you're getting a safe and effective dose.



Snap, crackle, pop!

What are your joints telling you?

Your body is a symphony of sounds—that cracking in your ankles, the popping in your knee. What causes these noises? Sometimes, it's just ligaments or tendons tightening and moving with a joint. For the most part, these sounds are normal and don't require any treatment.

But sometimes these noises can signal a more serious problem. A loud pop and locking of a joint can mean that torn cartilage, a piece of bone or something else has gotten caught between joint surfaces. Cracking and grinding may be a sign of arthritis. A loss of smooth cartilage and roughening of the joint surface is to blame for these noises.

JUST MAKING NOISE?

To find out whether your popping and cracking should be of concern, look for the following signs. See your physician if you have any of these symptoms:

- pain accompanying the popping
- swelling of the joint
- locking or sticking of the joint
- loss of motion or function

A JOINT EFFORT

The Arthritis Foundation and the American Academy of Orthopaedic Surgeons suggest following these tips to keep your joints healthy:

- Maintain a healthy weight.
- Stretch to increase your flexibility. Ask your physician to help you develop a regular stretching program.
- Stand up straight, shoulders back.
- When you lift heavy objects, use your legs instead of using your back. If you can't lift something yourself, ask for help.



- Alternate heavy activity such as housework, brisk walking or strenuous yardwork with rest periods.
- Wear protective gear, such as wrist, elbow or knee pads, if you're engaging in an activity where you could fall.
- Pay attention to your body. Pain may be a sign you're overworking your joints.
- Eat a well-balanced diet that includes plenty of calcium (1,200 mg a day for those over age 50; 1,000 mg for those ages 19 to 50).

Knuckle cracking: Bad to the bone?

Some people just can't resist cracking their knuckles. The cracking sound you hear is the "popping" of air bubbles when the joint is pushed or pulled a certain way. Knuckle cracking can certainly be annoying to others, but does it really make your knuckles larger? That old wives' tale hasn't been proven, but this is still a habit you should try to break, as studies point to possible soft-tissue damage in joints, a weak grip and hand swelling as a result of repeated cracking.





Kevin Clement
Chief Executive Officer

Dear friends,

Healthcare consumers have many options today. Easy access to quality physicians and hospital resources is available almost anywhere in the country. You can stay local, drive to the city or take your chances and do nothing. The old saying “bigger means better” just doesn’t apply anymore, especially when it comes to healthcare services. Oftentimes, smaller rural hospitals have better outcomes, more one-on-one care and greater patient satisfaction than larger facilities in urban or metropolitan areas. This can easily be seen when patients all over the country comparison shop at www.hospitalcompare.hhs.gov. This Web site allows you, the consumer, to compare apples to apples in how satisfied patients are with the care received at a specific hospital and its performance in treating patients with pneumonia, heart attack and heart failure and progress toward surgical care improvement.

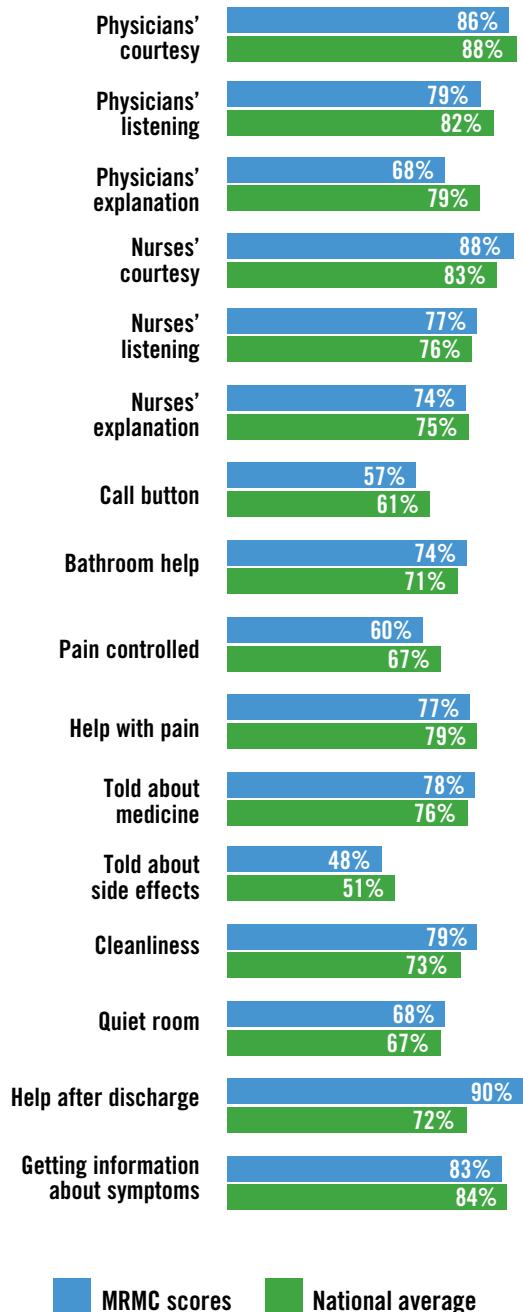
KEEPING OUR PATIENTS SATISFIED

At Moberly Regional Medical Center (MRMC), we’re pleased with the positive feedback our patients consistently give us when rating our care. During satisfaction surveys conducted by an independent research firm, MRMC received excellent results. We always want you to be very satisfied with the care and treatment you receive. Take a look at how we’re doing in the graph to the right, and know that in 2009 and beyond, we’ll continue to strive to exceed your expectations.

Regards,

KEVIN CLEMENT
Chief Executive Officer
Moberly Regional Medical Center

What our patients are saying



Source: HealthStream Research, June 2008

Eat healthier with MRMC's help!

Visit our Web site to find out how

Moberly Regional Medical Center (MRMC) makes it easy to cook healthier foods that are low-calorie, lower in fat and full of flavor. Instead of simply telling our community to eat better, we're showing everyone how to make their favorite dishes healthier through recipes that are approved by registered hospital dietitians. *Health eCooking* is part of MRMC's free Healthy Woman membership program, but everyone can use it, especially people who want to eat better, lose weight or find foods that help them manage diabetes or heart disease.

Visit www.moberlyhospital.com and click on "Health eCooking recipes" to watch our cooking demonstration videos.

Find out
what's cooking
at

www.moberlyhospital.com



New recipe ideas and a cooking video every month



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Instead of wondering why she hurts here,

trust the ER specialists here.

Don't second-guess your health. Trust the area hospital whose quality of care for heart failure, pneumonia and surgical care consistently beats the national average. Moberly Regional Medical Center, a Get with the Guidelines coronary artery disease improvement hospital. Here when you need us.

MOBERLY REGIONAL
M E D I C A L C E N T E R

1515 Union Ave., Moberly, Missouri • 660-263-8400 • www.moberlyhospital.com

HEALTHWISE QUIZ

How much do you know about **exercise**?

Take this quiz to find out.

1 To lose one pound, you need to burn how many calories?

- a. 500
- b. 1,500
- c. 2,500
- d. 3,500

2 A good way to measure the intensity of an exercise is to keep track of your:

- a. heart rate
- b. blood pressure
- c. sweat levels
- d. thirst intensity

3 Exercise can:

- a. reduce depression
- b. help manage type 2 diabetes
- c. boost good HDL cholesterol
- d. all of the above

4 The *minimum* amount of time you should be active every day is:

- a. 15 minutes
- b. 20 minutes
- c. 30 minutes
- d. there is no minimum

5 Which of the following exercises will *not* help you build stronger bones?

- a. running
- b. swimming
- c. lifting weights
- d. dancing

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

The kidney-heart connection

If you think kidney disease only affects your kidneys, think again. Though researchers can't fully explain the link, kidney disease is an independent risk factor for heart disease and greatly increases the risk of dying from heart problems. In fact, heart disease is the most common cause of death for the more than 20 million Americans with chronic kidney disease.

WHO GETS KIDNEY DISEASE?

Kidney disease is often called a "silent killer" because many people don't even know they have it until it reaches an advanced stage. Risk factors include being obese; smoking; and having high blood pressure, diabetes or a family history of kidney disease. Ask your physician about testing if you're at risk. If he or she suspects you may have chronic kidney disease, blood and urine samples can diagnose it.

KEEP YOUR KIDNEYS HEALTHY

If you already have kidney disease, early treatment can help keep it from getting worse. But the best method of attack is to prevent the problem in the first place. Take these steps to minimize your risk:

- **Maintain a healthy weight.** Eat healthful foods and be active every day.
- **Quit smoking.** Besides the damage it can do to your heart, smoking can interfere with medicine for high blood pressure.
- **Get your blood pressure level to 120/80 mm Hg or lower.**

Start by slashing salt from your diet and getting more potassium (found in bananas, apricots and broccoli). If changing your diet doesn't help, discuss medications with your physician.

- **Control your blood sugar if you have diabetes.** Dietary changes and medication may be needed.



'Brake' for breakfast



You wouldn't take off for a road trip with no fuel in your car, so it doesn't make much sense to send your body out for the day with nothing to run on. Your tank needs breakfast.

Studies have shown that those who eat this most important meal of the day are less tired and irritable, have better concentration and are more likely to maintain a healthy weight. Not a bacon-and-eggs person? No problem. Try these

out-of-the-cereal-box suggestions from the American Dietetic Association:

- one cup of vanilla low-fat yogurt topped with whole-grain cereal and berries
- leftover veggie pizza with a piece of fruit and a glass of milk
- whole-grain toast topped with a little peanut butter and apple slices
- whole-grain waffles or pancakes topped with fresh banana
- a super-fast smoothie, made from frozen fruit and yogurt, whipped up in a blender
- a breakfast wrap (try low-sodium deli turkey, low-fat cheese and spinach in a tortilla)
- oatmeal sprinkled with cinnamon and walnuts



Ready, aim, vaccinate!

Vaccines aren't just for babies. If your child hasn't been to the pediatrician in a while, he or she may have missed some important shots. And don't forget that adults need vaccines, too! Talk

with your pediatrician about your child's specific needs and whether he or she is at high risk. And ask your own physician about *your* needs. Use this handy chart as your guide.

IMMUNIZATION	BIRTH TO AGE 6	AGES 7-18	AGES 19+
Diphtheria, tetanus, pertussis (DTap, Td/Tdap)	4 doses by 18 months; final dose at age 6	Kids need a booster at ages 11-12. For teens, ask your pediatrician if your child is up to date.	Get a Td booster every 10 years. If you're under age 65 and haven't been vaccinated with Tdap before, you need a single dose.
Haemophilus influenzae type b	4 doses by age 15 months		
Hepatitis A	2 doses between 12 and 23 months	High-risk kids and adults need a vaccination.	
Hepatitis B	3 doses within first 18 months of life	Ask your pediatrician if your child is up to date.	High-risk adults should be immunized.
Human papillomavirus (HPV)		3 doses are recommended for girls ages 11-12, or later if a young woman isn't up to date. Ask your physician about the pros and cons of vaccination.	
Inactivated polio virus	3 doses by 18 months	Ask your pediatrician if your child is up to date.	
Influenza	Yearly, for kids ages 6 months to 19 years		Anyone <i>can</i> get vaccinated; high-risk adults and those over age 50 <i>should</i> be.
Measles, mumps, rubella (MMR)	1 dose at 12-15 months; another at ages 4-6	Ask your pediatrician if your child is up to date.	If you haven't had this vaccine, you need it. High-risk adults need a second dose. If you were born before 1957, you're considered immune to measles and mumps.
Meningococcal (meningitis)	Ask your pediatrician if your child is high risk.	It's recommended for kids ages 11-12; otherwise, ask your pediatrician if your child is at high risk.	It's a must for high-risk groups.
Pneumococcal (pneumonia)	4 doses of pneumococcal conjugate by 15 months	High-risk kids and adults need the pneumococcal polysaccharide vaccine. Adults should get vaccinated at age 65; some older adults may need a booster.	
Rotavirus	3 doses by 6 months		
Varicella (chicken pox)	1 dose at 12-15 months; another at ages 4-6	Ask your pediatrician if your child is up to date.	If you aren't up to date and never had the chicken pox, speak with your physician.
Zoster (shingles)			Get it once, at age 60 or older.

Source: Centers for Disease Control and Prevention



Health 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. 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



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 to register

WELLNESS

Blood Pressure Screenings Blood Sugar Screenings

FREE

When: Tuesdays, 8:30 a.m.–3 p.m.
Call: (660) 269-3060 for information

Diabetes Self-Management and Education Classes

Schedule group or individual multi-disciplinary diabetes education sessions. Covered by most insurance plans.

Call: (660) 269-3060 for information

Nutrition Consultations

Call: (660) 269-3047 for an appointment

FIND A PHYSICIAN (660) 269-3101



Senior Circle

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

Call: (660) 269-3121 for information

Smoking Cessation

Call: (660) 269-3060 for an appointment

Stress Management Education

Group classes are available by appointment.

Call: (660) 269-3060

Scheduling Medical Services

To schedule a sleep study, a heart and vascular procedure, a pulmonary procedure or a radiology exam, call **(660) 269-2990**.

DIRECTORY OF IMPORTANT NUMBERS

- Emergency (911) or(660) 269-3157
- 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 Ctr . . .(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
- Volunteers(660) 269-3121
- Wellness Ctr(660) 269-3060

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WINTER 2009



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