

HEALTH WISE

HEALTH & WELLNESS NEWS FROM THE SOUTHWEST HEALTH CENTER

Heart disease: The silent, local killer

Known as the silent killer, heart disease takes the lives of hundreds of thousands of Americans a year. It also strikes us close to home. In fact, heart disease is the leading life-threatening disease in Grant County, according to Wisconsin Healthy People 2010 Local Data Package. The good news is that you can take steps to reduce your risk for heart disease.

From 1998 through 2002, the mortality rate from coronary heart disease (CHD) in Grant County was 184.4 per 100,000 people, which was higher than statistics for the southern region or for the state as a whole. Wisconsin Healthy People 2010 presents information at the county level, along with comparable state, regional, and 2010 target information. This data is designed to help local health departments monitor progress toward Healthy People 2010 objectives and determine leading health indicators.

Making healthy changes

Three of the 10 national health indicators—lack of physical exercise, being overweight or obese, and using tobacco—are all causes of CHD. However, local and national communities can make lifestyle changes to help combat this disease and improve their overall health.

Take steps
to reduce
your risk



Even small healthy lifestyle changes can bring big rewards, according to *Consumer Reports on Health*. In a study of 42,847 men ages 40 to 75, those who exercised daily, ate healthy, didn't smoke, drank in moderation, and maintained a healthy weight had an 87 percent lower risk of developing heart disease over 16 years, even if they had high blood pressure.

The battle against CHD is and will be a major deterrent to future

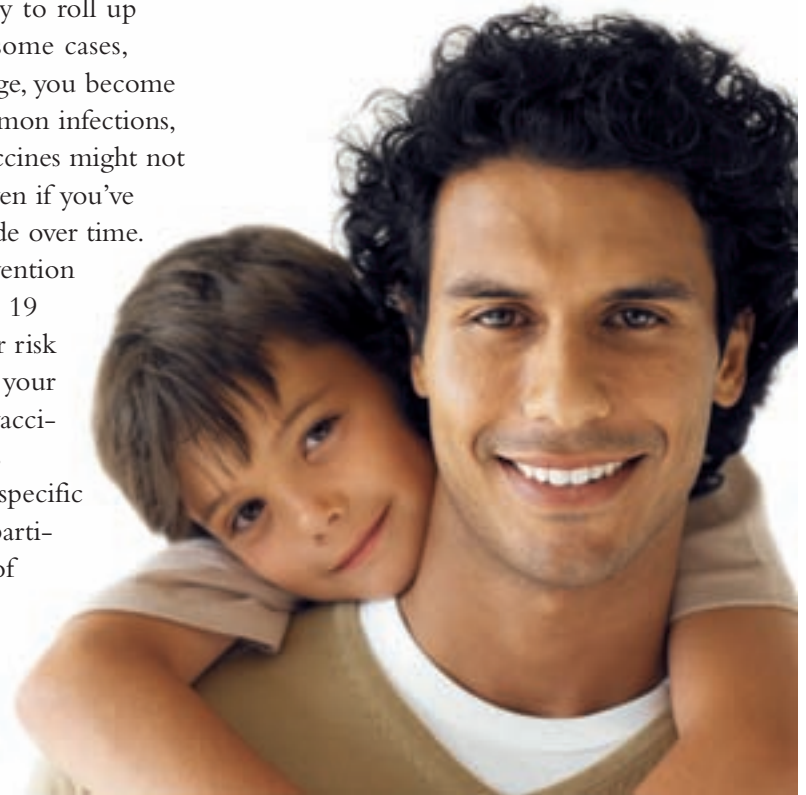
health initiatives in the next four years. Healthy People 2010 challenges individuals, communities, and professionals to take specific steps to ensure that good health and long life are enjoyed by all.

For more information about Healthy People 2010 or Wisconsin Healthy People 2010, contact the Wisconsin Department of Health and Family Services or visit its Web site at <http://dhfs.wisconsin.gov/localdata/healthy2010data.htm>. ●

Vaccinations: Adults need them, too!

If you think vaccinations are kid stuff, get ready to roll up your sleeve. The need to get immunized—in some cases, re-immunized—lasts a lifetime. In fact, as you age, you become more susceptible to serious diseases caused by common infections, such as flu and pneumonia. What's more, newer vaccines might not have been available when you were a child. And even if you've already been vaccinated, immunity can begin to fade over time.

The U.S. Centers for Disease Control and Prevention (CDC) provides recommendations for people ages 19 and older. Ask your healthcare provider about your risk factors and specific needs. He or she will consider your health, occupation and lifestyle to determine the vaccinations you need. For example, healthcare workers or people traveling to certain countries may need specific immunizations. Your provider may recommend a particular shot if you can't remember or can't find proof you've already been immunized. ●



Facts about flu shots

Influenza, or the flu, can lead to pneumonia and other life-threatening complications. About 36,000 Americans—most ages 65 and older—die each year from the flu, according to the U.S. Centers for Disease Control and Prevention (CDC).

If you're an adult over 50, the CDC recommends getting an annual flu shot. You may also need one if you're between 19 and 49 and have certain risk factors—for example, if you have asthma, type 2 diabetes or another chronic health condition, or if you care for someone at high risk.

Although healthy habits like exercising and eating well can enhance your immune system, getting vaccinated reduces your chances of catching the flu by up to 80 percent.

Two more shots to think about

The Food and Drug Administration (FDA) recently approved two new vaccines, both considered medical breakthroughs:

- **Shingles vaccine.** Zostavax is now available for people ages 60 and older to reduce the risk of shingles, a disease caused by the same virus that causes chicken pox.
- **Cervical cancer vaccine.** Gardasil protects against four types of human papillomavirus, a common virus known to cause cervical cancer. The vaccine is recommended for females ages 9 to 26.

Vaccine	How often
tetanus, diphtheria	● 1-dose booster every 10 years for adults ages 19 and older
measles, mumps and rubella (MMR)	● 1–2 doses for adults ages 19 to 49 who lack evidence of immunity ● 1 dose after age 50 if risk factors are present
varicella (chicken pox)	● 2 doses for adults ages 19 to 49 who lack evidence of immunity ● 2 doses after age 50 if risk factors are present
influenza	● 1 dose annually between ages 19 and 49 if risk factors are present ● 1 dose each year after age 50
pneumococcal polysaccharide (pneumonia)	● 1–2 doses between ages 19 and 64 if risk factors are present ● 1 dose for ages 65 and older who lack evidence of immunity
hepatitis A	● 2 doses if risk factors are present
hepatitis B	● 2 doses if risk factors are present
meningococcal (meningitis)	● 1 or more doses if risk factors are present

When good food goes bad

20 ways to keep food poisoning at bay

Whether you're cooking a family meal or just reaching for a snack, food is part of your everyday life. So how often do your thoughts turn to food safety? Maybe not enough to protect you from food poisoning.

Some problems—food that's grown moldy or is past its expiration date—are easy to spot. But what about the problems you can't see, smell or taste? Disease-causing bacteria can be found in food, on your kitchen counter and in the grocery store. Make these 20 tips for safe food handling part of your everyday routine to protect you and your family.

Shop wisely

- 1 Separate raw, cooked and ready-to-eat groceries while shopping, preparing and storing food to avoid cross-contamination. Put meat and poultry in separate plastic bags to prevent juices from leaking.
- 2 Pick up frozen, refrigerated and hot food items right before checkout.
- 3 Refrain from buying prestuffed turkeys and chickens, unpasteurized ciders and juices and fruits with broken skin. Stuff poultry right before you cook it.
- 4 Don't buy foods in damaged, torn or leaky containers. Bacteria and dirt can get into the food and contaminate it.

- 5 Don't buy foods past their "use-by," "sell-by" and other expiration dates.

Keep a clean kitchen

- 6 Wash your hands—including fingernails, wrists and between fingers—with warm, soapy water often, especially when handling raw meat, poultry, eggs and seafood.
- 7 Don't rinse raw meat and poultry—bacteria on their surfaces can spread.
- 8 Rinse vegetables and fruits to remove dirt and pesticides—don't use soap. Use a brush to remove dirt from foods with rough skin.
- 9 Use separate cutting boards—one for bread and produce and another for raw meat, poultry and seafood. When you're done, clean the boards thoroughly using warm, soapy water.

Cook smart

- 10 Never thaw food at room temperature. Thaw food in the refrigerator, in cold water or in the microwave.
- 11 Use a covered dish when marinating meat in the refrigerator. After cooking the meat, don't put it back on the dish used to marinate it.
- 12 Cook or freeze poultry, fish and ground meat within two days and other beef, veal, lamb and pork within three to five days.
- 13 Cook raw meat, poultry and eggs to a safe internal temperature—



poultry to 165° F; all cuts of pork and ground beef, veal and lamb to 160° F; and beef, veal and lamb steaks, roasts and chops to 145° F

- 14 Don't eat food containing raw eggs, raw or undercooked meat, unpasteurized juices and raw sprouts.
- 15 Don't eat leftovers that have been in the refrigerator for more than three or four days.
- 16 Throw out food that's been at room temperature for more than two hours. If the temperature (indoors or out) is over 90° F, throw away food that's been sitting out for more than an hour.

Travel safely

- 17 Pack perishables directly from the freezer or refrigerator into a cooler. Freeze meat and poultry to keep them colder longer.
- 18 Fill empty space in the cooler with extra ice or ice packs. A full cooler stays cold longer than a partially filled one.
- 19 Limit the number of times you open the cooler.
- 20 Put the cooler in the passenger compartment—not the trunk—to help food stay colder longer. ●

Leading the way in



Diabetes education at Southwest Health Center is recognized

by Kathy Neumeister
Communication Coordinator

Although there's no cure for diabetes, you can learn how to decrease your risk of complications with good diabetes self-management. Consider yourself captain of a team of healthcare providers, which should include a diabetes educator. The good news for your team: In May, the Southwest Health Center Diabetes HEALTH Program was awarded the prestigious American Diabetes Association (ADA) Education Recognition Certificate for high-quality diabetes self-management education (DSME).

High quality standards

The ADA's Education Recognition Certificate assures that educational programs meet national standards for DSME. These standards were developed and tested with support from the National Diabetes Advisory Board in 1983 and were revised by the diabetes community in 1994 and 2000.

Programs apply for recognition voluntarily, and those that achieve recognition have knowledgeable

diabetes care

health professionals who can provide participants with comprehensive information about diabetes management. "The process gives professionals a national standard by which to measure the quality of services they provide," says Sandy Andrews, R.N., Certified Diabetes Educator at Southwest Health Center. "And, of course, it assures the consumer that he or she will likely receive high-quality service." Education Recognition status is verified by an official certificate from the ADA and is awarded for three years.

The facts about diabetes

According to the ADA, 20.8 million people or 7 percent of the population in the United States have diabetes. While an estimated 14.6 million have been diagnosed, 6.2 million people aren't aware that they have this disease. Each day, approximately 4,110 people are diagnosed with diabetes. What's more, diabetes also affects the younger population. About 1.5 million new cases of diabetes were diagnosed in people age 20 or older in 2005.

Many will first learn they have diabetes when they're treated for one of its life-threatening complications—heart disease and stroke, kidney disease, blindness, and nerve disease and amputation. Diabetes contributed to 224,092 deaths in 2002. Since 1987, the death rate from diabetes has increased by 45 percent, while the death rates

from heart disease, stroke, and cancer have declined.

The ADA is the nation's leading nonprofit health organization supporting diabetes research, advocacy, and information for health professionals, patients, and the public. Founded in 1940, the ADA has an area office in every state and conducts programs in communities nationwide.

For more information about recognized education programs in your area or other ADA programs, call your ADA office or visit www.diabetes.org. For more information about diabetes treatment at Southwest Health Center, call Sandy Andrews, R.N., C.D.E., at (608) 348-2331. ●



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Southwest HEALTH CENTER FOUNDATION

High-tech care

This year, one of the Southwest Health Center Foundation's major goals has been raising funds for the purchase of an electronic medical record (EMR) system. Southwest Health Center recently took a significant step forward with a staff and physician product demonstration by Dairyland Healthcare Solutions, a leading software vendor for critical-access hospitals.

The Windows-based EMR offers many unique features and allows medical staff to place orders electronically and integrate transcribed documents. It will be a central source of patient information, which will ultimately reduce paperwork, streamline processes, and improve communication and quality of care.

The Foundation has sponsored several fund-raisers this year. Funds from the first annual Golf Jamboree, Strawberry Festival, and Love Lights Trees will be dedicated to EMR equipment purchase. To make a tax-deductible contribution to the Foundation, visit www.southwesthealth.org. ●

5

precautions for weekend warriors

When weekdays are jam-packed with activity you can't reschedule, weekends may seem like the only time you can squeeze in some exercise. Take heart: A recent study shows two days of exercise a week are better than none, *if* you're already healthy. But if you're obese or have high blood pressure or other cardiovascular risk factors, your weekend warrior ways won't do much to improve your health.

Take heed, though. Not exercising all week, then going full tilt on the weekend increases your chance of injuries. To stay healthy and active, use these strategies, recommended by the American Academy of Orthopaedic Surgeons.

Precaution 1 : Talk to your doctor about your exercise and sports plans.

How it helps: Your primary care physician can discuss your health risks (like asthma, diabetes or an irregular heartbeat) with you and suggest precautions. If you have old sports injuries or conditions like bursitis or arthritis, an orthopedic surgeon can recommend injury-beating modifications or stretches to condition your body for weekend play.

Precaution 2 : Always warm up and stretch before physical activity.

How it helps: Since cold muscles and stiff joints are more prone to injury, you'll be less likely to hurt yourself. Get your heart pumping and warm up your



muscles with jumping jacks, jogging or an easy bike ride for five minutes. Next, perform gentle stretches for your entire body.

Precaution 3 : Wear supportive shoes and use appropriate equipment.

How it helps: Thinking a weekend run, aerobics class or other activity doesn't justify spending money on new shoes or safety equipment can lead to injuries. Whether you walk, run or play tennis, your feet need support. For activities like inline skating, invest in appropriate padding and a properly fitting helmet.

Precaution 4 : Increase your activity gradually.

How it helps: Overdoing it on Saturday can leave you sore and exhausted and icing your injuries on Sunday. Pace yourself. Lengthen the time or distance you exercise

by 10 percent a week and add new activities to your weekend conservatively.

Precaution 5 : Listen to your body.

How it helps: You're probably not as fast or flexible as friends who exercise regularly. Recognize fatigue and pain as signs you need to ease up or modify your fitness program. Stop *before* you become exhausted.

You'll improve your health, control your weight better and boost your mood more easily if you add another day or two of exercise during the week. But until you start finding the time to squeeze in an exercise DVD or a power walk, start adding more activity into your days, like walking the dog longer, doing extra yard work and playing with your children more often. ●



Tame your tummy troubles

Digestive distress can sideline you when you least expect it, whether you over-ate last night, have the flu or just got the electric bill. While symptoms like gas, bloating, diarrhea, indigestion or discomfort are often temporary and harmless, they can be unpleasant and come at the worst times—like when you're far from the comforts of home.

To avoid the rumbling and roiling that can spoil family fun or embarrass you in public, take these steps:

1 Avoid triggers. Dairy products, fatty foods, soda and caffeine are common troublemakers for people with sensitive stomachs. Chewing gum made with sugar alcohols and eating broccoli, cauliflower and baked beans can also cause problems. You may find you can tolerate

a little of something that, in quantity, causes problems.

2 Slow down and enjoy your food. Gobbling meals isn't good for your gut, since it can mean over-eating or swallowing too much air as you race to the bottom of the plate.

3 Lose your stress. If stress makes you grab for junk food, try a few deep breaths to calm yourself first. Meditate, take yoga, go for daily walks, try journaling or practice deep breathing to keep stress at bay. Exercise is also a good stress reliever, but avoid vigorous activity right before or after meals.

4 Dispose of waste. Eat high-fiber foods (fruits, vegetables and whole grains) and drink enough water to soften stool and speed waste through your colon—this helps prevent diarrhea, constipation and gas. Be careful not to overdo it,

though. Too much fiber too soon can cause stomach distension.

5 Time your food. A routine meal schedule helps regulate bowel function. Eat smaller portions of food more frequently rather than two or three large meals. Avoid eating before bed.

6 Try ginger. According to the National Center for Complementary and Alternative Medicine, studies show ginger can relieve some cases of nausea and vomiting. Caution: Small doses are safest. Try ginger tea or a ginger supplement. Powdered ginger sometimes *causes* nausea, heartburn, gas and bloating.

7 Stop smoking and limit drinking. Both can cause indigestion, as well as more serious health problems.

If these measures fail to bring relief, don't resign yourself to a turbulent tummy. Talk to your health-care provider. Medications you're taking may irritate your stomach's lining. When abdominal pain interferes with your daily routine, it can indicate a serious condition. ●

Do you need medical help?

Stomach pain can mean any number of things—from constipation to more serious conditions like appendicitis, celiac disease and diverticulitis. Call your doctor when stomach pain is:

- severe
- persistent, getting worse or recurring
- accompanied by bleeding, dizziness, vomiting, high fever or shortness of breath

Get emergency medical help if you vomit blood or have:

- sudden or sharp abdominal pain
- a swollen or tender abdomen
- blood in your stool
- pain radiating to your chest, neck or shoulder

A sister's life of service

Sister Marian DeGroot has devoted her life to service. "I learned not to worry about money, so volunteering comes naturally," she says.

Sister Marian grew up on a Minnesota farm with eight brothers and sisters. Her career has taken her to Illinois, South Dakota, Missouri, Washington, and Minnesota, as well as a sabbatical in Trinidad, West Indies. She now lives in Cuba City at St. Rose Convent and works as a cashier in the business office at Sinsinawa Mound Mother House.

The former teacher with the Dominican Sisters has volunteered at the Southwest Health Center Nursing Home and Senior Beha-

vioral Sciences (SBS) for five years. She spends Fridays at the Nursing Home and some Tuesday evenings with residents at SBS. She knows most nursing home residents by their first names. "I talk with them about their joys and, often, their present losses, offering support and prayer," she says.

Sister Marian has spent a lifetime in pastoral services, from teaching kindergarten to missionary work. She enjoys working with the elderly. "Our elders, I feel, aren't as respected in American culture as in the past, and this is so wrong," she says sadly. Sister Marian is part of Southwest Health Center, and the program is richer for her participation.



For Sister Marian DeGroot, a volunteer at Southwest Health Center for five years, volunteering comes naturally.

To learn more about volunteer opportunities at Southwest Health Center and to become part of our healthcare team, call Megan Graney, Foundation Director at Southwest Health Center, at (608) 348-2331, or Edna Ludwig, ADC, at Southwest Health Center Nursing Home, at (608) 744-2161. ●

Partner's Gift Shop

The Gift Shop is offering a **buy one and get a second item at 50 percent off special!**

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