

WINTER 2010

Health Connection

BROUGHT TO YOU BY ORO VALLEY HOSPITAL

**Commit to
your health**

**After an
ER visit—
now what?**

**Get back your
get-up-and-go!**

**The dangers
of texting**

**A new way to care
for your heart**



**ORO VALLEY
HOSPITAL**

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Ease your arthritis pain

More than 40 million Americans suffer from arthritis, a condition that can make every move painful. Osteoarthritis is the most common form. It occurs when cartilage, which cushions bones in your joints, breaks down and causes irritation.

Luckily, the following lifestyle changes and remedies can help you manage the pain:

• **LOSE WEIGHT.** It's pretty basic: The more excess weight you carry, the more stress on your joints. But a healthy diet of fruits, vegetables and whole grains, paired with regular exercise—at least 30 minutes a day—can help tip the scales in your favor. Cut back on saturated fats, which may increase your body's inflammatory response, adding to joint and tissue inflammation.



• **GET OFF THE COUCH.** Inactivity is a joint's worst enemy. Exercise can strengthen and protect the muscles around the joints, preventing them from stiffening and causing more pain. Walking, swimming, some yoga poses and tai chi are easy on the joints. Also beneficial are range-of-motion exercises, such as raising your arms above your head; strengthening exercises, such as weight training; and low-impact aerobic exercises, such as bike riding. Before starting an exercise program, check with your physician. If needed, ask him or her for a referral to a physical therapist who has a program for people with arthritis.

• **TAKE A PILL, IF NEEDED.** Sometimes you need medication for the pain. Over-the-counter options include nonsteroidal anti-inflammatory drugs, or NSAIDs (such as ibuprofen and naproxen), and acetaminophen (such as Tylenol). Topical creams may provide hot or cool sensations to ease pain or contain pain medication that's absorbed into the skin. Your physician may prescribe pills or cortisone injections. Any drug you take can have side effects, so discuss them with your physician before starting a regimen.



• **REST UP.** Your body needs time to heal, so aim for eight to 10 hours of sleep every night, and avoid sitting or standing in one position for too long. Skip high-impact activities such as running. You may also want to look into stress-relievers such as meditation or yoga.

• **ASK ABOUT ALTERNATIVES.** Massage, acupuncture, heating pads, ice packs and supplements such as glucosamine and chondroitin may help reduce symptoms, though studies on the supplements have been mixed. Speak with your physician before trying any home remedies. Sometimes, there simply isn't a remedy that can effectively treat the pain. In that case, surgery to replace the joint may be an option to discuss with your physician.



Life after the ER

Following physician's orders keeps you healthy

When you're not feeling well and you're surrounded by the hustle and bustle of an emergency room (ER), it's easy to be confused by what a physician is telling you. All you can think about is going home. That's why many people are unclear about how to handle their care when they leave the hospital.

Case in point: A small University of Michigan study found that more than 75 percent of patients didn't understand their discharge instructions or what ER physicians had just told them—although 80 percent thought they did. Some of the patients weren't even sure of their diagnosis.

Unfortunately, these misunderstandings may increase the likelihood of complications once you leave the ER. In reality, the care you receive at the hospital is just one important part of the puzzle. Knowing what to do next—and following those discharge instructions closely—is critical to getting better. Here's what you need to do for the best health care results:

➔ **SPEAK UP.** Don't be afraid to ask questions if you're unsure of your condition, what treatments you were given, your test results or something in the discharge instructions—for example, whether a medication that's been prescribed may interact with one you're already taking. It's best to ask the ER physician caring for you,

rather than having to contact the ER later, when the physician you saw may no longer be on duty.

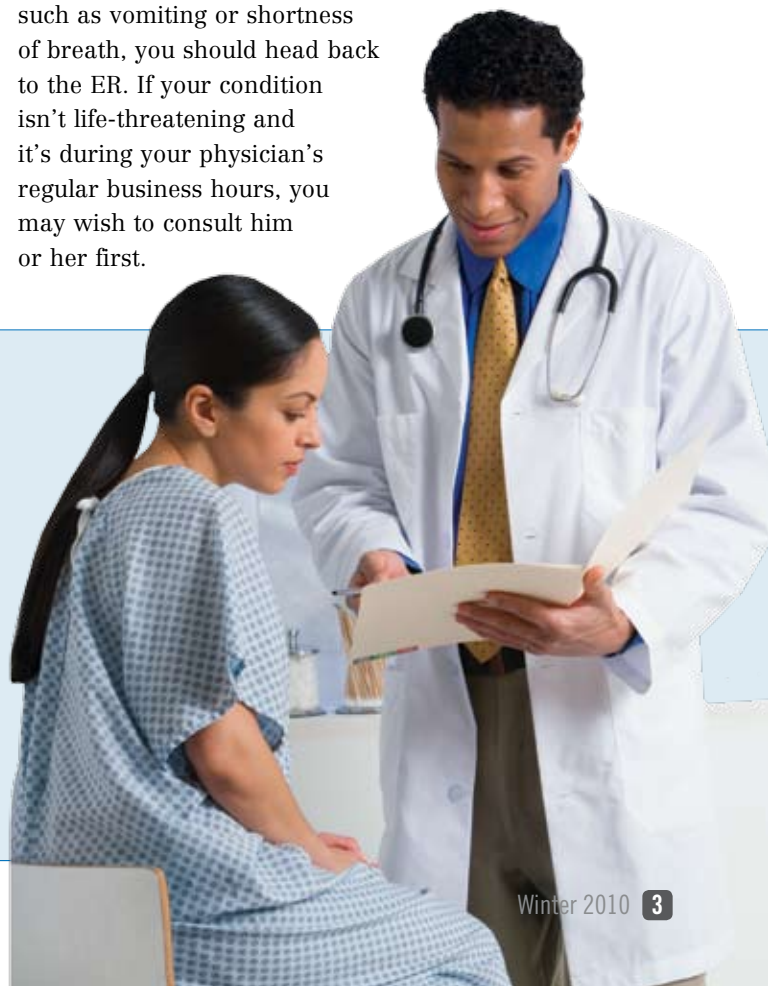
➔ **FOLLOW ALL MEDICATION DOSAGES.** Thoroughly read your discharge instructions. They should spell out what medications have been prescribed, what they treat and how often—and when—to take them.

➔ **FOLLOW UP WITH YOUR FAMILY PHYSICIAN OR A SPECIALIST.** You'll especially need to do this if you've received stitches or a cast. Your discharge instructions will tell you when to go. Double-check with your physician to make sure information about your ER visit, including test results, has been sent to his or her office before your appointment.

➔ **KNOW WHEN YOU SHOULD RETURN TO THE ER.** If your condition worsens or you're noticing new symptoms, such as vomiting or shortness of breath, you should head back to the ER. If your condition isn't life-threatening and it's during your physician's regular business hours, you may wish to consult him or her first.

How did we do?

When you check in to the ER, admitting personnel will ask you if it's OK to follow up with you once you're back home. If you agree to it, we'll try to call you within 24 hours of your discharge, asking you six questions about your visit. At that time, if you don't understand your discharge instructions or have any questions about your treatment, a nurse will call you back. This process, called **Discharge Callback Administrator, or DCA**, helps us improve the way we care for our patients and ensure that you're on the road to recovery.





COMMIT TO BE FIT

Commit To Be Fit in 2010

Get moving with Commit To Be Fit in 2010. The Commit To Be Fit program at Oro Valley Hospital provides exercise and nutrition information to people who want to be more active and take steps toward living a healthier lifestyle.

MONTHLY LECTURES

The Commit To Be Fit program includes FREE monthly lectures held the first Thursday of each month at 7 p.m. at Oro Valley Hospital. Upcoming lectures include:

- March 4 Walk Your Way to Better Health
- April 1 Foods That Fool You
- May 6 Exercising in the Heat
- June 3 Understanding Carbohydrates

>> Space is limited and registration is required. To register, call 1-866-NW4-WELL (694-9355) or register online at orovalleyhospital.com and click on the "Community Education" tab.

WEB SITE

The Commit To Be Fit Web site offers tools and support, including a calendar and motivational guide, exercise tracker, measurement tracker, meal journal and monthly fitness and nutrition tips.

>> Learn more about the Commit To Be Fit tools at orovalleyhospital.com/ctbf.php.

TRAIN TO WALK OR RUN A 5K

The calendar and motivational guide include an eight-week walk, run and walk/run training schedule, developed by a certified trainer to help you prepare for a 5k (3.1 miles) event.

You can also train in a group setting with the free Commit To Be Fit Walking Group. The group meets weekly on Tuesday evenings at 6 p.m. at All About Running & Walking, located in the Safeway Plaza at Rancho Vistoso



Boulevard and Tangerine Road. Walks range from 30 to 60 minutes and participants are encouraged to walk at least three additional times per week.

By the end of either training schedule, you'll be prepared to experience the feeling of accomplishment that comes with participating in a 5k.

>> For more information about the Commit To Be Fit Walking Group, call (520) 463-7084.

ORO VALLEY HOSPITAL 5K

Cross the finish line and receive a medal when you complete the Oro Valley 5k on Sunday, March 28. Whether you walk or run, you'll have fun while doing something good for your health.

The race is part of the sixth annual Arizona Distance Classic and goes through the Rancho Vistoso neighborhood in Oro Valley.

>> For more information or to register, visit arizonadistanceclassic.com.

Keeping hearts healthy

An innovative, beneficial program has been developed to support and improve the cardiac health of our patients and anyone who is interested in developing a healthy lifestyle. Known as Touch My Heart, the program offers the experience and skill of Oro Valley Hospital's cardiac team, necessary medical technology, personalized education and quality care that will lead patients to fuller and healthier lives.

PROGRAM FOUNDATIONS

The Touch My Heart program is based on the Seven Pillars for Improving Cardiac Wellness:

1. social contacts
2. increased activity
3. weight control
4. emotional management
5. compliance with medical management
6. diet
7. smoking cessation

These seven pillars are clinically proven to improve cardiovascular health and decrease the risk of cardiac-related conditions.

EXTENDING OUR REACH

Touch My Heart members have the opportunity to develop a healthy life strategy, not only with Oro Valley Hospital's medical staff but also online through the Touch My Heart Web site.

Members can access an online user menu that offers informational articles about each of the Seven Pillars for Improving Cardiac Wellness. Members are also able to develop written plans incorporating activities offered by Touch My Heart partners, related to any or all of the seven pillars. These online plans may then be submitted electronically to skilled, professional staff members who will review and offer suggestions on the appropriateness and balance of the plan. Members can also enter health information on the Touch My Heart Web site, which will assist health professionals in reviewing the member's plan.

Members receive a membership card that will be recognized at local businesses and social groups, such as hiking clubs, hobby groups, support groups and more. The card will also allow Oro Valley Hospital's cardiac team to interact quickly with the participant if he or she needs assistance.



! Join today!

For more information or to join the Touch My Heart program, visit orovalleyhospital.com.

HEALTHWISE QUIZ

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

Take this quiz to find out.

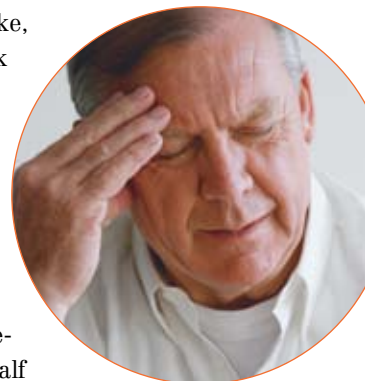
- 1** What percentage of American adults are overweight or obese?
 - a. 25
 - b. 33
 - c. 50
 - d. 66
- 2** Which of the following has not been linked to obesity?
 - a. hyperthyroidism
 - b. cancer
 - c. gallbladder disease
 - d. infertility
- 3** Obese children have a higher risk of:
 - a. asthma
 - b. early puberty
 - c. skin infections
 - d. all of the above
- 4** One problem with body mass index (BMI)—a calculation that assesses obesity—is that:
 - a. It doesn't take height into account.
 - b. It doesn't measure muscle, so a muscular person can have a high BMI.
 - c. It doesn't factor in age.
 - d. None of the above.
- 5** How much excess weight do you usually have to be carrying to be considered for weight-loss surgery?
 - a. 30 pounds for women, 50 for men
 - b. 50 pounds for women, 70 for men
 - c. 80 pounds for women, 100 for men
 - d. There's no minimum weight requirement for weight-loss surgery.

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

{ MINI-STROKES }

Heed the warning

It may not be a full-blown stroke, but a transient ischemic attack (TIA)—also called a mini-stroke—is your warning that one could be just around the corner. TIAs produce symptoms similar to strokes, but they usually only last a few minutes and don't cause damage. About a third of people who have TIAs will subsequently have a stroke, and about half of them will have it within a year.



INSIDE A TIA

A TIA occurs when a blood clot briefly blocks an artery, cutting off part of the brain's blood supply. Like a stroke, symptoms arise without warning. They include:

- sudden numbness or weakness in the face, arm or leg—usually on one side of the body
- sudden confusion, speech problems or trouble comprehending
- sudden problems walking, dizziness, and loss of balance or coordination
- sudden severe headaches
- sudden vision problems such as loss of sight in one eye

If you suffer any of these symptoms, call an ambulance or have a friend take you to the ER right away. Physicians usually have to make a diagnosis based on your medical history.

IS A TIA IN YOUR FUTURE?

You're at higher risk for a TIA if you:

- have a family history of TIA or stroke
- are 55 years or older
- are a man
- are African-American

Those are things you can't control, but you can help change other risk factors:

- blood pressure 140/85 mm Hg or higher
- high cholesterol
- heart disease, carotid artery disease and peripheral artery disease
- obesity
- cigarette smoking
- heavy drinking
- physical inactivity
- diabetes
- a high-fat, high-sodium diet

Sending out an SOS:

Texting can be bad for your health

It's not uncommon to see people crossing busy streets or even driving with their cell phone or BlackBerry® in hand, dashing off a quick message. Texting shifts your focus away from the task at hand and can be downright dangerous.

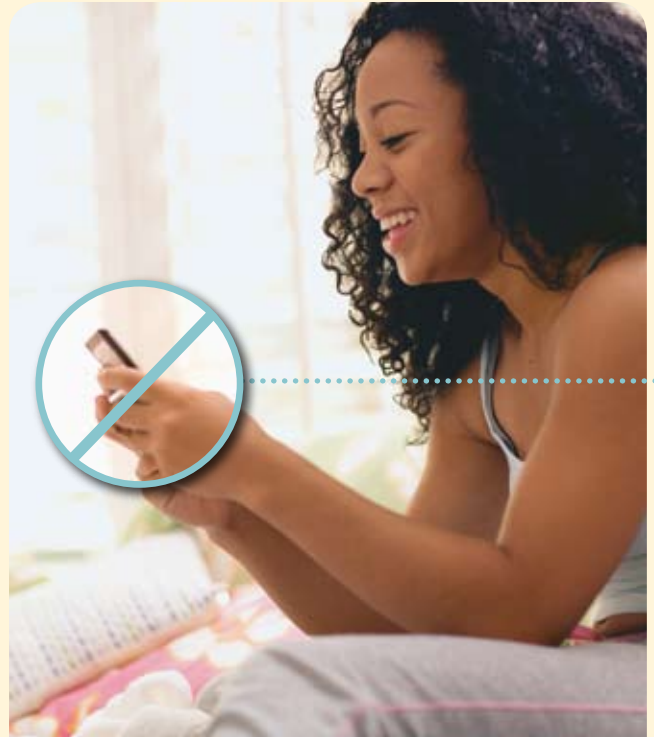
While no hard numbers exist, the American College of Emergency Physicians has reported an anecdotal rise in serious and fatal injuries involving texting—especially among teens and young adults. That includes face, chin, mouth and eye injuries for those who trip and fall while texting, and fatal trauma stemming from car accidents. Texting has also been linked to medical phenomena like “BlackBerry thumb” and “teen texting tendonitis”—catchphrases for conditions that result from the repetitive thumb motions of texting. These conditions can cause pain and numbness in the thumbs and joints of the hand.

BE TEXT SAVVY

Steer clear of texting troubles by following a few guidelines:

- Avoid texting while doing things like walking and driving. Turn your phone off to avoid temptation.
- On the road, pull over if you need to text immediately.
- Set a good example behind the wheel: Don't engage in distracting behavior in front of your kids.

- Contact your cell-phone provider if you're worried about your child's texting habits. Some companies now offer services that ban texting at certain times of the day.



A healthy lunch is in the bag!

Every day at noon, workers around the country run to the corner deli for a sandwich, hit a local eatery with co-workers or order in. But if you're watching your waistline—or your wallet—packing your own lunch is a smarter solution. A homemade lunch is more nutritious and economical, as long as you pack it correctly. The recipe for a healthy lunch includes:

- **PROTEIN** Try lean turkey, ham, roast beef, tuna or a bean-based entree, such as hummus or a black bean burrito.
- **GOOD GRAINS** Pack whole-wheat pasta salad and sandwiches made on multigrain bread.
- **FRUITS AND VEGGIES** The deeper the color of the vegetable or fruit, the more vitamins and minerals it contains. Slice up baby carrots, peppers, broccoli, apples, blueberries and oranges.



- **CALCIUM** Slip fat-free yogurt, cottage cheese or string cheese into your bag.
- **H₂O** Water has no calories, so it's a perfect choice, but if you need a little more flavor, try adding a squeeze of lemon, lime or orange. Watch out for fruit juices, energy drinks and sodas, which are loaded with sugar.
- **FLAVOR APPEAL** Switch it up a bit by adding interesting items, like walnuts in a salad or horseradish spread on a roast beef sandwich.
- **MINIMAL SODIUM** Thinking of one of those “healthy” frozen meals? Watch out for sodium. Total daily intake for a healthy individual shouldn't exceed 2,300 milligrams (mg), and some frozen meals can contain a big portion of your day's allotment. Follow the FDA's recommendation for a healthy frozen meal by choosing one that has 480 mg of sodium or less per serving.

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Bounce back

Inpatient rehabilitation can help

When you're sidelined with an injury or a disease, waiting to get back to your normal daily activities can be the most difficult part of recovery. Oro Valley Hospital's Inpatient Rehabilitation Unit is designed to help patients regain their highest level of function and independence. The unit offers a comprehensive inpatient physical medicine rehabilitation program to help patients who have suffered disabling illness or injury rebuild their lives.

FOCUSED ON WELLNESS

Oro Valley Hospital's third floor is home to the 18-bed Inpatient Rehabilitation Unit, 30-bed Medical Surgical Unit and the inpatient rehabilitation gym. All rooms are private and include a bathroom and shower. Patients may attend physical therapy twice a day and can be treated by an occupational or speech therapist depending on their needs.

The rehabilitation team is dedicated to providing patients with a comfortable and therapeutic environment during recovery to help them get back on their feet and back to their lives. Customized rehabilitation plans and a collaborative environment ensure all aspects of a patient's postoperative care are addressed during treatment.

A FAMILY AFFAIR

Patients are encouraged to have family or caregivers attend therapy with them. These important people are kept up-to-date on the patient's progress and learn about what to expect when the patient goes home.



The skilled inpatient rehabilitation team at Oro Valley Hospital is ready to help patients transition back to pain-free independence and take the first steps toward reclaiming their active lifestyle.

! Get moving!

To learn more about Oro Valley Hospital's inpatient rehabilitation unit, visit orovalleyhospital.com.