

Health Connection

CARING FOR OUR COMMUNITY ONE FRIEND AT A TIME
AT UNION COUNTY HOSPITAL



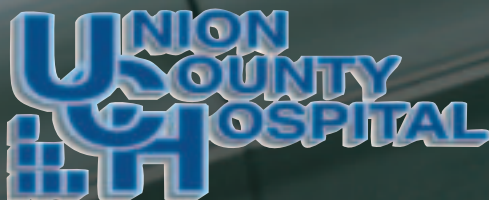
**New therapies,
close to home**

Good day, sunshine!

Greet the day
with an SPF

**Breakthrough treatment
for an unspoken problem**

**Seniors: Preserving
independence and
gaining security**



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?



Breakthrough treatment for hemorrhoids

More than half of Americans will develop hemorrhoids, usually after age 30. That means 2,650 potential hemorrhoid sufferers in the city of Anna alone. At Union County Hospital, patients who require surgery for hemorrhoids now have a surgical treatment alternative, which offers less pain and a quicker recovery than traditional hemorrhoidectomy procedures. This breakthrough approach, called the Procedure for Prolapse and Hemorrhoids (PPH), was introduced in the United States in 2001 and is growing in popularity among physicians.

FACTS ABOUT HEMORRHOIDS

Hemorrhoids are natural tissue found in the anal canal, and hemorrhoidal disease results when the tissue enlarges. The condition can be caused by diet, pregnancy

and constipation with prolonged straining. Symptoms of hemorrhoids include aching after a bowel movement; anal or rectal itching; bright red blood on toilet tissue or in the toilet bowl; and appearance of sensitive lumps. If you have these symptoms, it's important to see a doctor to properly diagnose the condition. The good news is that PPH can help.

LEADING-EDGE TREATMENT

"The development of this alternative procedure for hemorrhoids is groundbreaking," says James L. Harris, D.O., FACOS, from Union County Hospital. "For years, physicians and patients have been awaiting a surgical treatment for hemorrhoids that causes less pain and a shorter recovery period than traditional procedures. Now, we have one."

Studies show that PPH patients experienced significantly less postoperative pain; less pain from their first bowel movement; and had a bowel movement sooner than from a hemorrhoidectomy.

HOW PPH WORKS

Using a stapling device, PPH lifts the mucosa, or anal canal tissue, and reduces blood flow to internal hemorrhoids. These hemorrhoids then typically shrink within four to six weeks after the procedure. PPH

results in less pain than traditional procedures because it affects fewer nerve endings and is performed above the "pain," or dentate, line inside the anal canal.

As with any surgical procedure, there are some risks with PPH. Patients should consult their doctor to see if the procedure is right for them.



James L. Harris, D.O.

Learn more!

For more information, contact your doctor, call Dr. Harris at the Surgical Services Clinic at (618) 833-2872, or visit www.unioncountyhospital.com.

Help for lymphedema and balance problems

New therapies for complete care, close to home

Union County Hospital's Therapy Services department offers complete, quality care for patients with balance problems or lymphedema, the swelling of an arm or leg that occurs when lymph, a natural body fluid, can't drain properly.

COMPREHENSIVE CARE FOR LYMPHEDEMA

Most lymphedema cases are a result of surgery to

remove lymph nodes or radiation treatment for cancer. Other causes include congenital problems, trauma or infection of the lymphatic system. It may also develop later in life, often in puberty or after pregnancy.

Lymphedema can't be cured, but it can be treated. Union County Hospital offers decongestive therapy, including manual lymph drainage, bandaging, exercise, compression garments and education about proper skin care and diet.

THERAPY FOR BALANCE PROBLEMS

Union County Hospital also specializes in treating balance problems. Vestibular dysfunction, which originates from changes in inner ear equilibrium, can occur from illness, infection, disease, head trauma or simply from aging. Symptoms include headache, vision difficulty, dizziness, vertigo, balance problems, neck and back pain and increased sensitivity to noise and bright lights. Patients may notice symptoms after quick head or body movements or while in certain head and body positions.

Vestibular rehab is an alternative treatment for inner ear disorders, which involves symptom-specific, individualized exercises that decrease dizziness and improve balance. This rehab is appropriate for all ages.

THEY DON'T WEAR CAPES. LEAP TALL BUILDINGS. RACE SPEEDING LOCOMOTIVES.

Yet, they are superheroes, all the same.

ER+ means we believe an emergency room is more than an emergency room. Sure, we have current technology and equipment. But it is people – physicians and staff – that make the difference. With experience, skill, compassion and care, the staff at Union County Hospital are more than just people, they're real life heroes.

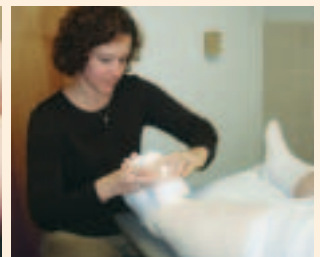
er+ **UNION COUNTY HOSPITAL**

QUALITY CARE. RIGHT HERE.

517 North Main Street - Area, E. 02906 • 618-833-4511 • www.unioncountyhospital.com

Dr. Prithvi, M.D.
Tina Prithvi, R.N.

700CH



Laura Robison, M.S., OTR/L, director of therapy services, bandages a patient suffering from lymphedema, the swelling of an arm or leg that occurs when lymph, a natural body fluid, is unable to drain properly.

Make an appointment today!

To schedule an appointment with our Therapy Services department, call **(618) 833-9694**.

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



Jim Farris, CEO

Improvements brought to life

This spring, Union County Hospital and Rural Health Inc., in Anna, have made “Clear the Air” a part of our health initiative to be a tobacco-free campus. Many employees decided this was a good time

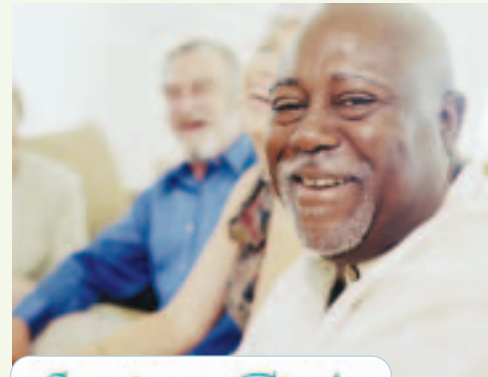
to quit smoking and did so on February 8. To help them with this difficult task, we provided smoking-cessation aids such as gum, patches and a new therapy, which appears very successful in helping people quit smoking. On March 1, the official “Clear the Air” day, we became a tobacco-free facility for the good health of patients and those who care for them.

To a healthy spring,

JIM FARRIS
Chief Executive Officer

THE COMFORTS OF HOME: Preserving independence and gaining security

Many seniors who live alone are confident they can take care of themselves. They also prefer their own homes to nursing care or assisted living. That’s why we introduced ADT Companion Services, a service of ADT Security Services, Inc., which provides 24-hour monitored protection against medical emergencies—so seniors can stay active and live more independent lives.



Senior Circle

ADT Companion Services is simple to use. The push of a button connects seniors to emergency assistance from any room, day or night. The ADT monitoring professional speaks with the senior over a two-way intercom and can call an ambulance or notify a relative or neighbor.

The button is small, durable, waterproof and can be worn discreetly as a necklace or a wristband. Best of all, seniors will have more peace of mind without giving up independent living.

Learn more!

To learn more about ADT Companion Services, call your Union County Hospital Senior Circle chapter at **(618) 833-4511, ext. 359, or (800) 417-2238.**

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517 N. Main St.
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