

Health Connection

BROUGHT TO YOU BY GALESBURG COTTAGE HOSPITAL



**Treating late-life
depression**

**Getting to the bottom
of gallbladder problems**

Protect your prostate

**8 easy ways to get
more exercise**

Surgery 101
A manual for
peace of mind



QUALITY CARE. RIGHT HERE.

SURGERY 101:

A manual for peace of mind

Did you take your Girl Scout or Boy Scout oath seriously as a child? If so, to this day you're probably sure to pack what you need before a hike: a map, compass, first-aid kit, water and healthy snacks. You ask what the terrain is and where the trail ends so you can get home on schedule.

When it comes to surgery, studies have shown that this same "be prepared" principle can ease pre-op anxiety, reduce your hospital stay and speed recovery.

If you're about to undergo surgery, ask your doctor to describe the procedure completely. Knowing what to expect can defuse stress and help you approach surgery day with a calm head.

Here are some other ways you can make the time before, during and after surgery run more smoothly:

BEFORE YOUR PROCEDURE

- Follow your physician's instructions about refraining from smoking, eating and drinking before the procedure.
- Ask your physician about taking aspirin or other anti-inflammatory drugs before surgery. Because they're blood thinners, these medications may cause excessive blood loss.
- Tell your doctor which prescription and over-the-counter drugs you take. This goes for vitamins and herbs, too, as certain herbal remedies, such as St. John's wort and kava, may extend the effects of anesthesia or create other complications.
- You won't be allowed to drive after the procedure, so make reliable transportation arrangements.
- Organize your home. Make sure you have groceries or frozen meals on hand. If climbing stairs will be a problem, make sleeping arrangements downstairs.



- Practice relaxation techniques such as meditation or yoga. These will help calm you and speed post-op healing.

DURING YOUR HOSPITAL STAY

Your cozy robe or a favorite photo will warm your surroundings and soothe you. Having family and friends visit will bolster you, but don't be afraid to set limits: You'll need some time to rest and recuperate without interruptions.

HOME AGAIN

A little help from friends can be useful. If worries about housework or bills are nagging at you, ask someone to take care of these chores. In the meantime, the relaxation methods you used before surgery can help you feel better now, too. Imagine yourself in the near future doing something you enjoy, such as taking an invigorating hike.

PROTECTING AGAINST FEMALE CANCERS

What every woman should know

Gynecologic cancer is the fourth most common type of cancer in women. Here's a rundown of the gynecologic cancers and facts that can help reduce your risk:

UTERINE CANCER

Uterine cancer—also known as endometrial cancer—is the most common type of reproductive cancer that strikes American women and occurs most often after menopause. Symptoms include unusual vaginal discharge, pelvic pain, pain during intercourse, unexplained weight change and difficult or painful urination.

Obesity, high blood pressure, diabetes and tamoxifen or hormone replacement therapy use may increase risk.

OVARIAN CANCER

Ovarian cancer is the deadliest cancer and often shows no obvious signs until late in its development. But when caught early, most cases can be successfully treated.

Symptoms include abdominal discomfort or pain, nausea, diarrhea, constipation, frequent urination, appetite loss, feelings of fullness, weight change with no known reason and abnormal vaginal bleeding.

An important risk factor is a family history of ovarian cancer. Fertility drugs, hormone replacement therapy, increasing age, infertility, having had no children and a family history of breast cancer may also increase risk.

CERVICAL CANCER

Thanks to Pap tests, deaths from cervical cancer are decreasing. Common symptoms are abnormal bleeding and bloody or discolored vaginal discharge.

The sexually transmitted human papillomavirus (HPV) causes most cervical cancers. The U.S. Food and Drug Administration recently approved a vaccine that protects against HPV. A federal panel recommends females ages 11 to 26 receive the vaccine.

Other risk factors linked to cervical cancer can be avoided, such as smoking and poor diet.

CANCERS OF THE VAGINA, VULVA AND FALLOPIAN TUBES

These cancers tend to be rare. Women should alert their

doctors to symptoms that include unusual bleeding or discharge, persistent itching of the vulva, pain in the pelvic region, difficult or painful urination, unusual pain or pressure in the abdomen, pain during intercourse and a lump or sore on the vulva that won't heal.

Women may be at risk for vaginal and vulvar cancers if they've had genital warts, chronic vulvar irritations, abnormal Pap tests or intercourse at an early age or with many partners. Women who smoke or whose mothers took DES (diethylstilbestrol) when they were pregnant may also be at risk. Risk factors for tubal cancer are unknown, but it tends to strike women after menopause.

WHAT YOU CAN DO

Regular screenings and an annual pelvic exam can detect and even prevent some gynecologic cancers. Keep your doctor informed of any risk factors, especially family history, that you may have.





Getting to the bottom of gallbladder problems

By R. Sherwin Parungao, M.D., General Surgeon

It may be easy to overlook the gallbladder. This small, hollow, pear-shaped organ beneath the liver transports bile from the liver to the small intestine, where it breaks down fat for digestion. Each year, approximately 800,000 people are hospitalized for gallbladder disease and more than \$5 billion is spent treating this digestive disease.

Gallstones come in two forms. Cholesterol stones, the most common type, are made from hard cholesterol. Pigment gallstones, which are small and dark, are made of bilirubin, a waste product of worn-out red blood cells. These gallstones can create problems if they block the flow of bile to the intestines and cause inflammation. If the gallstone blocks the opening to the common bile duct, it can prohibit enzymes from moving out of the pancreas and create another serious condition called gallstone pancreatitis. If this passageway is blocked for an extended

period, fatal infections of the liver, gallbladder or pancreas can develop.

The following factors increase your odds of having gallbladder disease:

- **Gender.** Women are three times more likely to develop this condition than men. Estrogen increases the concentration of cholesterol in bile. Pregnancy or the use of oral contraceptives increases the risk.
- **Obesity.** Women with a body mass index over 30 have double the occurrence of gallstone disease.
- **Rapid weight loss** can contribute to gallstone formation because of elevated cholesterol levels.
- **Age.** People ages 60 and older are more likely to develop gallstones.
- **Genetics** and ethnicity are major risk factors.
- People with **diabetes** have a greater risk for developing gallstones because of their elevated level of triglycerides.

Symptoms of gallstones include: mild pain in the upper right part

of the stomach, steady pain in the right upper back or shoulder blades, soreness with fever and chills and yellowing of the skin or whites of the eyes.

Treatment includes medication to treat the pain. For repeated gallstone problems your doctor may recommend laparoscopic gallbladder removal. Contact your physician for more information on gallbladder disease.



R. Sherwin Parungao, M.D.

Learn more!

For more information or to schedule an appointment, contact R. Sherwin Parungao, M.D., at Cottage Medical Plaza–Seminary Building, 834 North Seminary St., Suite 503, or call (309) 343-7773.

Protect your prostate

Annual checkups for early cancer detection

By Alfred W. Mazur, M.D.
Board Certified in Urology

Every three minutes a man in the United States is diagnosed with prostate cancer. But regular testing can detect the disease in its earliest stages, when it's easier to treat.

A walnut-sized gland located in front of the rectum, the prostate produces fluid used in the formation of semen. Physicians are able to feel it during a rectal examination.

Prostate cancer symptoms include:

- dull pain in the lower pelvic area
- problems with urination, weakened urine flow, blood in the urine or semen
- painful ejaculation
- pain in the bones, lower torso and upper thighs
- loss of appetite and weight

After age 50, the likelihood of a man being diagnosed with prostate cancer greatly increases. More than 70 percent of prostate cancer cases are diagnosed in men ages 65 and older.

A man's chance of being diagnosed doubles if his father or brother had the disease. If several family members have been diagnosed, the risk is even greater.

Though it's not known why, African American men are diagnosed 70 percent more often than white Americans, usually in a more advanced stage and at a younger age.

Men should begin annual prostate cancer screenings at age 50. Those at a higher risk



should start screenings at age 40. Two tests are performed to check for prostate cancer. A prostate-specific antigen (PSA) blood test measures levels of PSA, a protein made by the prostate gland. A high PSA level indicates prostate cancer may be present, though men with normal PSA levels are sometimes diagnosed with the disease.

A digital rectal examination (DRE) allows the physician to feel if the prostate is abnormally sized or hard. Often, other benign conditions may be diagnosed. If a slow-growing tumor is found, sometimes a patient will have the option to forego surgery. However, a recent study found that when prostate cancer tumors are left untreated, they become deadlier after 15 years.

A healthy diet that includes five daily servings

of fruit and vegetables is also a deterrent to developing cancer. Regular testing and healthy eating habits are important tools to fight prostate disease. If you have concerns about prostate cancer, contact your physician.



Alfred W. Mazur, M.D.

Make an appointment!

For more information or to make an appointment, contact Alfred W. Mazur, M.D., Cottage Medical Plaza—Seminary Building, 834 North Seminary St., Suite 502, or call (309) 343-2262.

HEALTHWISE QUIZ

How much do you know about arthritis?

Test your knowledge and learn more about arthritis.

1

What does the word arthritis mean?

- a. Sore joint
- b. Joint irritation
- c. Joint inflammation
- d. Rigid joint

2

Which of the following statements about arthritis is true?

- a. Using artificial sweeteners like Equal and Nutrasweet that contain aspartame increases your risk of developing arthritis.
- b. Arthritis is the leading cause of disability in Americans over age 15.
- c. Arthritis is more prevalent in women than in men.
- d. Most people with arthritis will need minor surgery to lessen the pain.

3

Osteoarthritis is caused by the breakdown/loss of _____ in the joints.

- a. bursa
- b. cartilage
- c. air
- d. synovial fluid

4

How is rheumatoid arthritis different from other forms of arthritis?

- a. It occurs in joints on both sides of the body.
- b. Doctors recommend people with it sleep on a waterbed to alleviate pressure on joints.
- c. Pain is felt only early in the morning or late at night.
- d. It occurs when crystals build up in the joints.

5

Older adults aren't the only ones affected by arthritis; it can affect any age group. How many children are estimated to have arthritis?

- a. 35,000
- b. 150,000
- c. 300,000
- d. 500,000

ANSWERS: 1. C, 2. B, 3. B, 4. A, 5. C

8

easy ways to get more exercise

Fitting exercise into your schedule doesn't have

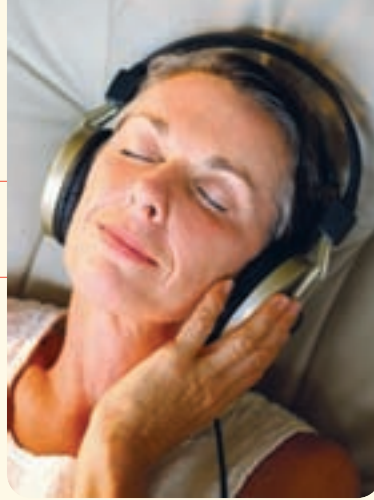
to involve a large bank account or even a lot of time. The following list of ways to make

physical activity a habit was created for even the busiest people.

- 1 **Take the stairs instead of the elevator.** This alternative burns calories and tones muscles.
- 2 **Avoid the phone.** At work, walk down the hallway instead of using the telephone or e-mail to communicate with a co-worker.
- 3 **Walk instead of drive.** It may not be the speediest mode of transportation, but it's effective when you want to visit a neighbor down the street, take your child to a nearby park or pick up a few items at the corner market.
- 4 **Walk during lunch.** Take a friend for company or listen to a book on tape to make your walk mentally as well as physically productive.
- 5 **Clean the house.** You'll have to do more than load the dishwasher to get your heart pumping, but a vigorous cleaning that takes two to three hours may be just what the doctor ordered.
- 6 **Ride your bike.** It's quicker than walking, cheaper than driving and it burns calories.
- 7 **Break activity down into small time increments.** If you don't have the time or energy for 30 minutes of continuous exercise, spread it out. Start with 10 minutes of activity, then do it again and again—for a total of 30 minutes.
- 8 **Vary your activities.** Boredom is one of the biggest commitment killers, so find several activities you enjoy and pick and choose depending on the weather and your mood.



Banish caregiver burnout



If you're caring for someone who depends on you, you need to be healthy and energetic. Yet the sheer amount of time and thought involved in providing care may mean you've put yourself at the bottom of your priority list—making you ripe for stress and burnout. Try these steps to protect your health:

1 Get regular medical checkups. Tell your doctor about your caregiving commitment—he or she may suggest resources to make your life easier.

2 Get plenty of rest. Sleep deprivation contributes to depression. Have a family member pinch-hit (or hire a respite worker) so you can get to bed at a reasonable hour or sneak in a nap.

3 Eat a nutritious diet. A poor diet can lead to malnutrition and fatigue. Regular, well-balanced meals boost energy. Ask family members to help with shopping and meal preparation.

4 Get regular exercise. Moderate exercise combats stress, increases energy and provides a mental-health break.

5 Manage stress. Meditate or learn relaxation techniques. Share your feelings with friends and family members. Ask your doctor for advice or referral to a counselor.

6 Ask for help. Don't try to be a superhero! Ask family

members to help pick up prescriptions, do laundry or drive to doctors' appointments. Ask your doctor about local resources like transportation to medical checkups, home-delivered meals, respite care or adult day-care services.

7 Schedule time for yourself. Schedule time to enjoy your hobbies. Spend time with friends. Try a change of scenery—take a short drive or see a play or concert.

8 Be realistic and flexible. Accept that your loved one's illness may change from week to week. Be flexible as you plan for the future. Acknowledge the many good things you've done and don't be hard on yourself for not being able to do everything on your own.

Real-world strategies to control your weight



Visit the diet and nutrition section of any bookstore and you'll be amazed by the number of books offering the latest miracle diet. Low carb, no carb, high protein, low calorie—but do any work?

Fad diets tend to be tough to stick with. Even worse, people often feel deprived and pile unwanted pounds back on once they're off the diets.

The best way to take off fat is slowly and steadily. That means a weight loss of no more than one to two

pounds a week. Many fad diets drastically reduce your food intake and put your body into "starvation" mode, slowing your metabolism to conserve calories. That's the

exact opposite of what you want. Similarly, restricting certain foods—such as carbohydrates—can lead to cravings that will derail your efforts.

THE TRIED AND TRUE

The following are real-life tips to help you look and feel your best:

- **Rebalance your diet.** If your diet is heavy on foods like crackers, bagels, white rice, low-fiber cereal and pasta, substitute them with whole grains like brown rice, multi-grain breads and pasta enriched with soy. To feel satisfied longer, combine carbs with protein.

- **Count calories.** Simply put, to lose weight you have to ingest fewer calories than you expend.

- **Spread out meals.** Eating small amounts throughout the day boosts your metabolism. Aim for three equal-sized meals, plus nutritious snacks in between.

- **Ditch self-denial.** Instead of avoiding any one food group, make wise choices. Whole-wheat crackers with peanut butter are a smarter snack than a bag of chips.

- **Emphasize weight training.** Add strength training to your exercise program. Resistance exercises build muscle, which burns more calories by increasing your metabolism.

Know when to get help for older adults



Denise Johnson-Dechow, D.O.

By Denise Johnson-Dechow, D.O.
Board Certified in Psychiatry

At times, some older adults appear to be depressed, confused, forgetful or disoriented. Often families assume this is a natural progression of aging. Sadly, many older adults never receive treatment of any kind for conditions that are highly treatable.

Before you give up on an older adult's condition, make sure no treatable conditions have been overlooked. Older adults who appear to be losing mental acuity as a result of natural aging may actually be suffering from treatable depression, hormonal imbalances or other conditions brought on by disease or side effects of medication. Some signs of depression include:

- feelings of hopelessness, worthlessness, anguish, guilt or despair
- changes in appetite or sleep patterns



- lack of interest in activities previously enjoyed
- frequent crying spells or thoughts of suicide

An older adult displaying one or more of these symptoms should be evaluated by a professional as soon as possible. Staffed by a caring and dedicated team of professionals, our new Older Adults Behavioral Health Unit offers treatment for adults ages 65 and older.

Help is available!

To schedule an appointment with the new Older Adults Behavioral Health Unit, call (309) 345-4321.

FROM US TO YOU

Dear neighbors,

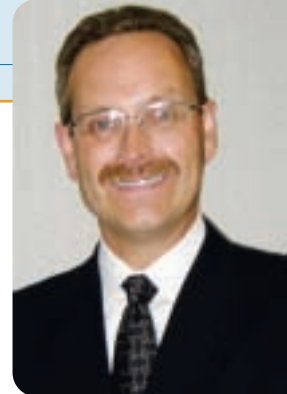
We hope you enjoy this complimentary issue of *Health Connection*. The articles in this quarterly publication are written by Galesburg Cottage Hospital physicians and staff to keep you informed of the latest in healthcare today.

On a more personal note, my wife, two daughters

and I are so pleased with our decision to move to Galesburg. We truly have found "our home." Thanks for being such wonderful neighbors.

Most sincerely,

KEN HUTCHENRIDER
Chief Executive Officer
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706CH



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