

# Health Connection

BROUGHT TO YOU BY GALESBURG COTTAGE HOSPITAL



**Keep your bones  
stronger longer**

**A gentler kind of surgery**

**Good day, sunshine!  
Greet the day with an SPF**

**Fire up the grill!  
But read these  
food-safety tips first**



**Galesburg  
Cottage  
Hospital**

**QUALITY CARE. RIGHT HERE.**

# Good day, sunshine!

## Greet the day with an SPF

**Y**ou 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

**W**ith 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?

**Y**our 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?

# Bladder cancer: Are you at risk?

By John McClean, M.D., board certified in internal medicine and oncology,  
and Thomas Patterson, M.D., board certified in urology and a fellow  
of the American College of Surgeons

**B**ladder cancer—the rapid growth of abnormal cells in the lining of the bladder—is the fourth-most common cancer in the United States. It claims the lives of almost 9,000 people each year, with 50,000 cases diagnosed annually.

Cancer that is confined to the lining of the bladder is called superficial bladder cancer. Cancer that begins in the transitional cells may spread through the lining of the bladder and invade the muscle wall of the bladder, spreading to nearby organs and lymph nodes; this is called invasive bladder cancer. Fortunately, bladder cancer is usually curable if diagnosed while the cancer is still contained in the bladder.

## RISKS AND SYMPTOMS

Risk factors of bladder cancer include:

- smoking
- being male and over the age of 40
- being exposed to certain substances such as rubber, certain dyes and textiles or cancer-causing chemicals found in leather and wood

Possible signs of bladder cancer include:

- blood in the urine
- frequent urination or the urge to urinate
- pain during urination
- lower back pain

## DIAGNOSIS AND TREATMENT

Tests that examine the urine and inspection of the bladder are used to diagnose bladder cancer. The treatment of bladder cancer depends on how large the cancer is and how far it has progressed. Treatment options include surgery to remove the cancer and/or medications to boost or restore the body's immune system. Advanced bladder cancer can be successfully treated with a combination of chemotherapy and radiation. This type of treatment can be given before or after surgery, or in place of surgery in selected cases. Fortunately, most cases of bladder cancer can be treated effectively without removing the entire bladder.

## MESSAGE FROM THE CEO

Dear readers,

It's a pleasure to provide you with a complimentary copy of *Health Connection*, a Galesburg Cottage Hospital publication featuring articles from our own staff and physicians. We hope you'll find this new health magazine informative and enjoyable to read.

This quarterly publication is designed with you, the Galesburg Cottage Hospital partner, in mind. You'll see articles covering a broad range of health issues, as well as healthy living tips. It's just one more way Galesburg Cottage Hospital continues to strive for "Quality Care. Right Here."

Sincerely,

CORY COUNTRYMAN  
Chief Executive Officer  
Galesburg Cottage Hospital

## Learn more!

For more information,  
contact John McClean, M.D.,  
and Thomas Patterson, M.D., at  
Medical & Surgical Specialists,  
834 North Seminary St.,  
Suite 503  
(309) 343-2262



John McClean, M.D.



Thomas Patterson, M.D.

# Keep your bones stronger longer

By Gregory Schierer, M.D.,  
board certified in  
orthopedic surgery

**D**aily activities such as lifting objects or even getting out of bed in the morning can be hazardous to people who have osteoporosis. A disease that affects 44 million Americans, osteoporosis causes bones to weaken and break easily.

Osteoporosis is most commonly linked to aging and the decrease in natural hormone levels. The aging process causes porosity in the bones, making them weak. Ninety percent of a person's bone mass is accumulated before reaching age 20 and, until age 30, new bone is made faster than existing bone is broken down. As we age, however, bone begins to break down faster than new bone can be made. In women—who make up 80 percent of those with this disease—this typically occurs soon after menopause; the onset of osteoporosis in men occurs generally between the ages of 45 and 50.

Because osteoporosis weakens bone structure, fractures are more likely to occur. One in two women, and one in eight men, will break a bone due to osteoporosis by age 50.

## WHAT YOU CAN DO

Despite the damaging affects of osteoporosis, good nutrition and a healthy lifestyle can help prevent its onset and even stave off further bone deterioration after developing the condition. Clinical studies show high levels of calcium



and vitamin D are key elements to osteoporosis prevention. The body uses these vitamins to build bone material. The Food and Drug Administration recommends 1,300 milligrams (mg) of calcium a day for children age 9 to 18. Adults from age 19 to 50 should have a daily calcium intake of at least 1,000 mg, while those over age 51 should consume 1,200 mg daily. Calcium can be found in dairy products and dark leafy greens such as broccoli and spinach.

Exercise, another key component to osteoporosis prevention, helps strengthen bones and muscles by working them against gravity. Try weight-bearing exercises like jogging, stair climbing, weightlifting or dancing to strengthen bones.

Other healthy choices can help prevent osteoporosis. Those who smoke and drink more than one alcoholic beverage a day are at a much higher risk of osteoporosis. Avoiding these habits can decrease the likelihood of developing this disease.



## The right care for you

**G**regory Schierer, M.D., of Galesburg Orthopedic Services, is board certified in orthopedic surgery.

To make an appointment, call  
(309) 342-0194.

## 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

**W**hat'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

**F**or 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

# A better type of surgery

By Mark Davis, M.D., board certified in surgery and a fellow of the American College of Surgeons



**M**edical terminology can often sound confusing and at times even frightening to patients. Laparoscopy (pronounced LAP-uh-rah-schah-pee) just happens to be one of those medical words that sounds much scarier than it is. In today's medicine, it's an essential surgical procedure, allowing patients a much quicker recovery because it's minimally invasive.

## HOW IS LAPAROSCOPY PERFORMED?

Performing laparoscopy usually only requires two to four tiny incisions, typically less than one-half inch in length. One incision is made just around the navel, with other incisions made in different places, depending on the procedure being performed. The first incision allows the surgeon to place carbon dioxide gas in the abdominal cavity, thus creating a space between the abdominal wall and the organs themselves. This allows the surgeon a better view and more room to maneuver the laparoscope (a small, rigid tube connected to a video camera) and surgical tools as needed. The other incisions allow for the complex surgical instruments to be inserted.

## A VARIETY OF BENEFITS

As a surgical tool, laparoscopy is most commonly

used in repairing hernias and the lungs, and is also used to remove the gallbladder, appendix, uterus, ovaries, kidneys and colon.

Many patients can have laparoscopy as an outpatient procedure, returning home within 24 hours of surgery. Most begin feeling much better within a week. However, when organ removal is performed, full recovery may take a few weeks.



## Do you need a doctor?

**M**ark Davis, M.D., of Surgical Clinics, LTD, is board certified in surgery and is a fellow of the American College of Surgeons. To make an appointment with Dr. Davis, call (309) 343-7773.

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# Health Connection

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