

Health Connection

BROUGHT TO YOU BY GALESBURG COTTAGE HOSPITAL



Know your numbers!

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Easing the sneezing

Surviving cold and flu season



QUALITY CARE. RIGHT HERE.

You've found a breast lump: Now what?

If the thought of finding a lump in your breast scares you, you're not alone. After all, many of us know someone who has had breast cancer. But some of us are so frightened that we avoid getting mammograms—the very habit that could save our lives if breast cancer develops. If you're in that group, you'll be glad to hear that four in five breast lumps turn out to be noncancerous. Here's a description of some common breast conditions:

Fibroadenoma: a smooth, solid, round painless lump that moves easily and can feel like a marble. Occurs most often in African-American women and women under age 30.

Fibrocystic breast changes: solid or fluid-filled lumps that

increase in size and tenderness five to seven days before each menstrual period.

Cyst: a smooth, fluid-filled lump often sensitive to the touch before the menstrual period. Typically appears in women between ages 35 and 50.

Lipoma: a soft and slow-growing painless lump that moves freely.

Intraductal papilloma: a small, wartlike growth near the nipple that may cause bleeding from the nipple. Occurs most often in women in their 40s.

Mammary duct ectasia: a thick, sticky, gray to green discharge from the nipple.

Mastitis: a warm, tender, lumpy area on the breast that appears red. Most often affects breast-feeding women.

Traumatic fat necrosis: painless, round, firm lumps that can result from a bruise or a blow to the breast. Occurs in older women and women with large breasts.

WHAT HAPPENS IF YOU FIND A LUMP?

If you find a lump, see your healthcare provider. He or she will do a clinical breast exam and may recommend one or more of the following tests and procedures:

Mammography, or breast X-ray, may be recommended to determine the lump's size and location.

Ultrasound examination can determine whether the lump is a fluid-filled cyst or a solid mass.

Fine-needle aspiration is an in-office procedure. Fluid is drawn out of the lump with a thin needle. If the fluid is clear and the cyst disappears, you won't need a biopsy. If the fluid is bloody or the mass is solid, your doctor probably will recommend biopsy.

Stereotactic biopsy removes a small tissue sample with a thin needle for analysis. Computerized imaging guides the needle with pinpoint accuracy to the exact location to be sampled.

Surgical biopsy usually is performed on an outpatient basis. Normally, the surgeon removes the whole lump, but in certain cases he or she will remove only part of it. The tissue is sent to a lab where a pathologist will examine it for cancerous cells.



The good news:
Four out of five
breast lumps turn out
to be noncancerous.



IF PREVENTION DOESN'T WORK

Both a cold and the flu typically involve a runny nose, sneezing, sore throat, cough and fatigue, but only flu characteristically features headache, high fever and that all-over-achy feeling.

Some people are at higher risk for complications from the flu than others and should get prompt medical care instead of trying to self-treat. These include:

- people over age 65
- children and adults with a chronic health condition, such as asthma or diabetes, or a weakened immune system
- pregnant women
- infants and young children
- anyone who lives with children or others at high risk
- healthcare workers and caregivers who are in contact with children or others at high risk

Prescription antiviral medications such as oseltamivir (brand name: Tamiflu) can help shorten the duration of the flu and prevent you from getting sicker if taken within the first 48 hours of symptoms.

If symptoms suddenly worsen, linger more than a week and are accompanied by a dry, hacking cough, the flu might have developed into viral pneumonia. Thick, rust-colored mucus along with a cough may signal bacterial pneumonia. Both types of pneumonia require medical attention.

Easing the sneezing

Surviving cold and flu season

Autumn is almost upon us. Soon it will be time to rake the leaves, pull out the sweaters and pray the kids don't catch something at school that knocks the whole family out of commission for a week.

But with a few simple precautions, parents and children can keep colds and flu away—or at least from spreading. Here are some basic tips to avoid getting sick, whether you're 2 years old or 90:

- Wash your hands several times a day with soap and water—and even more frequently if you're around anyone with a cold.
- Keep your hands away from your eyes, nose and mouth.
- Cover your mouth and nose with a disposable tissue when you sneeze or cough. Then wash your hands.
- Protect and strengthen your immune system by getting enough rest, exercising regularly and eating a healthy diet that includes lots of fruits and vegetables.
- Don't share eating utensils or drinking glasses.
- Avoid crowds of people where germs may spread.
- Most important: Keep annual flu vaccinations up to date.

Call your pediatrician or primary care provider if ...

Your sick child has any of these symptoms:

- labored breathing, often signaled by the abdomen rising and falling dramatically
- a fever of approximately 102° F that acetaminophen (brand name: Tylenol) can't control or that's present for more than three days
- inconsolable crying or irritability
- blood in vomit or stool
- recurring vomiting or loose stools
- greatly diminished food or fluid intake
- pulling or tugging at the ears, which may indicate an ear infection



Put an end to ulcers

By Joseph Maslak, M.D., board certified in internal medicine and a Fellow of the American College of Physicians

Not long ago, it was a common belief that ulcers were caused by stress and spicy foods. Doctors now know most ulcers are caused by bacterial infections or medications.

The main types of ulcers are gastric or peptic ulcers, typically on the inside lining of the stomach; duodenal ulcers, found in the first part of the small intestine; and esophageal ulcers, found in the lower section of the esophagus and often associated with chronic gastroesophageal reflux disease (GERD).

Burning sensations throughout the chest occur when stomach acid makes contact with an aggravated ulcer. The pain typically is between the naval and breastbone and can last minutes to hours. Ulcers can come and go for a few days or weeks and are usually worse on an empty stomach or at night. Antacid medication can bring relief.

Factors that can agitate peptic ulcers include:

Regular use of pain relievers. Nonsteroidal anti-inflammatory drugs (NSAIDs), such as aspirin, ibuprofen and Aleve, can irritate or inflame the lining of the stomach and small intestine. To help avoid irritation, take with meals.

Smoking. Nicotine in tobacco increases the concentration



of stomach acid and raises your risk of an ulcer.

Alcohol consumption. Excessive drinking can wear away the stomach lining and increase stomach acid production.

Stress. Although not a cause of ulcers, it can delay healing.

Because ulcers typically stem from bacteria, doctors treat them by first killing the bacteria, then reducing the level of acid in the digestive system. Left untreated, ulcers can cause internal bleeding that can lead to infection, serious damage to the digestive cavity and scar tissue that obstructs passage of food, causing weight loss. If you think you have an ulcer, contact your physician.



Joseph Maslak, M.D.
Internal Medicine

Learn more!

For more information, or to make an appointment with Joseph Maslak, M.D., call (309) 342-9183.

FROM US TO YOU



Quality Care. Right Here.

It is 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 interesting, 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 is just one more indication that Galesburg Cottage Hospital continues to strive for "Quality Care. Right Here."

On a more personal note, thanks so much for the warm welcome my wife, children and I have received since relocating to Galesburg from Terre Haute, Ind. I find Galesburg to be a wonderful hometown to raise my family and I look forward to the many years ahead. Galesburg is truly the jewel of the prairie and I am proud to call Galesburg home.

Most sincerely,

KEN HUTCHENRIDER
Chief Executive Officer, Galesburg Cottage Hospital

A harvest of healthy eating

Local farmers markets offer up a bounty of fresh food

**By Coni Jo Dobbels,
Director of Nutrition
Services at Galesburg
Cottage Hospital**

I get so excited when summer arrives; flowers are blooming and wonderful smells and sounds fill the air. But most of all, I'm anticipating the arrival of summer's bounty of fresh produce.

Many people start eating healthier in the summer because fresh vegetables and fruit are so readily available. The Galesburg Farmers Market has a wide variety of items fresh from the farm. With so many choices, farmers markets make it easy to consume the U.S. Department of Agriculture's recommended five fruits and vegetables a day. I found rhubarb, onions and red-ripe tomatoes. I even sampled some sweet corn. The strawberries were ripened with a brilliant red color and bursting with flavor.

Fresh produce provides more nutrients than frozen or canned vegetables and fruits. Your local farmers market offers a bonanza of healthy choices chock full of vitamins. Asparagus and onions are great sources of vitamins A and C, plus iron and calcium. Did you know calcium from vegetables provides the same benefit for bone health as calcium from dairy products? Green peas provide folate and a wide range of B vitamins essential for the proper metabolism of fat, protein and carbohydrates. Spring greens, such as arugula, romaine, bok choy, mustard and



collard, contain lutein, beta-carotene, vitamin C, folate and minerals. Green beans supply the body with beta-carotene and vitamins A and C. Spinach packs a powerful punch of vitamin K, but if you're taking blood thinning medication such as Coumadin, consume only a moderate amount of vitamin K. All fruits and vegetables contain fiber, which is essential for good digestive health.

Baked goods are always one of my favorites and there were even plenty of sugar-free treats for those who are watching sugar. I was amazed to discover a stand that offered 100-percent multigrain bread containing 12 different grains and seeds. The baker even grinds her own whole wheat.

Enjoy the tastes of the season and visit your local farmer's market to take advantage of

healthy and fresh-from-the-farm produce. I truly enjoyed my Saturday morning samplings of baked goods, veggies and fruits and I hope to see you there doing the same!



Coni Jo Dobbels
Director of Nutrition Services

Learn more!

For more information, contact Coni Jo Dobbels, Director of Nutrition Services at Galesburg Cottage Hospital, at (309) 345-4434.

HEALTHWISE QUIZ

How much do you know about Alzheimer's disease?

Take this quiz to find out.

1 Which example of memory loss may be a sign of Alzheimer's disease?

- a. forgetting where your keys are
- b. forgetting what month and year it is
- c. forgetting the name of a person you just met
- d. forgetting to return a phone call

2 British researchers have recently learned that drinking this beverage can inhibit enzymes associated with the development of Alzheimer's:

- a. orange juice
- b. coffee
- c. tea
- d. white wine

3 All the following may be early warning signs of Alzheimer's *except*:

- a. speaking in jumbled sentences
- b. getting lost in familiar areas
- c. having rapid mood swings for no apparent reason
- d. losing sense of balance or experiencing vertigo

4 Which health condition is suspected of increasing the risk of Alzheimer's?

- a. yo-yo dieting
- b. high blood pressure
- c. asthma
- d. low bone density

5 Which is the most misdiagnosed mental disorder in older adults?

- a. Alzheimer's disease
- b. depression
- c. anxiety attacks
- d. insomnia

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

NUMBER CRUNCHING

Managing high cholesterol



The bad news: High cholesterol plays a key role in whether you develop heart disease or suffer a heart attack or stroke. Excess cholesterol, a waxy, fatlike substance in your blood, builds up on artery walls, reducing blood flow. The good news: You can do something about it.

Many factors contribute to high cholesterol. While you can't change your genes, age or gender—which all affect cholesterol—you can take the following steps to improve your cholesterol levels and your health.

To lower your LDL, or bad, cholesterol and raise your HDL, or good, cholesterol:

- **Eat smart.** Saturated fat and trans fats raise LDL cholesterol levels. Instead, use polyunsaturated or mono-unsaturated fats like olive, safflower, sesame, soybean, canola and peanut oils. Eat no more than six ounces of lean meat, fish or skinless poultry a day. Choose plenty of fruits, vegetables and whole-grain foods. Switch to fat-free or low-fat dairy products and increase soluble fiber found in foods like oats, beans and citrus fruits.
- **Get regular exercise**—at least 30 to 60 minutes of physical activity a day.
- **If you smoke, quit.** Smoking lowers HDL cholesterol and increases the blood's tendency to clot.
- **Consider medication.** If lifestyle changes aren't enough, your healthcare provider may prescribe cholesterol-lowering drugs.

Leveling off your numbers

Aim for these desired cholesterol levels. If you already have heart disease or other risk factors, your doctor may set different goals for you.

Total cholesterol less than 200 mg/dL

HDL cholesterol greater than 50 mg/dL

LDL cholesterol less than 100 mg/dL

Triglycerides less than 150 mg/dL

Bad breaks

First aid for broken bones

If your child were to take a spill from a bike or your best friend turned an ankle while stepping off the curb and you suspected a bone is broken, would you know what to do? Try taking these actions:

- **Determine whether you need emergency help.** All fractures will need medical attention, but call for emergency help if the injury involves the head, neck, back, pelvis or upper leg; there's heavy bleeding; bone has pierced the skin; or a toe or finger on the injured arm or leg is numb or blue at the tip. Also, call for help if you can't transport the injured person by car because he or she can't sit upright or use safety or seat belts.
- **Remove clothing from the injured part.** Use scissors to cut clothing away; don't try to pull the limb out of clothes.
- **Stop any bleeding.** Use a sterile bandage or clean cloth



and apply constant pressure to the wound. Have the person lie down and don't wash the wound or poke the bone back into the skin.

- **Make a splint.** Keep the limb in the position you find it. Place soft padding around the injury with something firm (like a board or rolled-up newspaper) next to it, using first-aid tape. Make sure the splint extends past the joints above and below the injury.
- **Apply cold packs.** Wrap ice in a towel and place it on the injured area to control swelling and pain until help arrives.

In case of emergency ... We're here for you

There's no telling when an accident or a sudden illness will occur. But when it does happen, turn to us, the clear choice for emergency assistance. Our emergency department provides patients with fast, dedicated and compassionate care. What's more, our ER is backed and supported by an entire hospital dedicated to helping you get well.

In an emergency, every second counts. Call us for emergency help anytime you suspect someone needs urgent care.



The whole-grain truth

Think outside the breadbox to include more healthy foods in your diet

Grains like wheat, rice, oats and corn are a staple in the American diet and for much of the world. Whole grains

and foods made from whole grains are an important source of fiber, vitamins, minerals and other nutrients. When refined grains like white flour and white rice are processed, much of the fiber and nutrients are lost.

Eating more whole grains can help you lower cholesterol and control your weight, reducing risk of heart disease, stroke, diabetes, gastrointestinal problems and cancer. Aim to eat at least three servings of whole grains each day. The earthy, nutty flavors and chewy textures are a great way to add a new dimension to your menu. Whole-grain breads, cereals, tortillas and crackers are just the beginning. Explore a variety of whole grains like barley, groats, wheat berries, buckwheat, triticale, bulgur, millet and quinoa.

HOP ABOARD THE GRAIN TRAIN

Upping your intake of whole grains is easier than you think. Try making some of these simple diet switches:

- Start your day with a bowl of bran flakes, shredded wheat or oatmeal.
- Buy whole-grain breads, bagels, rolls, tortillas, muffins, waffles and pancakes.
- Substitute rolled oats or crushed bran flakes for bread crumbs in recipes.
- Switch to whole-wheat pasta.
- Bypass the potatoes and try bulgur, barley, quinoa or brown or wild rice.
- Snack on un buttered popcorn or whole-wheat crackers or pretzels.
- Substitute barley or brown or wild rice for pasta or noodles in soups, stews, casseroles and salads.
- Use whole-wheat pastry flour in place of much of the all-purpose flour in recipes.



Know your numbers

Common lab tests reveal a lot about your health



Jeanette Valentin, M.D.
Internal Medicine

By **Jeanette Valentin, M.D.**,
board certified in internal medicine

Having laboratory tests performed by your physician can sometimes be unsettling and cause concern. But lab tests are important instruments in managing your health. A few common tests should be performed on a regular basis:

- **Glucose testing** is the measure of the sugar level in the body. The normal glucose range is 85 to 110 mg/dL. A high value, which is anything more than 125, is associated with diabetes.
- **Complete blood count (CBC)** test is used as a broad screening to check for disorders such as anemia, infections and other diseases.
- **Urinalysis** exams are typically conducted with a reagent strip that is briefly dipped into a urine sample. A urinalysis may cover the following: pH measures the amount of acid in your urine; specific gravity (SG) measures how diluted the urine is with water; a positive reading of glucose in urine is typically found in patients with diabetes; protein in the urine may indicate kidney damage, blood in the urine or an infection; blood in the urine also can indicate an infection, kidney stones, bleeding from the bladder or a kidney tumor.
- **Cholesterol levels** should be checked at least once every five years for everyone over the age of 20. Lowering cholesterol levels that are too high lessens the risk for heart disease and a heart attack. The cholesterol test evaluates the following: low density lipoprotein (LDL), which is also known as “bad” cholesterol; high density lipoprotein (HDL), also known as “good” cholesterol; total cholesterol levels; and triglycerides. If cholesterol levels are too high, various treatments—from dietary and lifestyle changes to medication—may be recommended.

If you have questions or concerns regarding other laboratory test results, consult your physician.

Make an appointment!

For more information or to schedule an appointment, contact **Jeanette Valentin, M.D.**, at Cottage Medical Plaza-Seminary Building, 834 North Seminary St., Suite 301, Galesburg, or call **(309) 342-9181**.

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695 N. Kellogg Street
Galesburg, IL 61401

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