

Health Connection

BROUGHT TO YOU BY THE MEMORIAL HOSPITAL OF SALEM COUNTY

Trouble getting your zzzs?
Help for sleep apnea is here

A better kind of heart care
New cath lab open at MHSC

**Real-world strategies
to control your weight**

**Protecting against
female cancers**
What every woman
should know



The Memorial Hospital
OF SALEM COUNTY

Right Care. Right People. 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.



Trouble getting your zzzs?

Help for sleep apnea is here

By Roman Krol, M.D.
Pulmonary Care, Critical Care
and Sleep Medicine

Sleep apnea is a serious sleeping disorder that occurs when a person stops breathing for 10 seconds or longer during sleep. It can be mild to severe, depending on the number of times an hour the breathing stops (apnea) or becomes very slow (hypopnea). Apnea episodes may occur from five to 50 times an hour.

TYPES OF SLEEP APNEA

- **Obstructive sleep apnea (OSA).** The more common form of sleep apnea, OSA is caused when the throat muscles and tongue relax during sleep and partially block the airways in the nose, mouth or throat.
- **Central sleep apnea.** This type of apnea is referred to as “central” because it’s directly related to central nervous system function. The airway is not blocked, but the brain fails to signal the muscles to breathe due to instability in the respiratory control center. This is usually seen in patients with central nervous system dysfunction as a result of stroke or neuromuscular diseases.

Some people with sleep apnea complain they wake up with a sore and/or dry throat. On occasion, they may wake with a choking or gasping sensation or possibly wake themselves up with their own snoring.

SIGNS OF SLEEP APNEA

The symptoms of sleep apnea include:

- loud snoring
- feeling sleepy throughout the day
- restless sleep at night



- waking with constant headaches
- feeling irritated
- insomnia

CONSEQUENCES OF SLEEP APNEA

When a person stops breathing, it reduces oxygen in the bloodstream. Over time, this lack of oxygen can lead to serious health problems, including high blood pressure, stroke or heart attacks. In addition, untreated sleep apnea may be responsible for job impairment, vehicle accidents and depression.

TREATING SLEEP APNEA

Typically, a polysomnogram (PSG) test is used to diagnose sleep apnea. The PSG test measures the activity of the brain, eye movements, muscle activity, heart rate, respiratory effort, airflow and blood oxygen levels during sleep. After the study is completed, doctors look at the number of times breathing was interrupted during sleep and grade the apnea’s severity. Mild sleep apnea

can be controlled by losing weight, developing good sleeping habits and avoiding alcohol before bed. However, with severe sleep apnea, a patient may need to use a breathing device to prevent the airway from closing during sleep.



Roman Krol, M.D.

Learn more!

If you have questions regarding sleep apnea and its effects, please contact your physician or call Dr. Krol at (856) 935-0276.

A better kind of heart care

New cath lab open at MHSC

The Memorial Hospital of Salem County (MHSC) recently opened a new cardiac catheterization lab. Located just behind the same-day surgery department, the addition features technological equipment that provides physicians with quick access to information during a procedure.

“We’re excited to offer this service to our community,” says James L. Angle, FACHE, chief executive officer of MHSC. “It’s part of our commitment to bring the right care, right here to our community.”

Because many people may not understand cardiac catheterization, MHSC offers answers to some questions that may be posed about the procedure.

WHAT IS CARDIAC CATHETERIZATION?

A cardiac catheterization is a specialized study of the heart during which a catheter (a thin, hollow tube) is inserted into the blood vessels of the groin, arm or neck by either a small incision or needle stick. The tip of the catheter is then guided to the heart. Once there, the catheter can be maneuvered to different locations inside the heart. The test can provide information about a variety of cardiac conditions, such as congenital heart defects or the location of blockages in the coronary arteries. The procedure takes approximately 30 minutes and provides same-day results to both physicians and patients.

WHO SHOULD HAVE A CARDIAC CATHETERIZATION?

If you experience chest pain, shortness of breath, dizziness, palpitations or other signs

of heart disease, your physician may evaluate you to decide whether or not you should have the procedure.

Other reasons to perform cardiac catheterization include measuring the heart’s function, evaluating narrowed or leaking heart valves and identifying patients who might need angioplasty or coronary bypass surgery.

Remember, it’s important for you to see your physician if you experience any signs of heart disease.



Protect your heart health!

If you have specific questions regarding cardiac catheterizations or The Memorial Hospital of Salem County’s new catheterization lab, contact the lab’s administrative director, Renee Smallhorne, at (856) 339-6079.

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

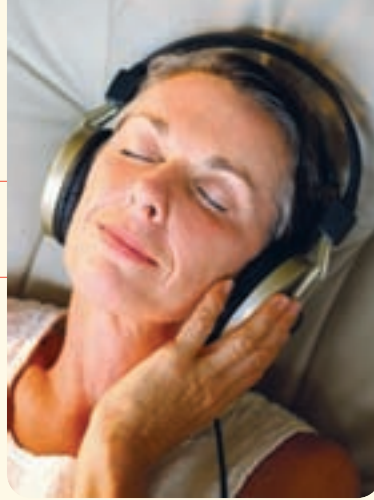
to involve a large bank account or even a lot of time. The following list of ways to make

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.



James L. Angle, FACHE
Chief Executive Officer

Building for a healthy future

I hope that you're enjoying the cool autumn temperatures and are getting ready for a wonderful holiday season.

I think it's important that I share information about our hospital with you, so I'd like to tell you about one of our surgical facilities and our new cardiac catheterization lab at The Memorial Hospital

of Salem County.

A variety of surgical procedures are performed here in our hospital operating room by a team of surgeons, anesthesiologists and clinical staff. However, some patients require only minimally invasive surgeries that can be performed at the Surgery Center of Salem County, located right next to the hospital. Procedures performed at the center include endoscopies, colonoscopies and urological surgeries.

Earlier this year, we added a cardiac catheterization laboratory to our campus. The facility, built in conjunction with our new Emergency

Department, added more than 2,000 square feet of space to the hospital. We're so excited to offer this service to our community.

As always, feel free to contact me about your hospital experience by calling (856) 339-6059. Please have a happy and safe holiday season.

Best regards,

JAMES L. ANGLE, FACHE
Chief Executive Officer
The Memorial Hospital of Salem County



Fast fact

If you've survived a heart attack, the odds are already in your favor. Still, that

doesn't mean you're off the hook. During the first six years after a heart attack, the chance of having a second one is 35 percent for women and 18 percent for men. If anything positive can be said about having a heart attack, it's that it provides an incentive to make some lifestyle changes.

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