

# Health Connection

BROUGHT TO YOU BY THE MEMORIAL  
HOSPITAL OF SALEM COUNTY

**Better health is just  
a click away!**

**The right doctors  
for you—look inside**

**Preparing for  
outpatient surgery**

**Improve your  
balance and  
strength**

Try core  
conditioning

**Dining the Greek way**



**The Memorial Hospital**  
OF SALEM COUNTY

*Right Care. Right People. Right Here.*

# Preparing for outpatient surgery

**T**hanks to the miracle of science, surgeries that once required a hospital stay can now be done on an outpatient basis. That's good news for those who recover better in the comfort of home, but it also means that any necessary arrangements must be made before the surgery date. If you or a loved one is facing outpatient surgery, try the suggestions below to help make the experience as smooth as possible.

## PLAN AHEAD

As surgery day draws closer, you'll find it helpful to have certain things taken care of. Once you know your surgery date and time, ask yourself these questions:

- **Do I need to make any changes in my house's setup?** You may have to set up a temporary bedroom on the first floor if you think you'll have difficulty climbing stairs, for instance.
- **Do I have enough food in the house?** Stock up on meals in the freezer (either homemade or store-bought) so you

won't have to worry about food preparation. Ask your doctor about dietary restrictions or recommendations.

- **Will I need help in the house?** Plan to have a friend or a family member drive you home from the hospital. It's also a good idea to have someone stay with you during the first 24 hours. After that, schedule your visitors. They'll brighten your mood but may also cut into your resting time. Be sure to limit visits based on how you feel.
- **Is there anyone I'm responsible for?** If you have baby-sitting or caretaking responsibilities, remember to make other arrangements for your recovery period.

## THE DAY BEFORE

Your doctor will probably instruct you not to eat or drink within eight hours of surgery. Ask your doctor whether you should abstain from taking medication or bring a day's dosage with you to the hospital.

If you're recovering from or coming down with a cold, tell your doctor. Your surgery may be postponed until you feel healthy.

Because skin-tone changes can sometimes be a sign of postsurgery problems, don't wear any makeup the day of surgery, including eye makeup and nail polish. Also, plan to wear loose clothing to the hospital.

## AFTER SURGERY

Tell your healthcare team about any discomfort, irritation or pain you feel. How long you stay at the hospital will depend on your ability to drink fluids, walk and urinate. The amount of pain you're in will also affect your discharge. Before you leave, get a written list of postoperative instructions, symptoms to monitor and in-case-of-emergency phone numbers.





**A strong, stable core helps reduce your risk of injury and prevent back pain.**

# At the core of fitness

**H**ead of core conditioning? It's the "apple-a-day" way for you to ensure that your body stays strong and steady. Simply put, core conditioning is a series of exercises that target your core—the body's center of power that starts just below your shoulders and ends just below your hips. You work out to gain strength in the muscles that control your trunk and spine while improving balance, agility and flexibility. Adding core strength helps you perform daily functions like lifting grocery bags, playing with your kids and getting in and out of your car. A strong, stable core also helps reduce your risk of injury and prevent back pain.

Try these exercises to build the back, abdominal, thigh and buttock muscles associated with a strong core. Check with your physician first to be sure you're starting at a fitness level that's right for you.

• **Yoga.** This ancient practice involves stretching and holding

postures that focus on building flexibility, balance and strength.

• **Tai chi.** This Chinese ritual involves precise, relaxed exercises to increase both agility and balance.

• **Pilates.** It's the latest craze, involving the use of certain exercises to create longer and stronger muscles without the bulk.

• **Weight training.** Focus on exercises that target your core muscles. Start light and increase the intensity of your workout over time. You may want to consult with a personal trainer to develop a program tailored to your needs.

• **Stability ball.** Sometimes

called a Swiss ball or a resist-a-ball, this large, rubber exercise ball is one of the best ways to actively target and stabilize your core. Start with the ball slightly deflated or secure it against a wall until you're ready to add more challenge to your balance. Choose a ball that comes with a video of basic exercises.

• **BOSU ball.** Shaped like a stability ball cut in half—flat on one side, domed on the other—the BOSU ball is designed to activate and strengthen your core as you perform exercises on it. Many gyms offer BOSU ball classes, and you can also buy video and DVD workouts to use with the BOSU at home.

• **Stability equipment.** Other light equipment ranging from foam rollers, balance pads and discs and mini-trampolines (ideal for beginners) to balance and wobble boards (for the more advanced) can help you improve core strength and stability.

## Better health is just a click away



James L. Angle, FACHE  
Chief Executive Officer

**T**oday, the world of health information is literally at our fingertips. When you log on to our Web site, [www.mhschealth.com](http://www.mhschealth.com), you'll notice a link to Discovery Hospital. Go ahead, click on it. This is your link to the world of interactive medical information. It's a place to find health topics that are important to you and your family. By logging on, you can:

- explore interactive wellness, health and fitness tools
- get updated on the latest health news stories
- tour an expansive online video library
- sign up to receive a monthly e-newsletter

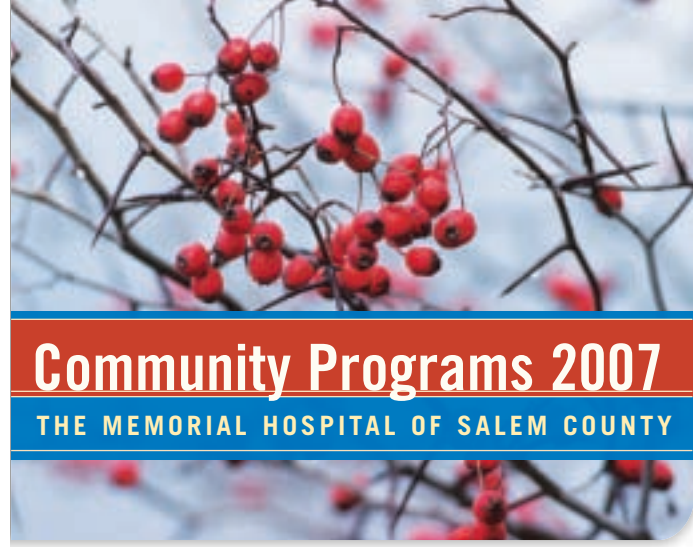
This educational tool is designed for you. Make sure to check it out as soon as you can.

In addition to this resource, look on this page for a list of Community Programs for 2007. If you'd like to find out more about any of these programs, just call the numbers listed. Our dedicated staff will be happy to assist you in any way.

As always, feel free to contact me with any questions by calling **(856) 339-6059**. Please, enjoy the remainder of your winter season. Pretty soon, we'll all be wishing it were cool again.

Best regards,

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



## Community Programs 2007

THE MEMORIAL HOSPITAL OF SALEM COUNTY

### Safe Sitter Classes

Held four times each year.

**Call: (856) 935-1000, ext. 3098**, for dates, times and registration information

### Healthy Woman



A community resource designed with women in mind and featuring free monthly events.

**Visit: [www.mhschealth.com](http://www.mhschealth.com)** or call **(856) 339-6296** for a list of upcoming events and registration information

### MHSC Volunteer or Jr. Volunteer Program

Become a volunteer and give back to those in need.

**Call: (856) 935-1000, ext. 3098**, to sign up

### Senior Circle



Great benefits and programs for those ages 50 and older.

**Call: (856) 878-6915** or visit [www.mhschealth.com](http://www.mhschealth.com) for more information

### CPR Certification Classes

**Call: (856) 878-6886** for a list of available classes



## Fast fact

**I**t's never too late to quit smoking—and the benefits start 20 minutes after your last cigarette. After 15 smoke-free years, your risk of coronary heart disease is that of a

**nonsmoker, and your risk of dying from lung cancer is only slightly higher than that of a nonsmoker.**

## THE RIGHT DOCTORS FOR YOU

The experienced, dedicated physicians of The Memorial Hospital of Salem County (MHSC) can help your family stay healthy. We'd like to introduce you to four of them.



**SUSAN LOTKOWSKI, D.O.**  
Neurology

**499 Beckett Road, Suite 101  
Logan Township  
(856) 241-0113**

Neurologist Susan Lotkowski, D.O., began working at MHSC several months ago. She completed her medical training at Philadelphia College of Osteopathic Medicine in Philadelphia, Pa., and her residency at Thomas Jefferson University Hospital, also in Philadelphia. Her specialties include headache, stroke and epilepsy. Dr. Lotkowski resides in Woolwich Township with her husband, Jason, and their two children, Jason and Kaitlyn.



**AMIR FRIEDMAN, M.D.**  
Obstetrics/Gynecology

**330 Woodstown Road  
Salem  
(856) 935-1900**

Amir Friedman, M.D., is a board-certified Ob/Gyn who comes to MHSC after seven years of private practice in Kansas. He received his medical degree from Mount Sinai Medical Center in New York, N.Y., and completed his residency at Bridgeport Hospital in Bridgeport, Conn. Dr. Friedman lives in Beckett with his wife, Virginia, and two children, David and Gabriella.



**BARRY BERMAN, M.D.**  
Pediatrics

**4 Bypass Road  
Salem  
(856) 935-3582**

Barry Berman, M.D., has lived in southern New Jersey for the past eight years and joined MHSC last year. He completed his medical training in Mexico and is both a Diplomate and Fellow of the American Academy of Pediatrics. When he's not practicing medicine, Dr. Berman enjoys interesting hobbies, including leading a model rocketry club and playing in a rock band. Dr. Berman lives in Sewell with his wife, Karen, and their four children, Kathryn, Zachary, Mark and Stephanie.



**ROMAN KROL, M.D.**  
Pulmonary, Critical Care  
and Sleep Medicine

**310 Woodstown Road, 4th Floor  
Salem  
(856) 935-0276**

Before arriving at MHSC late last year, Roman Krol, M.D., completed his fellowship in pulmonary, critical care and sleep medicine at Drexel University School of Medicine in Philadelphia, Pa. He received his medical degree from Ross University School of Medicine in Dominica, West Indies. In his spare time, Dr. Krol enjoys traveling with his wife, Anna, and his two children, Gregory and Jessica. They reside in Cherry Hill.

## HEALTHWISE QUIZ

### How much do you know about **menopause**?

Take this quiz to find out.

**1** The average age when women in the United States reach menopause is:

- a. 51
- b. 55
- c. 48
- d. 64

**2** The single biggest risk factor for osteoporosis, or brittle bone disease, is menopause. All of the following are signs that you may have osteoporosis except which one?

- a. height loss
- b. tooth loss
- c. joint pain
- d. backaches

**3** One of the few reasons you should consider using hormone therapy is to:

- a. prevent ovarian cancer
- b. relieve severe menopausal symptoms such as hot flashes
- c. protect against heart disease
- d. lower your risk of breast cancer

**4** The transitional period of two to 10 years before menopause, characterized by hormone fluctuations that can cause menopausal symptoms, is called:

- a. premature menopause
- b. premenopause
- c. perimenopause
- d. postmenopause

**5** Of the following remedies, which is the only one approved by the U.S. Food and Drug Administration to relieve hot flashes?

- a. soy
- b. black cohosh
- c. phytoestrogens
- d. hormone therapy

# Take control!

## 7 steps to healthy blood pressure and cholesterol

**H**eat disease and stroke kill millions of Americans each year. Unless you take steps to control your blood pressure and cholesterol levels, you may be at risk for these diseases. Get on the road to better health today with these seven simple steps:

- 1 Take a walk.** Exercise helps control your blood pressure and improves your cholesterol. Choose activities you enjoy and strive for at least 30 minutes of moderate-intensity physical activity on most days of the week.
- 2 Manage your weight.** Reducing your weight by just 10 pounds may help lower your blood pressure and reduce bad cholesterol. Since dropping pounds may be easier when working with a group, ask your healthcare provider to refer you to experts, groups or classes that can help.
- 3 Toss the cigarettes.** Smoking causes blood vessels to narrow and blood pressure to rise. It also makes it easier for cholesterol-rich plaque to stick to artery walls. A smoking cessation class can offer extra support.
- 4 Eat well.** Enjoy vegetables, fruits, whole grains, beans and legumes, along with moderate amounts of lean protein and healthy fats like those in salmon and olive oil. Avoid foods high in saturated fat, cholesterol, sodium, sugar and trans fatty acids.
- 5 Try soy.** A recent study shows that two servings a day of uncooked soy protein—found in tofu, soy milk or soy powder—lowers cholesterol levels by as much as 9 percent.
- 6 Limit your liquor.** Women should consume no more than one drink a day and men no more than two drinks a day.
- 7 Get screened.** Routinely checking your blood pressure and cholesterol levels keeps you on top of your cardiovascular disease risks. If your blood pressure's high, ask your doctor about buying a blood pressure monitor for home use.





# First-aid foresight

Would you know what to do?

**S**ooner or later, we all face a medical problem that calls for immediate first aid and clear thinking. Knowing what to do next is a health skill everyone needs.

**Bleeding.** Apply pressure to the wound with a thick, clean cloth and raise the wound above the heart. If bleeding is severe or isn't controlled in five minutes or if the wound is very dirty, longer than an inch or gaping, get immediate medical care.

**Puncture wounds.** Don't self-treat deep puncture wounds since they can result in deep-tissue injury or infection.

**Burns.** Run cool water over minor burns, immerse in cold water or wrap the burned area in a cold, wet cloth for about 10 minutes or until pain subsides. Apply an antibiotic ointment and cover with a bandage. Call your doctor if blisters form.

**Poisoning.** Before doing anything, call the National Poison Control Hotline at 1-800-222-1222. Induce vomiting only if instructed.

**Shock.** Shock may cause cold, clammy skin; weakness; confusion; a rapid heartbeat; or deep, shallow or irregular breathing. Keep the victim warm and lying down on his or her back until help arrives. Don't give the victim anything to drink.

**Electrical injuries.** Do not touch someone who has just been electrocuted—the current may pass through you. While waiting for help to arrive, try to turn off the source of electricity.

**Sprains and strains.** To treat sprains and strains, follow the RICE method: rest, ice, compression and elevation. Apply ice packs or cold-water compresses to relieve swelling. Wrap the injury in an elastic bandage and keep it elevated above the heart.

**Broken bones.** Quickly call for emergency assistance. It's best not to move the person or attempt to straighten a broken bone.

## Dine the Greek way

**A**lthough many of their meals consist of 40 percent fat, residents of the Greek isle of Crete who eat a traditional diet live longer than most other ethnic groups. In fact, Greeks who haven't succumbed to Western-style meals are 20 percent less likely to die of coronary artery disease and about 30 percent less likely to die of cancer than Americans are.

These stats make nutritionists take note, and what they've found is that the traditional Greek diet is one of the healthiest eating styles you can choose. The diet focuses on:

- vegetables, fruits, fish, grains, beans, nuts and legumes like chickpeas
- olive oil as the sole source of added fat
- only a few weekly servings of poultry, eggs and sweets
- daily, small to moderate amounts of cheese and yogurt
- red meats saved for special occasions only

What's more, the Greek diet is tasty—a sign that you don't have to give up good food to stay healthy.

### BEWARE OF TROJAN HORSES

But be cautious: Some Greek foods found in the United States don't fit the heart-healthy profile of traditional



Greek cuisine. The nonprofit Center for Science in the Public Interest analyzed typical restaurant-size portions of some popular Greek meals. What they found could stop your heart. For example, spanakopita (spinach pie in phyllo dough) has 410 calories and 24 grams of fat, beef or lamb gyro (sandwich) has 760 calories and 20 grams of fat and moussaka (a meat and eggplant casserole) has 830 calories and 48 grams of fat!

**The right choice  
in an emergency.**

**er+**



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