

# AFFINITY For You

THE MAGAZINE OF AFFINITY MEDICAL CENTER



Welcome  
to our  
premiere  
issue!

# Healthbriefs

## > Butter and margarine go head to head



You see them next to each other in the grocery store, but which one do you choose? And, more importantly, which type of fat is better for your heart? The decision is in: Most margarine choices are a healthier option than butter, according to the Mayo Clinic.

Because margarine is made from vegetable oils, it doesn't contain dietary cholesterol and it's higher in polyunsaturated and monounsaturated, or "good," fats, which, when substituted for saturated fats, help reduce low-density lipoprotein (LDL), or "bad" cholesterol. On the other hand, butter contains high levels of saturated fat and cholesterol because it's made from animal fat.

Buyers beware, though: Choose your margarine carefully. Solid margarine—which comes in stick form—isn't a good choice because it contains trans fat. Instead, choose soft or liquid margarine and check labels for the spread with the lowest calories, the least amount of saturated fat and no trans fat.



### Are you at risk?

Have you been checked for high cholesterol? Make an appointment with your doctor to discuss your risk factors and ways you can lower your risk.

## > Long commutes take toll on the heart

Do you have a long ride to and from work? Well, here's another drawback to the aggravation you may feel being trapped in your car: According to a study in the *American Journal of Preventive Medicine*, which looked at almost 4,300 Texas city workers, the longer you're behind the wheel during your commute, the worse your heart health. Waistlines expanded, exercise routines disappeared, and with these bad habits came higher blood pressure and excess pounds.

Even for those who did exercise, these heart disease risk factors didn't disappear, which means there's probably something to the commute itself that's harming hearts. Researchers hypothesize it could be that long-distance drivers are burning fewer calories overall and stress could be taking a toll. Researchers suggest finding other ways to add activity to your day, so don't hesitate to bring a pair of walking shoes to work and hit the sidewalks during your lunch break.



## > Could it be a pinched nerve?

Pinched nerves, which occur when too much pressure is applied to a nerve by surrounding tissues, such as bones, cartilage or muscles, can be painful and irritating. Understanding if you're at an increased risk of one day experiencing a pinched nerve is the best way to help prevent it. Here are five risk factors:

- 1 Posture.** Proper posture decreases the pressure to your spine and nerves.
- 2 Bone spurs.** Conditions like osteoarthritis can cause you to develop bone spurs. They can stiffen the spine and narrow the space where your nerves travel.
- 3 Overuse.** Activities that involve extensive use of your hands, wrists and shoulders can increase your risk of a pinched nerve.
- 4 Obesity.** Having excess weight adds more pressure from muscles and body tissue onto your nerves.
- 5 Pregnancy.** Weight gain from pregnancy can swell your nerve passages and pinch your nerves.







# Meet our Healthy Woman Advisory Council

Behind every Healthy Woman is a great advisory council. What is the Healthy Woman program? It's a series of health education events designed to help you maintain a healthy mind, body and spirit. Membership is free and the benefits last a lifetime. Visit [www.AffinityMedicalCenter.com/HealthyWoman](http://www.AffinityMedicalCenter.com/HealthyWoman) or call (330) 830-1650 to learn more. Visit our website frequently for details about upcoming events. ●



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## A message FROM OUR CEO



### DEAR FRIENDS,

Welcome to the premiere issue of *Affinity For You*, a community newsletter provided to you by Affinity Medical Center.

**RON BIERMAN**  
Chief Executive  
Officer

### Dedicated to you

Affinity Medical Center is committed to partnering with its community, patients, doctors and employees to provide quality, personalized, compassionate health care; contributing to a healthier community by promoting healthful living; and providing educational opportunities for health care professionals. We have a great deal to be proud of and are continuously advancing to meet your health care needs.

Affinity is truly a community hospital. We're governed by a local board of trustees made up of health care professionals and members of the local community. As the only full-service hospital located in the city of Massillon, Affinity Medical Center is proud to serve the Western Stark County community and to be your provider of choice!

### Expanding for you

As we continue to move forward to a brighter future, we look forward to the completion of the construction expansion project in our Emergency Department along with the addition of a third catheterization lab to our Affinity Heart Center, both to meet our community's needs.

We'll continue to look for ways to better serve you, both now and in the future. We appreciate the opportunity to care for you and your loved ones.

Thank you for entrusting your care to us.

Best regards,

## Ron Bierman

Chief Executive Officer  
Affinity Medical Center

# Sleep and your brain

For optimal health, get your shut-eye

➤ Sleep is a time for you to rest and, hopefully, get refreshed and ready to face the new day. For your brain, sleep is a time for work.

During those blissful hours of shut-eye, your brain is playing an integral part in the maintenance of your nervous system, laying pathways to help you learn and create new memories. Some experts also think that sleep affords our brains the opportunity to rest hardworking neurons before they have a chance to malfunction. In addition, connections between neurons that aren't frequently

used may finally get a chance to exercise during sleep as a way of preventing their deterioration.

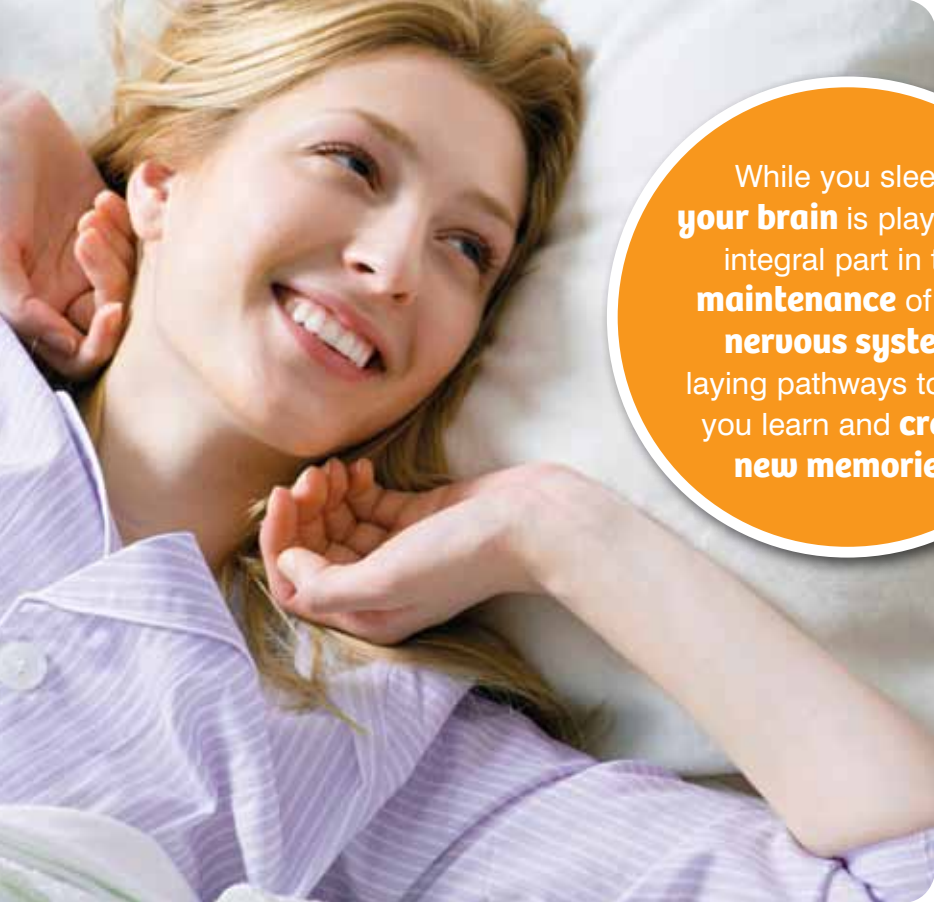
If you cut your sleep sessions short (or get less than the recommended seven to eight hours), you're interrupting these vital processes and, as you probably know, making it more difficult to remember things or concentrate. You may find it more difficult to work, drive or function in general. Hallucinations and mood swings may also develop in more severe cases of sleep deprivation.

Some very preliminary research also seems to suggest that poor sleep habits may age your brain and contribute to cognitive health problems such as dementia, but more research is needed. On other, more definitive health fronts, lack of sleep has been linked to heart disease, obesity and diabetes.

## Here's to good sleep

Struggling to get that elusive sleep can be frustrating, but a good night's sleep isn't just a dream. To keep your brain in tip-top shape:

- **Schedule bedtime.** Going to sleep at the same time every night can help program your body into a healthy cycle.
- **Exercise regularly.** A good workout—if not timed too close to bedtime, or about five to six hours before you go to bed—can help you achieve a deeper sleep.
- **Skip the cigarettes, nicotine and alcohol,** all of which can negatively affect your quality of sleep.
- **Relax.** Read a book or soak in a nice, warm bath before going to sleep.
- **Avoid staying in bed if you can't sleep.** Find another low-key activity to do until you feel sleepy.
- **Keep your room cool, but not too cool.** Extreme temperatures that make you uncomfortable will keep you from getting sleep.
- **Wake with the sun.** It helps reset your body's internal clock. ●



While you sleep, **your brain** is playing an integral part in the **maintenance** of your **nervous system**, laying pathways to help you learn and **create new memories**.



# Coping with stroke

➤ You didn't see it coming, but few people who have a stroke do. And as you may know by now, surviving a stroke is only half the battle. How do you cope with a life that's forever changed?

First off, know that there are many people facing the same situation as you. Almost 800,000 people have strokes every year. Some may recover with only minor residual effects, while others are left with permanent disabilities. Learning to cope with your individual situation is critical to recovery. Here are some strategies that may help:

➤ **Recognize the emotions.** You'll likely go through a range of emotions, from sadness about things you may no longer be able to do, to anger about why this happened to you, to frustration with the difficulty of communicating with loved ones. All of these are normal feelings. If you're experiencing extended periods of sadness, have lost interest in

life or have thoughts of suicide, seek help immediately because these are symptoms of depression. If you're a caregiver of someone with stroke, learn to recognize the signs.

➤ **Work with the new you.**

Recuperating will take time and a lot of hard work, and you may not totally get back to where you were before. Set small goals for yourself and celebrate as you reach them. And don't be afraid to rest. Remain active. You may not be moving the way you used to, but don't feel embarrassed by having to use a cane or wheelchair. You need to get out, even if only for a short time. If your loved one has had a stroke, encourage him or her to meet up with friends or engage in enjoyable activities, if he or she is up to it.

➤ **Ask for help.** Don't be afraid to reach out to friends and family to assist with errands or just stop by for a visit. ●

## HealthWise QUIZ

How much do you know about medication management?

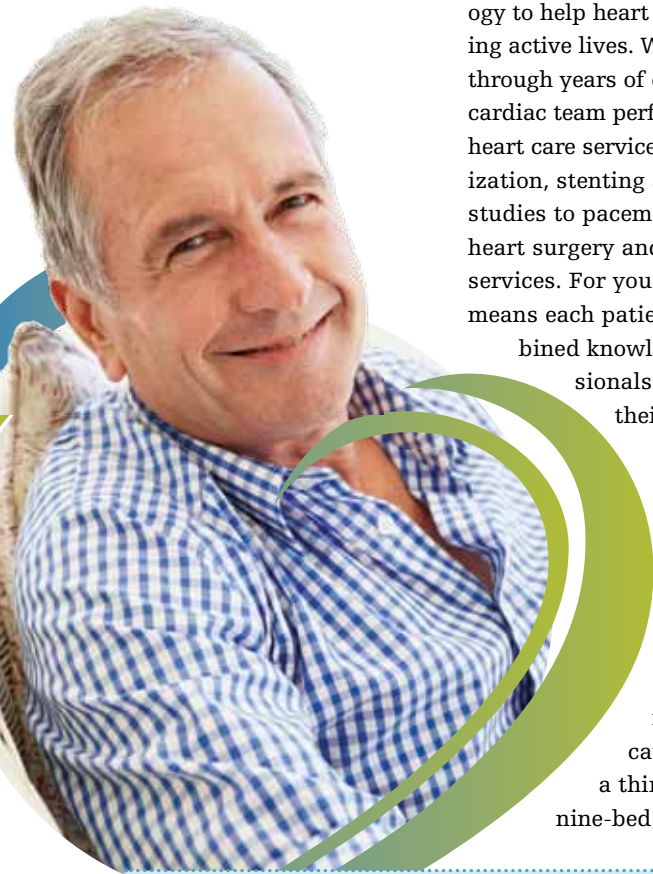
➤ TAKE THIS QUIZ TO FIND OUT.

- 1 According to the FDA (U.S. Food and Drug Administration), splitting pills:**
  - a. is safe for all medications
  - b. can affect the way a medication is absorbed
  - c. should never be done unless the pills are approved for splitting and you have your doctor's OK
  - d. both b and c
- 2 Which tip is not recommended for storing medication?**
  - a. Store it in a cool, dry place.
  - b. Keep it in the original container.
  - c. Keep the cotton plug in the bottle.
  - d. none of the above
- 3 When talking with your doctor, you should let him or her know you take:**
  - a. vitamins
  - b. over-the-counter medicines
  - c. herbal supplements
  - d. all of the above
- 4 Which of the following drugs can interact with St. John's wort?**
  - a. blood thinners
  - b. antidepressants
  - c. pain medications (narcotics)
  - d. all of the above
- 5 When ordering medication online, you should only purchase from a website that:**
  - a. has an FDA seal of approval
  - b. is accredited by the Verified Internet Pharmacy Practice Sites (VIPPS) program
  - c. is based in Canada
  - d. has testimonials

Answers: 1. (d) 2. (c) 3. (d) 4. (d) 5. (b)



# Caring for your heart, close to home



➤ When you or someone you love needs heart care, an experienced cardiac team can make all the difference. Since 2008, Affinity Heart Center's experienced cardiovascular experts have been using advanced procedures and technology to help heart patients get back to living active lives. With expertise achieved through years of dedication and focus, our cardiac team performs a wide variety of heart care services, from cardiac catheterization, stenting and electrophysiology studies to pacemaker implantation, open-heart surgery and complete rehabilitation services. For you and your loved one, that means each patient benefits from the combined knowledge of caring professionals who've made heart care their life's passion.

## Our experienced team

The Affinity Heart Center is a 15,000-square-foot center that boasts two cardiovascular operating rooms, two cardiac catheterization labs (with a third opening in 2013) and a nine-bed cardiovascular intensive

care unit. The staff is a qualified team with the majority of their caregiving dedicated to heart patients. The doctor team includes Medical Director Antonios Chryssos, M.D., FACS, and his partner, Mark Tawil, M.D., FACS, along with cardiologists from Affinity Specialty Physicians, Cardiology One, Stark Medical Specialties and Symphony Cardiology and Sexual Medicine, and Chief Cardiac Anesthesiologist Gregory Conrad, M.D.

Dr. Chryssos has performed more than 5,000 open-heart operations in his 25-year career. In addition to coronary artery bypass and heart valve repair/replacement operations, Dr. Chryssos is experienced in minimally invasive heart surgery.

The benefits of minimally invasive surgery for the patient can include less pain, shorter length of stay in the intensive care unit and in the hospital, and a faster recovery. Not only do patients have access to experience and advanced technology at Affinity Heart Center, but our heart program is right here in the heart of the local community, providing compassionate cardiac care when seconds count. ●

*Dr. Conrad is an independent member of the medical staff at Affinity Medical Center.*

## Affinity Heart Center achievements

- Received recognition from the American Heart Association (AHA) for our STEMI program, meeting the recognition standards to achieve a Mission: Lifeline Bronze Performance Achievement Award and the AHA's Get With The Guidelines-Heart Failure Silver Plus Quality Achievement Award for reaching impressive benchmarks in the evidence-based treatment of heart failure patients.
- Received the AHA's Get With The Guidelines-Heart Failure Gold Plus Quality Achievement Award.
- Chest Pain Accredited by the The Society of Cardiovascular Patient Care.



## Visit us online

To find out more information and to take a virtual tour of the Heart Center, visit us online at [www.AffinityMedicalCenter.com/heart](http://www.AffinityMedicalCenter.com/heart).

Affinity Heart Center  
875 Eighth St., N.W., Massillon  
(330) 832-8761

1

**Celebrate with a Checkup:**

Let each birthday remind you that it's time for your annual checkup. If you need a primary care physician or cardiologist, call our physician referral line at 330-834-4719.

2

**Get off the Couch:**

Step, march or jog in place for at least 30 minutes most days of the week. You can even do it while watching television.

3

**Quit Smoking in Four Steps:**

Can't go cold turkey? Cut the number of cigarettes you smoke each day in half. Then, cut that number in half. Do it again and again. Soon you'll be smoke-free!

4

**Get to a Healthy Weight:**

If you're overweight, or would like some healthy diet tips, visit [AffinityMedicalCenter.com](http://AffinityMedicalCenter.com) and click on the Healthy E-Cooking link for healthy recipes and videos.

5

**Learn the Signs of a Heart Attack:**

Visit [AffinityMedicalCenter.com/heart](http://AffinityMedicalCenter.com/heart) for a list of the signs. And if you ever have symptoms, call 911 and get to our **Accredited Chest Pain Center** immediately.

# Five simple ways you can improve your heart health.



*Close to you.*

875 Eighth St. N.E.  
Massillon, Ohio 44646  
[AffinityMedicalCenter.com](http://AffinityMedicalCenter.com)



# Just desserts

## Satisfying a sweet tooth—without the guilt

➤ You make it through dinner, keeping your promise to limit the calories and fat. But then comes the course that almost always gets you to cave: dessert.

Though it can be a calorie and fat trap, you don't have to skimp on the meal's finale. Instead, you need to find a way to satisfy that sweet tooth without guilt. And that's where nature's sweetest low-fat, low-calorie offering—fruit!—comes in:

- **Apple of your eye:** Slice up some apples and sprinkle with a little bit of cinnamon, then bake.
- **Layer:** Alternate layers of nonfat yogurt with fresh fruit in a parfait glass.
- **Get your calcium, too:** Keep low-fat

or nonfat fruit yogurt on hand for an afternoon pick-me-up.

➤ **The grill isn't only for meat:** Slice up peaches, bananas and pineapples and give them a little heat, which will bring out their natural sweetness.

➤ **Try an even quicker sweet fix:** Pop open some canned fruit (canned in its own juice or water—no heavy syrup!) and enjoy.

➤ **Think heavenly:** Not all cakes are created equal. Angel food cake is a healthy option that's made even better with the addition of some fresh fruit or fruit puree on top.

➤ **Make your own icy treat:** Freeze grapes and bananas for an ice cream alternative. Choose wisely: If your dessert options are limited to a restaurant menu, look for a fruit salad or sorbet, sherbet or meringues and skip the chocolate lava cake.

➤ **Get creative:** OK, so you really want to make that brownie recipe. You can still cut down on the sugar intake by substituting equal amounts of unsweetened applesauce, or cutting the amount of sugar in half. ●



## 'V' is for vitamin

### Do your kids need vitamin supplements?

➤ Growing up, health sources touted that getting all your vitamins and minerals was your ticket to a life spent big and strong. Today, parents have a multitude of vitamin choices to help their children get all those necessary

nutrients. But does your child really need them?

It's a question with no easy answer, experts say. Research has only seemed to make things more confusing for parents. A recent study led by the National Institutes of Health found that children who could have benefited the most from vitamins often weren't getting them, and those children who didn't need them were taking them. The study also found that some children—whether their parents supplemented their diet with vitamins or not—were deficient in the nutrients vitamin D and calcium while many took in too much iron and vitamin A,

leading researchers to hypothesize that those pills may not be a good match for today's childhood diets.

#### What should you do?

The general recommendation from the American Academy of Pediatrics is that supplements are rarely needed in children ages 5 to 10 because most children can get all the vitamins and minerals they need through diet alone. But for children who may have more erratic or poor eating habits, or follow a certain diet (for example, vegetarian without dairy), a supplement may be necessary.

Start by talking with your pediatrician about your child's eating habits to see if a supplement might be beneficial. Your pediatrician might have other suggestions about how your child can meet nutritional goals (for example, finding alternative food sources that your child enjoys). ●





# Be kind to your kidneys

## Help prevent kidney disease

➤ You may not think about them often, but tucked away underneath your rib cage, on each side of your spine, your kidneys labor away, filtering about 200 quarts of blood daily to rid it of waste and excess water to make urine. Your kidneys also release hormones that, among other functions, help regulate blood pressure and calcium, and trigger red blood cell production.

Damage to the kidneys can impair their filtering ability and may lead to what's called kidney disease or chronic kidney disease, and ultimately kidney failure. The most common culprits in kidney damage are high blood pressure and diabetes. People with kidney disease are also more likely to develop heart disease.

Unfortunately, early kidney disease doesn't have any symptoms. When it's advanced, a person may have to urinate more or less often, feel tired, lose his or her appetite or vomit, experience swollen hands or feet, feel itchy or numb, have difficulty concentrating or feel sleepy, have darkened skin or have muscle cramps.

The lack of early warning signs is exactly why prevention is so important.

### Keeping kidney disease at bay

To help prevent kidney disease, keep these suggestions in mind:

- If you have diabetes, monitor your blood glucose level closely and work to keep it within your doctor's recommended range.
- If you have high blood pressure, be sure to have regular checkups and ask your doctor about home monitoring. You may need to take blood pressure medication to



The most common culprits in **kidney damage** are **high blood pressure and diabetes**. People with kidney disease are also more **likely to develop heart disease**.

keep it below 130/80 mm Hg.

- If signs of kidney damage are already present, ask your doctor about taking medication to prevent further damage. Regular testing for the presence of protein in your urine and creatinine in your blood can tell your doctor how well your kidneys are functioning.
- Follow a healthy eating plan—a low-fat diet full of fruits and vegetables and whole grains. If you already have kidney disease, you may need to limit your protein intake.
- Quit smoking.
- Use care when taking painkillers such as ibuprofen, naproxen and high-dose aspirin. Long-term use can cause kidney damage.
- Seek medical attention right away if you have symptoms of a bladder infection (for example, cloudy urine, burning when urinating, constant urge to go to the bathroom, fever). Left untreated, infections can result in kidney damage. ●



### Talk with your doctor

Make an appointment with your doctor if you are experiencing any symptoms of kidney disease.

# The right doctors for you

If you're looking for an experienced doctor who offers personalized and passionate care, choose one of the doctors at Affinity Medical Center. With several locations, you're sure to find a doctor close by who's right for you. ●



Same-day appointments available at Affinity Family Physicians.



**JOSEPH A. COOK, D.O.**

**Affinity Family Physicians**  
830 Amherst Road,  
Suite 201, Massillon  
**(330) 834-4725**

**Office hours:**  
Monday and Friday, 8 a.m. to 5 p.m.; Tuesday, 8 a.m. to 6 p.m. (every other week); Wednesday, 8 a.m. to 6 p.m.; and Thursday, 7 a.m. to 5 p.m. (every other week)  
Accepting new patients



**JEFFERY A. DUFFEY, M.D.**

**Affinity Family Physicians**  
2860 Lincoln Way E.  
Massillon  
**(330) 832-3127**

**Office hours:**  
Monday and Wednesday, 9 a.m. to 6 p.m.; Tuesday, Thursday and Friday, 9 a.m. to 5 p.m.  
Accepting new patients



**ERNEST DEGIDIO, D.O.**



**LISA VAUGHN, D.O.**



**JENNY SAWYER, M.D.**

**Affinity Family Physicians**  
6225 Frank Road, N.W.  
North Canton  
**(330) 497-6555**

**Office hours:**  
Monday and Tuesday, 8 a.m. to 6 p.m.; Wednesday, Thursday and Friday, 8 a.m. to 5 p.m.  
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323 Marion Ave. N.W., Suite 100  
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**(330) 832-8800**

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**ANTONIOS CHRYSOS, M.D.**



**MARK TAWIL, M.D.**

**Thoracic Surgical Associates (New office location)**  
6659 Frank Ave. N.W.  
North Canton  
**(330) 966-3772**

**Office hours:** Monday–Friday, 6:30 a.m. to 3 p.m.



**GREGORY C. KLOEHN, M.D.**

**Affinity Specialty Physicians—Cardiology (New office location)**  
830 Amherst Road N.E., Suite 106  
Massillon  
**(330) 830-1645**

**Office hours:** Monday, Tuesday, Thursday and Friday, 8:30 a.m. to 5 p.m.; Wednesday, 8:30 a.m. to noon

# Get moving, mama!

➤ You're tired and easily winded these days, and probably the last thing on your mind is exercising. Sure, there are more hurdles to conquer now as your body adapts to pregnancy, but there are many benefits of being a mother-to-be who works out.

For starters, it can keep your weight gain in check. It can also help alleviate those aches and pains related to pregnancy and temper constipation and swelling. Exercising also reduces your risk of gestational diabetes, improves your mood and sleep, may shorten labor, increases your energy level and helps you recover more quickly from pregnancy.

So what are you waiting for? It's time to get started!

## Exercise safely

When choosing to exercise while pregnant, it's important to get the OK from your doctor. Some conditions, such as preterm labor, may make it more difficult for you to exercise safely. Pregnant women should also avoid working out in hot conditions, certain yoga poses (such as those that have you lie flat on the back later in pregnancy), contact sports, high-impact sports and activities that increase your risk of a fall (such as skiing or horseback riding).

## Your best bets

So what can a pregnant woman do? Plenty! Why not try these?

- **Swimming** provides a great cardiovascular workout without beating up your joints. It also has the bonus of keeping you cool while you exercise.
- **Walking** is a simple—and free—way to keep moving.
- **Cycling** can give you a great workout while taking the stress off of your joints, but it can present a fall risk. Consider exercising on a stationary bike instead.
- **Stair-climbing machines** can really help you raise your heart rate; just make sure to hold onto side rails!



## Warning signs

Make sure you drink plenty of water when you exercise and discontinue your activity if you feel unwell. Call your doctor if you experience:

- breathing problems
- chest pain
- contractions
- dizziness
- headache
- loss of amniotic fluid
- loss of fetal movement
- pain or swelling in the legs
- vaginal bleeding
- weak muscles

- **Aerobics** provides a great workout for the heart. If you've never taken an aerobics class or you're feeling a little more unsteady on your feet these days, take a class specifically geared for pregnant women.
- **Running or jogging** can keep you in good form, especially if you've previously incorporated this exercise into your routine. If you're just starting to run or jog, make sure to talk with your doctor.

Remember, unlike when you may exercise to lose weight, your workout goal when you're pregnant is not to shed pounds, but rather to stay active and maintain optimal weight gain during this special time in your life. ●



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The information contained in this publication is not intended as a substitute for professional medical advice. If you have medical concerns, please consult your health care provider.

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# A special thank you

➤ We thank the Affinity Medical Center board of trustee members for their time, service and support! They're instrumental in achieving the vision of Affinity's growth and development.

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For more of the latest news and happenings at our hospital, plus information about services and our medical staff, visit [www.AffinityMedicalCenter.com](http://www.AffinityMedicalCenter.com).

*Drs. Fuller, Moretta, Shay, Yutzy and Zimmerman are independent members of the medical staff at Affinity Medical Center.*

*Caring Today, Growing for the Future*

**NEW EMERGENCY  
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