

HealthConnection

FROM YOUR FRIENDS AT MOBERLY REGIONAL MEDICAL CENTER



Take our online heart risk assessment!
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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.



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**.



A message FROM OUR CEO

DEAR FRIENDS,

CHRIS JONES
Chief Executive
Officer

We extend a warm welcome to Justin Lee, M.D., Ob/Gyn, the newest member

of the medical staff at Moberly Regional Medical Center (MRMC). Dr. Lee and his family come to Moberly from Provo, Utah, where he has been practicing since 2008. Dr. Lee completed his undergraduate education at the University of California at Berkeley and received his medical degree from St. George's University School of Medicine.

If you haven't taken our online health risk assessment for heart disease, we encourage you and your family members to do so. MRMC is pleased to bring this free risk assessment to our community, and it only takes minutes to complete. More information is available on the back page of this newsletter.

We want to be your No. 1 choice for health care services. If we can help you find a doctor or assist with scheduling an appointment or procedure, give us a call at **(660) 263-8400** and allow us the privilege of taking care of you and your loved ones.

Regards,

Chris Jones

*Chief Executive Officer
Moberly Regional Medical Center*



Schedule a visit with

Justin Lee, M.D., Ob/Gyn

Dr. Lee recently joined the medical staff at Moberly Regional Medical Center and is seeing patients at 1517 Union Ave., in Moberly. To make an appointment, call **(660) 263-4800**.

Respecting your reproductive health

➤ Sometimes a woman decides to skip her annual visit to her gynecologist out of embarrassment or the belief that "just this once" is OK. "Next year," she promises herself. Although most women ages 20 to 39 receive a clean bill of health, gambling with your reproductive health is risky. Untreated conditions, such as endometriosis, can lead to infertility, while others, such as cancer, may be life threatening. Performing regular self-exams—and keeping your doctor's appointments—can help you stay in touch with your body and catch any problems while they're most treatable. ●



Did you know?

According to the Centers for Disease Control and Prevention, about 12,000 women are diagnosed with cervical cancer every year. It's important to schedule your routine exams.



Rest easy.

Finding a physician in mid-Missouri
is easier than ever.

From a stomachache to something more serious, you need a doctor you can trust with the well-being of your family. Fortunately, these medical providers are close by to help, often with either same- or next-day appointment availability. Visit MoberlyMedicalClinics.com to get to know these providers.

Robert Bynum, DO
Family Medicine
Moberly • 263-0035

Mary Ann Coatney, FNP
Family Medicine
Salisbury • 388-7084

Ian Fawks, DO
Family Medicine
Salisbury • 388-7084

Heather Gessling, MD
Family Medicine
Moberly • 263-4770

Ashley Jones, PA
Family Medicine
Moberly • 263-5556

Jon Rampton, DO
Family Medicine
Moberly • 263-4770

Susan Rasmussen, FNP
Family Medicine
Moberly • 263-5556

Philip Stitzer, DO
Family Medicine
Moberly • 263-4770

Diana Wemhoff, FNP
Family Medicine
Moberly • 263-4770

Lola Wobken, WHNP
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General Surgery
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Azam Khaja, MD
Interventional Cardiology
Moberly • 263-2400

Mona Afrassiab, DO
OB/GYN
Moberly • 263-6500

Justin Lee, MD
OB/GYN
Moberly • 263-4800

Kristen Theobald, DO
Pediatrics
Moberly • 263-9095

John Wilson, MD
Pediatrics
Moberly • 263-9095

Catherine Monti, MD
Pulmonary Medicine
Moberly • 263-1400

Members of the Medical Staff and Allied Health Staff at

MOBERLY REGIONAL
MEDICAL CENTER

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)



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. ●

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 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). ●



Moberly Regional Medical Center
1515 Union Ave.
Moberly, MO 65270

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Find out if you're at risk
for heart disease.
No appointment necessary.

Moberly Regional Medical Center's free online heart risk assessment can give you a snapshot of your risk for heart disease – any time, day or night. You just need a computer, an Internet connection and around seven minutes of spare time. That's it. So don't take a chance with your heart. Take our free online assessment today.

TO TAKE OUR FREE HEART RISK ASSESSMENT, VISIT MOBERLYHOSPITAL.COM AND CLICK HEARTAWARE.

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