



FALLBROOK  
HOSPITAL

# HealthLink

A PUBLICATION OF FALLBROOK HOSPITAL



Spring  
classes  
and events  
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# Healthbriefs

## > Multivitamins may lessen cancer risk

Ever wonder if that multivitamin you take every morning is actually having a health benefit? Well, for men, it may lower the risk of cancer, according to a new study published in *The Journal of the American Medical Association*. The study tracked more than 14,000 male doctors, all at least 50 years old, who were randomly assigned to take either a multivitamin or a placebo each day. After about 11 years, researchers found an 8 percent reduction in total cancers among men who took the multivitamins. However, the study found no impact on rates of prostate cancer, the most common type of cancer among the men in the study.

While the connection between multivitamins and cancer risk is still unclear, scientists hypothesize that multivitamins may help because they mimic the content of fruits and vegetables, which have been linked with cancer reduction. Multivitamins are beneficial in preventing vitamin and mineral deficiencies.

## > What's the beef?

A juicy, pan-fried steak can sure hit the spot. But that delicious piece of red meat may actually increase your risk of prostate cancer by up to 40 percent. A new study examined the data of nearly 2,000 men involved in a prostate cancer study and asked them questions about the types of meat and poultry they ate, how they cooked it and how well done they liked their meat. The results showed that men who ate more than 1.5 servings of pan-fried meat per week increased their risk of advanced prostate cancer by 30 percent, and those who ate more than 2.5 servings per week increased the risk by 40 percent.

Researchers think that the increased risk results from cancer-causing chemicals that are formed when sugars and amino acids are cooked at higher temperatures for longer periods of time. To lower your cancer risk, limit the amount of fat you consume from animal sources, and instead eat plenty of fruits and vegetables and foods such as whole grains and beans.



## > Secondhand smoke affects more than your lungs

If you misplaced your keys this morning, don't be so quick to blame your age. In addition to affecting your lungs, new research suggests that secondhand smoke may contribute to memory lapses, too. When comparing the memory function of a group of smokers to two groups of nonsmokers, scientists found that smokers performed the worst on memory tests, forgetting 30 percent more than nonsmokers who weren't exposed to secondhand smoke. Interestingly, one group of nonsmokers—people who had been regularly exposed to secondhand smoke for an average of more than four years—forgot almost 20 percent more in the memory tests than the nonsmokers who weren't exposed to secondhand smoke.

Avoiding secondhand smoke can have numerous benefits because smoking is also linked to other serious conditions, such as lung cancer. For some, memory loss may be unavoidable, but keeping your mind active may help strengthen your memory. Change up your routine and challenge your mind with new situations. Exercise, such as walking, and games, such as puzzles, are a great way to work out your mind.





# The game plan: Avoid sports injuries

➤ While physical activity is key to overall health, doing too much too quickly—or without proper training or equipment—can take a toll on your health in the form of an injury. But fear not: You can help prevent sports injuries by taking a few simple precautions.

## Gain without pain

Middle-aged athletes are particularly vulnerable to injury. Why? With age comes a loss of agility and resilience, especially if it's been a while since you've been active. While you can certainly gain strength, flexibility and balance through exercise, slow and steady is the name of the game. To help prevent injury, follow these do's and don'ts:

- **Don't try to pack a week's worth of activity into a weekend.** Aim to maintain a moderate level of activity throughout the week.
- **Do warm up before exercise,** even before less vigorous activities like golf. Cool down after vigorous activities to

bring your heart rate down gradually.

- **Do use proper form** to reduce your risk of overuse injuries like tendinitis and stress fractures.
- **Do use appropriate safety gear.** Depending on the sport, this may mean knee or wrist pads or a helmet. Make sure your equipment is the correct size, fits well and is in good repair.
- **Do accept your body's limits.** You may not be able to perform at the same level you did 10 or 20 years ago. Modify activities as necessary.
- **Don't increase your exercise level too quickly.** Build up gradually, especially if you've been inactive.
- **Do cross-train.** Not only does striving for a total body workout of cardiovascular, strength training and flexibility exercises promote overall fitness, it also reduces injury risk.
- **Do stay hydrated.** Drink water before, during and after your workout—aim for about a cup of fluid every 20 minutes while exercising. ●



## Injury symptoms

Never try to “play through” pain. Exercising after an injury may worsen the injury. Sports injuries can be classified into two types: acute and chronic. Acute injuries, such as sprained ankles or fractures, occur suddenly. Symptoms may include:

- a bone or joint that's visibly out of place
  - extreme leg or arm weakness
  - inability to move a joint or place weight on a leg, knee, ankle or foot
  - sudden, severe pain
  - tenderness or swelling
- Chronic injuries, such as tendinitis or stress fractures, occur over time due to repeated use or overuse. Symptoms may include:
- a dull ache at rest
  - pain when you play or exercise
  - swelling



## Worried about an injury?

Call your doctor if you experience any of the symptoms listed above.



## A message FROM OUR CEO

**KIRKPATRICK (KAPUA) CONLEY**  
Chief Executive Officer

### DEAR FRIENDS,

Fallbrook Hospital has served the healthcare needs of this community for more than 80 years. As the second-largest employer in Fallbrook, the hospital provides important economic benefits, including state and local taxes, capital investments for updated medical equip-

ment, charity and uncompensated care, local spending and community donations. Most of the doctors on our medical staff choose to practice in this community and support Fallbrook Hospital.

We believe Fallbrook Hospital is a valuable part of our community, and we want to be here to serve you the next time you have an emergency or other medical need. You have a choice of which healthcare facility to use and the right to question where you're directed for services. Talk with your provider about your choice to have services performed at Fallbrook Hospital. This is your hospital, and we thank you for your support. Help to keep your hospital in our community for your family and our future generations!

Warmest regards,

# Kirkpatrick (Kapua) Conley

Chief Executive Officer  
Fallbrook Hospital

### 2012 community benefit report

We're proud of the medical services we provide. But the care we offer extends into the entire community. Even if we've never treated you, we're pleased to say you've benefited from having us here.

#### Providing quality care

ER patient visits .....	10,951
Inpatient visits .....	2,179
Outpatient visits .....	23,633

#### Financial benefits

Payroll (424 employees) .....	\$19,502,000
Capital investments .....	\$1,296,000
Property and sales taxes .....	\$395,773

#### Caring for our community

Charity and uncompensated care .....	\$8,847,553
Dollars spent locally .....	\$1,959,413

**Total community investment .....** **\$32,000,739\***

*\*Dollar amounts are approximate.*

#### Expanded services

- New Center for Specialty Services
- Launch of 30-Minutes-or-Less ER Service Pledge

## PHYSICIAN SPOTLIGHT

Fallbrook Hospital  
Physician of the Quarter



### Robert Pace, M.D.

Board-certified orthopedic surgeon

Independent member of the  
Fallbrook Hospital medical staff

**Medical group:** Fallbrook-Temecula Valley Orthopedic Associates, 521 E. Elder St., Suite 105, Fallbrook; 25150 Hancock Ave., Murrieta

**Medical school:** George Washington University, Washington, D.C.

**Internship:** University of Texas

**Residency:** Orthopedic Hospital L.A., University of Southern California

**Military:** U.S. Navy-assigned U.S. Marine Corps, Camp Pendleton

**Hometown:** Salt Lake City, Utah

**Family:** Married 44 years with three children and six grandchildren

**Hobbies:** Sailing and sailboat racing, banjo picking, skiing with the grandkids and golfing with buddies

**Accomplishment:** Named San Diego Sports Medicine Foundation's "Physician of the Year" in 2009

**Philosophy on patient care:** Listen to patients. They are "telling you" the diagnosis.

Need a doctor?  
Visit [www.FallbrookHospital.com](http://www.FallbrookHospital.com) and choose "Find a Physician."

# Classes and support groups

› FALLBROOK HOSPITAL

## › HEALTHY LIVING

### Prepared Childbirth Classes

Six-week courses and three-week refresher courses available.

**Call:** Sherry at Fallbrook Hospital's Women's Center at **760-731-8480** for more information about dates, registration and classes



### Joint Replacement Surgery: What to Expect

This class is open to anyone scheduled for a knee or hip replacement and those considering the surgery.

**When:** Wednesday, July 31, Sept. 25 or Nov. 20, 5 to 7 p.m.

**Where:** Fallbrook Hospital, Conference Room B

**Call:** 760-731-8143

## › HEALTH SCREENINGS

### Free Fall Risk and Balance Screenings

**When:** Call to schedule

**Where:** Center for Specialty Services at Fallbrook Hospital, 617 Alvarado St., Fallbrook

**Call:** 760-731-8197 for appointment (required)

## › SUPPORT GROUPS

### Bereavement Support Group

Provided by Fallbrook Hospice

**When:** First and third Tuesday of each month, 3 to 4 p.m.

**Where:** Silvergate Fallbrook, 420 E. Elbrook Drive

**Call:** 760-731-7741

### Diabetic Support Group

**When:** Fourth Thursday of each month, 4 p.m.

**Where:** Fallbrook Hospital, Conference Room B

**Call:** 760-731-8105



## › FOR SENIORS

### Senior Circle

Fallbrook Senior Circle is a community resource for adults ages 50 and better that offers in-hospital benefits, social activities, health talks, national and local discounts, fitness, exercise and more. Visit [www.FallbrookHospital.com/SeniorCircle](http://www.FallbrookHospital.com/SeniorCircle) to learn more.

**Call:** 760-731-8433

**Cost:** \$15 a year

### Senior Fitness Classes

**When:** Every Monday, Wednesday and Friday, 7:20, 8:45 and 9:45 a.m.

**Where:** The Wellness Center

**Call:** 760-731-8177

**Cost:** \$25 a month



## › FOR WOMEN

### Healthy Woman

Healthy Woman is a community collaborative featuring monthly educational programs that focus on the emotional, physical and fiscal well-being of women and their families. The events are free and include social and networking opportunities, food, fun and door prizes. Free membership and a calendar of events are available online at [www.FallbrookHospital.com/HealthyWoman](http://www.FallbrookHospital.com/HealthyWoman).

**Call:** 760-731-8143

## 30-Minutes-or-Less ER Service Pledge update

Emergency medicine is about three things: compassion, skilled care and speed. You'll find these at Fallbrook Hospital. In April 2012, we implemented a 30-Minutes-or-Less Emergency Room (ER) Service Pledge to our community. We're pleased to report that average wait times to initially be seen by a doctor at Fallbrook Hospital's ER have remained consistently near or below the 30-minute mark.

### By the numbers

Fallbrook Hospital's average ER wait times since beginning the pledge (time in minutes):

April 2012	25
May 2012	27
June 2012	27
July 2012	28
August 2012	32
September 2012	30
October 2012	27
November 2012	24
December 2012	29



### Check your wait!

View the average ER wait times at [www.FallbrookHospital.com](http://www.FallbrookHospital.com).



## HealthWise QUIZ

How much do you know about allergies and asthma?

> TAKE THIS QUIZ TO FIND OUT.

# Heart palpitations: Causes and treatments

If you've ever felt your heart pounding in your throat during a tough workout, you know what heart palpitations feel like. In fact, most of us have felt heart palpitations at one time or another—the heart flutters, pounds, races or seems to skip a beat. While episodes of irregular heartbeat are common and often harmless, they can sometimes signal a more serious condition.

Heart palpitations can have a variety of everyday causes, including:

- asthma, cold and cough medications that contain stimulants
- caffeine
- fever
- hormone changes during menstruation, pregnancy or menopause
- nicotine
- strenuous exercise
- stress or anxiety

Sometimes heart palpitations are a symptom of another condition, such as hyperthyroidism, an overactive thyroid gland, or arrhythmia, an abnormal heart rhythm.

### The beat goes on

If your doctor determines that your palpitations result from another medical issue, treatment will focus on managing the underlying condition. If your doctor has ruled out other conditions, the best way to prevent heart palpitations is to avoid your triggers. Try these strategies:

- > **Avoid stimulants.** Limit caffeine intake and talk with your doctor before taking any over-the-counter medicine or supplements. Your doctor may suggest changing your current medication if a drug you take regularly is found to be the source of the palpitations.
- > **Reduce stress and anxiety.** Try exercising more, talking with a friend or practicing relaxation techniques like meditation.
- > **Don't smoke.** If you currently smoke, talk with your doctor about getting help to quit. ●

### When do I need a doctor?

If you've never experienced palpitations before, see your doctor to put your mind at ease. If your palpitations are infrequent and last only a few seconds, evaluation usually isn't necessary. If you have a history of heart disease or have frequent palpitations, talk to your doctor. Call your doctor right away if you have:

- > more than six extra heartbeats per minute or they come in groups of three or more

- > risk factors for heart disease, such as high cholesterol, diabetes or high blood pressure
- > new or different heart palpitations
- > a pulse more than 100 beats per minute at rest

Seek emergency medical help if heart palpitations are accompanied by:

- > chest discomfort or pain
- > fainting or severe dizziness
- > severe shortness of breath

1 All of the following are common allergens except:

- a. pollen
- b. dust
- c. wood
- d. food

2 Anaphylaxis is:

- a. an allergy to latex
- b. a serious, life-threatening allergic reaction
- c. a type of asthma
- d. a minor allergic reaction that doesn't require treatment

3 Which of the following is a type of asthma?

- a. exercise-induced asthma
- b. allergic asthma
- c. occupational asthma
- d. all of the above

4 Symptoms of an asthma attack may include:

- a. wheezing, shortness of breath and chest pain or tightness
- b. sudden numbness, especially on one side of the body
- c. memory loss and difficulty learning new information
- d. a bright red rash that covers most of the body

5 Asthma medications may include:

- a. inhaled corticosteroids ("control" medicine)
- b. short-acting beta-agonists ("rescue" medicine)
- c. both a and b
- d. none of the above

Answers: 1. c, 2. b, 3. d, 4. a, 5. c



# Women: Screenings for you

➤ Your best weapon in the fight against disease? Early detection. Generally, the earlier a condition is caught, the more effective the treatment and the more likely you'll be to ward off any complications.

Numerous medical organizations have developed screening recommendations, and opinions vary on the timing and frequency of these screenings. Because of your personal or family medical history, your doctor may recommend a different schedule than the one below. As always, talk with your doctor about the screening schedule that's right for you. ●

Test	What it does	When to get it	Recommendations from ...
<b>Blood pressure screening</b>	Measures the force of blood against artery walls	➤ Age 18+, at least every 2 years	Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure
<b>Bone mineral density test</b>	Screens for osteoporosis (weak, brittle bones)	➤ Age 65+, at least once	National Osteoporosis Foundation
<b>Clinical breast exam</b>	Physical exam for breast lumps or irregularities	➤ Age 20–39, every 3 years ➤ Age 40+, yearly	American Cancer Society
<b>Colon cancer screening</b>	Tests for colon cancer	➤ Beginning at age 50, women should follow one of two schedules: ① <b>Tests that find polyps and cancer:</b> flexible sigmoidoscopy every 5 years, colonoscopy every 10 years, double-contrast barium enema every 5 years or CT colonography (virtual colonoscopy) every 5 years ② <b>Tests that mainly detect cancer:</b> fecal occult blood test every year or fecal immunochemical test every year	American Cancer Society
<b>Diabetes screening</b>	Tests for high blood sugar	➤ Age 45+, every 3 years	American Diabetes Association
<b>Eye exam</b>	Tests vision and eye health	➤ Age 18–60, every 2 years ➤ Age 61+, yearly	American Optometric Association
<b>Fasting lipoprotein profile</b>	Tests cholesterol levels, a measure of heart health	➤ Age 20+, every 5 years	National Cholesterol Education Program Expert Panel
<b>Mammogram</b>	Tests for breast cancer	➤ Age 40+, yearly	American Cancer Society
<b>Pap test</b>	Tests for cervical cancer	➤ Age 21–29, every 3 years ➤ Age 30–65, Pap test plus HPV test every 5 years	American Cancer Society



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SPRING 2013



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# Advanced pain relief

## New pain control technique for joint replacements at Fallbrook

Patients can now recover quickly and comfortably from joint replacement surgery without narcotic side effects. Orthopedic surgeons at the Center for Advanced Orthopedic Care at Fallbrook Hospital are using a new continuous nerve block system for partial and total knee replacements and most shoulder surgeries.

"We started using this technique for joint replacement surgeries and monitoring the outcomes in July 2011, and we're pleased with the consistently positive results," says Robert Pace, M.D., at Fallbrook-Temecula Valley Orthopedics. "Patients who've had both knees replaced, the first without the nerve block and the second with it, say there's no comparison. They're much more comfortable with the nerve block system. Patients who

receive this technique report that range of motion returns quicker."

### What's a nerve block?

The pain control system's pump is an orange-sized rubber balloon filled with a local anesthetic. The pump continuously and automatically delivers non-narcotic medication through a tiny tube an anesthesiologist places near the main nerve to the knee. This blocks the pain from the surgical site. In the days immediately after surgery, the nerve block keeps the area numb, allowing patients more comfortable motion during physical therapy and faster recovery. Benefits may include:

- a faster, more comfortable recovery
- less "breakthrough" pain
- significantly better pain relief than with narcotics alone ●



### Take a free class!

Visit [www.FallbrookHospital.com](http://www.FallbrookHospital.com) or call **760-731-8143** to sign up for a free joint replacement class.

*Dr. Pace is an independent member of the medical staff at Fallbrook Hospital.*



### What our patients are saying ...

Sarah Bates trusted Fallbrook Hospital for a successful total knee replacement and a new way to minimize pain using the non-narcotic nerve block. The procedure went even better than she expected. Bates explains, "This new technique made my stay in the hospital more comfortable and contributed to my speedy recovery. Fallbrook Hospital epitomizes the small-town, comfortable ambiance residents expect, yet it offers advanced medical technology. There's no better combination."