

Your health matters



Choosing health every day

Our daily habits can help protect us from serious diseases, including cancer, heart disease, diabetes and stroke.

That's why the American Cancer Society, American Diabetes Association and American Heart Association jointly recommend these seven healthful habits to lower your risk of disease:

- 1 **Eat more fruits and veggies**—a minimum of five servings a day, and even more is better.
- 2 **Go for whole grain.** Whole wheat or another whole grain should be the first ingredient on the food label.
- 3 **Be savvy about fat.** Use unsaturated oils, such as corn or olive. Avoid trans fats. Switch to low-fat or nonfat dairy products.
- 4 **Pare down portions.** Try using a smaller plate.
- 5 **Get moving.** Aim for at least 30 minutes of activity most days of the week.
- 6 **Don't let disease sneak up.** See your doctor regularly, and have screening tests, such as mammograms.
- 7 **If you smoke, take steps to quit.**
- 8 **Take it easy.** "Learn to relax and find healthy ways to deal with situations you find stressful," says Laurie Roosma, RN, BSN, Women's Services director at Walla Walla General Hospital. "We all feel stress, but too much can contribute to many health problems.



Laurie Roosma, RN, BSN, Women's Services director at WWGH

"Ask for help when you feel overwhelmed. Take short breaks; doing something to relax every day is a good idea. Maintain a positive outlook, and let go of hard feelings and bitterness." <



Karen Johnson, Foundation President

Our foundation: Making a difference

Quality care means a lot when it comes to your family's health. Yet providing excellent care also takes plenty of resources. That's where the work of the hospital foundation comes in.

Our hospital foundation organizes fundraising activities to provide support for a variety of projects and services.

Fundraising efforts include:

- Special events
- Annual and capital campaigns
- Gifts from people who choose to make donations now or leave gifts to the foundation in their wills
- Endowments. These are a long-term source of income set up by the foundation to provide ongoing returns.

The foundation uses these funds for

projects such as:

- Care for those who can't afford it
- Affordable health screenings and clinics
- Hospice, outpatient and long-term care

How you can help. "If you'd like to make a difference in our community, consider supporting the Walla Walla General Hospital foundation," says Karen Johnson, Foundation President. "Thanks to recently passed legislation for the year 2007, seniors can make a gift of a lifetime by giving their IRAs to charity without federal tax penalty."

Give us a call at **527-8301** to learn more about this and other giving opportunities.

Diabetes rates are rising: Are you at risk?

The number of adults in the United States with diabetes is on the rise, but one-third of those who have the disease don't know it. In addition, about one out of every four adults has what's called pre-diabetes, according to the National Institutes of Health.

People with diabetes have high levels of glucose, or sugar, in their blood because their bodies have problems using or producing insulin. People with pre-diabetes have levels high enough to indicate they may develop the disease. And they already have some of the health risks associated with diabetes—both pre-diabetes and diabetes increases the risk for heart disease and stroke.

What can you do? First, talk to your doctor. Age is one risk factor for diabetes, so anyone 45 and older should talk to his or her doctor about testing. People from certain ethnic backgrounds have a greater risk, including African Americans,

American Indians, Hispanics and Pacific Islanders. Other risk factors include:

- A family history of diabetes
- High blood pressure
- Unhealthy cholesterol levels
- Being overweight

"If you have diabetes, controlling your blood glucose, blood pressure and cholesterol will prevent or delay complications of diabetes," says Larry Blonde, M.D., chairman of the National Diabetes Education Program.

If you have pre-diabetes, losing weight and increasing your physical activity can greatly lower your risk for developing the disease.



Watching your weight? Two tricks to feel full

Wouldn't watching your weight be easier if you could convince a grumbling tummy that everything is going to be OK?

The National Heart, Lung, and Blood Institute offers these two strategies for helping satisfy hunger:

■ **Slow down.** It can take 15 minutes or more for your brain to receive signals that you've eaten. Slowing down during a meal can make it easier to sense when you are full and to stop eating before you overeat. You might try putting your fork down between bites.

■ **Fill up on veggies.** Try starting your meal with a salad, which can take the edge off your hunger and may help you eat smaller portions of higher-calorie foods.



Cataract surgery

Set your sights on better vision

If your vision just isn't what it used to be, you may have a cataract.

A cataract is a clouding of your eye's lens—a change in its clarity, according to the American College of Surgeons (ACS).

We become more vulnerable to cataracts with age. Most people over 65 have a cataract in one or both of their eyes, notes the ACS. That makes cataracts one of the more common eye disorders. Advances in surgery have made them one of the most treatable too.

Is it a cataract?

The lens of your eye sits just behind the pupil.

Light rays enter through the lens. The lens then focuses the rays on the retina in the back of your eye to produce a sharp image.

When a cataract develops and the lens becomes blurry, light doesn't pass through the lens as easily. And instead of focusing the rays on the retina, it scatters them.

Some signs you may have a cataract are:

- Blurry or dim vision
- Poor night vision
- Sensitivity to glare
- Halos around lights or objects
- Colors look faded
- Frequent changes in eyeglass prescriptions

A look at surgery

The only cure for cataracts is to remove them, says Linda Gunshefski, MD, who performs cataract surgeries at Walla Walla General Hospital. And when your vision becomes impaired enough that you can't do the things you enjoy, it's time to consider cataract surgery.

Your doctor can explain what's involved. In most cases, the cloudy lens is removed

Linda Gunshefski, MD, performs cataract surgeries at Walla Walla General Hospital.

and replaced with a permanent implant called an intraocular lens.

The surgery is almost painless and usually takes less than

a half hour. Anesthesia is available upon request. Most people go home the same day.

Complications are rare. You might have some swelling and itching in the eye and sensitivity to light. Eyedrops and sunglasses can relieve both of these temporary difficulties.

You may be cautioned to avoid the following for a short time after surgery: rubbing your eye, bending over, lifting heavy objects and driving.

Talk to your doctor

Most people see—literally—a big improvement after cataract surgery, according to the American Academy of Ophthalmology.

Your doctor can explain what results you can expect from surgery, based on your overall health and any other eye conditions you have. ←



Linda Gunshefski, MD

Praise for our caring staff

"I recently had an MRI at your hospital, and everybody was very professional, helpful and courteous. The receptionist checked me in and gathered the needed information. Greg [MRI technologist] explained the procedure and how the machine worked without assuming I knew. Doug [MRI technologist] was careful to wash his hands and put on gloves before inserting my IV (which he did very well). The entire experience was very good, and I am both thankful [for] and proud of the care you give."

You can help us to help others!

Just call 525-0480, ext. 1000, to learn how you can help support the health services in your community financially.



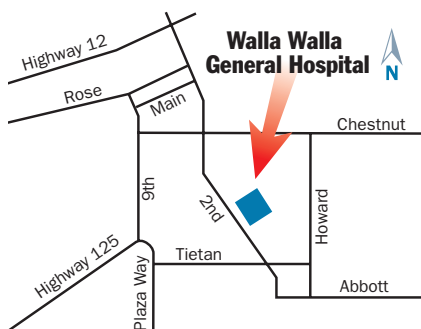
Walla Walla General Hospital

1025 S. Second Ave., Walla Walla

Main number 525-0480

Community Health Education 522-2424

HOW TO FIND US



Out and About

Senior Health Fair

An estimated one-third of seniors fall each year. In observance of Fall Prevention Awareness Day, the Walla Walla City Fire Department—along with Walla Walla General Hospital, St. Mary Medical Center and many other community organizations—will host a senior health fair. At this free event, you will learn simple things you can do to prevent falls. There will also be glucose, blood pressure, bone density and fall (balance) screenings. Refreshments will be provided.

**St. Patrick Catholic Church,
425 W. Alder
Thursday, Sept. 20, noon to 5 p.m.**

Community Diabetes Series

A comprehensive program open to people with diabetes, their families and caregivers. The free, two-day series includes vendor booths, speakers and drawings. Offered by WWGH in collaboration with Walla Walla Clinic, St. Mary Medical Center, diabetes educators, physicians and local professionals.

**Wednesday, Sept. 19, and
Thursday, Sept. 20, at 6 p.m.**

Colds, Flu, Bumps and Bruises: Simple Home Remedies

Learn simple treatments you can do at home to lessen the misery associated with colds, flus and minor injuries.

Wednesday, Sept. 26, at 7 p.m.

Move It and Lose It

In this six-week, family-centered program, 12- to 16-year-olds learn how to combat obesity through nutrition, behavior modification and exercise.

**Series begins Thursday, Oct. 4,
at 6 p.m., \$80 for child and parents**

Autumn Jamboree

Join your PrimeTime friends at this fourth annual autumn social event. Enjoy a delicious lunch and great entertainment.

Tuesday, Oct. 23, at noon, \$5



Classes at the General

First Aid and CPR Classes
American Heart Association CPR
First and third Tuesdays and second
Monday of each month at 6:30 p.m., \$20

Basic First Aid
Second Tuesday and fourth Monday of
each month at 6:30 p.m., \$20

Health Care Provider CPR
Fourth Tuesday of each month
6:30 p.m., \$20

Diabetes Classes

Diabetes Support Group
Get tips from diabetes educators, and
network with other people who have
diabetes. Call 527-8045.
Second Thursday of each month
at 5 p.m.

Supermarket Shopping for People With Diabetes

Choosing a healthy diet can seem over-
whelming for someone with diabetes.
Join us for a FREE two-part series con-
ducted by our dietitian, Adina Pear-
son, RD. Learn how to make healthful
choices at a local grocery store. Regis-
tration required.
Thursdays, Sept. 27 and Oct. 4, at 6 p.m.

Tools for Living With Diabetes
Monthly series for people newly diag-
nosed with diabetes or those needing a
refresher. Evening and daytime classes,
individual counseling, and dietary con-
sultation available. Class size is limited.
Call 527-8045 for dates and times.

Family **Preparing for Childbirth and Parenting**

Six classes to prepare expecting parents
for a positive labor and delivery. Regis-
ter by the sixth month of pregnancy.
Begins Monday, Sept. 10, at 7 p.m.

Love and Logic for Early Childhood

Five-class series on parenting children
from birth to 6 years. Learn to raise kids
to be responsible teens and adults. Child
care provided. Registration required.
Series begins on Wednesday, Sept. 26,
at 6:30 p.m. \$20 per couple

Health Screenings
Blood Pressure Check
Thursdays from 9 a.m. to 4 p.m.
WWGH lobby

Cholesterol Screening
Walk in during regular business hours.
WWGH front desk
\$10 for cholesterol screening; \$20 for
coronary risk panel (fasting required)

Pregnancy Testing
FREE, confidential preg-
nancy tests at the Wom-
en's Center. Call 529-8444
for an appointment.



Support Groups
Alzheimer's
Second and fourth Tuesdays of each
month at 1:30 p.m.

Gluten Intolerance
Third Monday of each month at 7 p.m.

Prostate Cancer Group
Third Thursday of each month at 7 p.m.

Seniors
AARP Driver Safety Program
Learn new traffic laws, rules of the road
and how to compensate for age-related
changes. Completion of course may
reduce insurance costs.
Wednesday, Oct. 24, and Thursday,
Oct. 25, from 9 a.m. to 3 p.m., \$10

Wellness
Good Grief Club
A series of seven classes, this program
helps children in kindergarten through
eighth grade to deal with loss due to
death, divorce or separation.
Begins Tuesday, Sept. 25, at 6 p.m.

Grief Recovery
This six-part series helps people who
have experienced the death of a loved
one.
Begins Tuesday, Sept. 25, at 6 p.m.

Stop Smoking
This series of seven classes may help
you overcome hurdles that have kept
you from being smoke-free in the past.
Begins Tuesday, Sept. 4, at 5 p.m.

Classes are held at Walla Walla General Hospital

**Visit us on the Web
at www.wwgh.com.**

Baby Gallery Search for a newborn
by name, date of birth or the first names
of the parents. See the baby's photo.

Health Classes Learn more about
the classes scheduled this quarter.
Register online for a class and pay fees
online using our secure server.

Health Library Research health
topics, read articles on the latest health
information and find links to other
health sites from our online library.

Find a Job Search current job listings
for openings available at our mission-
oriented hospital.

**Call now
to register for a class:
522-2424**



**or register
on the Web:
www.wwgh.com**



Experts answer your important questions

Q I have high blood pressure. What changes can I make in my diet to help lower it?



Albert Randolph, MD,
Blue Mountain
Medical Group

A An informative booklet from the National Heart, Lung, and Blood Institute (NHLBI)—*Your Guide to Lowering Your Blood Pressure With DASH*—may be just what you need to get started.

DASH stands for Dietary Approaches to Stop Hypertension. This eating plan follows heart-healthy guidelines to limit saturated fat and cholesterol. The plan places a strong emphasis on fruits, vegetables, whole-grain products, fish, poultry, nuts, and low-fat or nonfat milk products.

The booklet offers advice on lowering and controlling high blood pressure by following the DASH plan. It also contains information on weight loss, physical activity, easy-to-prepare recipes, menus and a food diary for recording what you eat.

You can order your guide to DASH from the NHLBI by calling **301-592-8573** or by visiting www.nhlbi.nih.gov/health/public/heart/hbp/dash/index.htm to download a copy for free.

Q I've heard of women who develop gestational diabetes while they are pregnant. Can I do anything to reduce my risk?




Betty Jo Vercio, RN,
childbirth
educator

A If you hope to have a baby someday, a study by Harvard researchers published in the journal *Archives of Internal Medicine* suggests that physical activity before pregnancy, particularly vigorous exercise, significantly lowers the risk of gestational diabetes.

In the study of more than 21,000 women, those who jogged, biked, swam or were otherwise very active fared best. Benefits also were seen among women who walked briskly for more than 30 minutes or climbed more than 15 flights of stairs a day.

Q&A

 Have a question? Ask our experts! E-mail us at healthed@ah.org or call **522-2424**.



Walla Walla General Hospital

1025 S. Second Ave., Walla Walla, WA 99362

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Monty Knittel President
Stan Ledington, DrPH Director, Imaging, Rehab and Wellness
Sharryl Toews Editor

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