

# Your health matters



## Healthy bones for life

Frail bones may not seem like something you need to worry about just yet.

But the fact is—no matter your age—building strong bones now is your best defense against bone loss and osteoporosis later in life.

Throughout your lifetime, your body naturally absorbs and rebuilds bone tissue. Early on, you gain more bone than you lose. But according to the National Institutes of Health, after about age 30, more bone is absorbed than is replaced. Eventually, bones may weaken so much that fractures can easily occur.

“Osteoporosis is more likely to de-

velop if your bones never reached their full potential when you were young,” says Timna Hughes, MD, an obstetrician/gynecologist at Walla Walla General Hospital. And that’s why building strong bones early in life is especially important.

The National Women’s Health Information Center recommends the following steps to make and keep bones healthy and strong:

■ Make sure you and your kids eat foods

rich in calcium and vitamin D every day. Good choices include low-fat dairy products and green, leafy vegetables, such as kale and broccoli.

■ Make sure you and your kids get regular weight-bearing exercise, such as walking, jogging, jumping rope or playing basketball. This helps build bone density and slow bone loss.

■ Avoid alcohol and tobacco, which can contribute to bone loss.

If you are 65 or older, talk to your doctor about bone density testing. These tests measure bone strength and can find osteoporosis early, when it’s most treatable. ←



Timna  
Hughes, MD



## Have a heart-to-heart

If you haven't done so yet, it's time to have a heart-to-heart talk with your doctor.

This is a chance to learn about your risks for heart disease and how to reduce them. Having one or more risk factors greatly increases your chances of heart disease, the leading cause of death for women and men, the National Heart, Lung, and Blood Institute reports. Some factors, such as family history or being 55 or older, can't be changed. However, you can control other risks, such as high blood pressure, poor cholesterol levels, smoking and obesity.

A doctor can discuss your personal risks and make sure you have any appropriate testing. Your doctor may advise eating better, exercising more or taking prescription medicines to control your risks.

If you're unsure of your risks, make an appointment with your doctor today.

# Young at heart

*Everyday actions can help you stay strong and vibrant*

Take a moment and think about all you do.

Now think about what brings you joy, what you're passionate about. No doubt you have a lot of living to do—things to get done, people to love, places to go, occasions to celebrate.

Now take a moment and think of your heart—you need it healthy to live the life you desire, to live with strength and vibrancy.

Heart disease is the No. 1 cause of death for both U.S. men and women, but that doesn't mean you are powerless against it. In fact, making some basic lifestyle changes can reduce your risks by up

to 82 percent, the National Heart, Lung, and Blood Institute (NHLBI) reports.

### *Make a pledge*

Decide today to put energy into protecting and strengthening your heart. And you don't need to make major changes all at once. Even little things you do can help your heart health.

To get started, consider some of the following changes.

### *Eating better each day*

Choosing healthful foods while steering clear of not-so-great ones goes a long way in protecting you from heart disease

risks, including poor cholesterol levels and high blood pressure. Include these foods in your daily diet:

- Low-fat or nonfat dairy products.
- Plenty of fruits and vegetables.
- Whole-grain items, such as bread, rice and pasta.
- Legumes, such as black beans and lentils, and other low-fat protein sources, such as fish, poultry and lean cuts of meat.

Cut down on and check food labels for:

- Saturated fats found in fatty cuts of meat, whole milk and butter.
- Trans fats found in some commercially produced foods, including stick margarine, doughnuts, cookies and crackers.
- Sodium, both in prepared foods and the foods you flavor. Flavor foods with herbs and spices rather than salt.

Again, you don't have to change your eating style overnight. Start slowly. For example, switch from whole milk to 2 percent, then to 1 percent and then to nonfat. Switch from white to whole-wheat bread. Gradually add more fruits and vegetables into your meals.

### Quitting for good

Smoking just one to four cigarettes daily can double your risk for a heart attack compared to a nonsmoker, warns the American Heart Association (AHA).

Stopping, however, reduces your risk by 50 percent within a year. And after five years, your risk approaches that of someone who has never smoked. If you smoke, ask your doctor for help to quit.

### Getting physical

Regular exercise can be a heart's best friend. It can help prevent or lower high

blood pressure and keep your cholesterol at a safe level. It also can help you take off extra weight.

Strive for at least 30 minutes of activity every day, advises the AHA. If you can't do 30 minutes all at once, do it in bits. Look for ways you can incorporate activity into your everyday life.

For example, use the stairs instead of the elevator, park farther away from the store or get off the bus a stop early. Or take occasional walks around the block. Activities such as cleaning the house and yard work also count.

### Watching your weight

Too much weight puts a strain on your heart and boosts the risk for other heart disease risk factors, such as diabetes. Eating well and exercising regularly can help you reach and maintain a healthful weight.

If you're concerned about your weight, talk to your doctor. A physician can determine if weight is a health issue for you and provide advice on losing pounds safely.

### Taming stress

Some research suggests stress can be harmful to your heart and feeling stressed-out can lead to behavior that's hard on the heart, such as smoking or overeating.

You're bound to feel stressed sometimes, but work to keep it under control:

- Plan relaxation breaks into your day. Go for a quiet walk or practice deep breathing.

- Make time for favorite activities, such as reading, visiting friends or exercising.

■ Be sure to get enough sleep. Everything seems worse when you're tired.

### The power of change

"You're not just making these changes



David Woolever, MD

for yourself; you're making them for everyone who cares about you," says David Woolever, MD, internal medicine, Walla Walla General Hospital. Not only do you help ensure that you will be around for those you love,

you set a powerful example.

This may be especially true for women. "Women have a great power to lead by example," Dr. Woolever says. "They can set the tone for their family's health." ◀

## Living heart-healthy in the kitchen

Everyone sings your praises when you cook a tasty meal. But give yourself credit for cooking healthful ones too.

Some heart-healthy cooking tips:

- Buy more vegetables, fruits and whole grains and use them in recipes.
- Use a nonstick pan with vegetable cooking oil spray.
- Roast, grill or broil meat instead of frying, to cut down on fat.
- Make more main dishes with beans or dry peas instead of meat.
- When using meat, use it as an extra flavor, not the main ingredient.
- Trim visible fat from meat before cooking, and remove skin from poultry before eating.
- Stretch ground poultry or meat by adding finely chopped vegetables.
- Use herbs and spices instead of salt.
- Thicken a low-fat sauce with cornstarch or flour.
- Baste items in fat-free liquids, such as tomato juice or lemon juice.
- Use soft tub or liquid margarines that contain little or no trans fat.
- Cook with nonfat milk or low-fat buttermilk instead of whole milk.
- Choose low-fat instead of regular cheese.

Sources: American Heart Association; National Heart, Lung, and Blood Institute





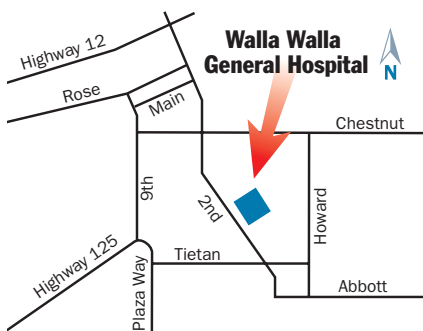
## Walla Walla General Hospital

1025 S. Second Ave., Walla Walla

Main number 525-0480

Community Health Education 522-2424

## HOW TO FIND US



## Praise for our caring staff

*“From nursing care to charity care with my bill and every kindness in between, I am so grateful to all of you. Thank you all so very much. Each and every one of you has made me feel like a valued human being and not just a name on a chart. I am humbled and profoundly grateful. Your caring attitudes made my non-elective hysterectomy a much more positive experience than I ever dreamed possible. Thank you for all your warmth and generosity. I will never forget it.”*

## You can make a difference!

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



# Spring Diabetes Series

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

**Wednesday and Thursday, March 21 and 22, 1:30 to 4:30 p.m.**



### International Cooking Extravaganza

Travel the world without leaving town! Let your taste buds take you on a celebratory cruise of international culinary delights. Sample foods from the Caribbean, India, China and beyond, and learn about the distinctive cuisines of each culture.

**Monday, April 9, at 6:30 p.m.**

### Men’s Health Fair and Prostate Cancer Screening

Get information and resources on topics important to the health of men. Featuring urologists David Hutton, MD, and John Sislow, MD.

**Thursday, April 26**

**\$15 for PSA**

**Call for an appointment.**

# HeartCheck

Let us help you take some important steps toward getting or keeping your heart healthy. We’ll assess your risk factors by checking your cholesterol, blood sugar and blood pressure. Then a health care professional will review your results and talk with you about how you can reduce your risk of heart disease and improve your quality of life—now and down the road.

**Sunday, Feb. 11, from 1 to 4 p.m.**

**Wheatland Village, 1600 Catherine St., directly behind WWGH**



tear and save

tear and save

tear and save

tear and save

# Classes at the General

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

**Basic First Aid**  
Second Tuesday of each month  
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 current information and management tips, and network with other people with diabetes. A diabetes educator will attend. Call 527-8045.  
Second Thursday of each month at 5 p.m.

## **Supermarket Shopping for People With Diabetes**

Join us for a free two-part series on making healthy choices at your local grocery store. Registration and a minimum number of attendees required.  
Wednesdays, April 11 and 18, at 6 p.m.

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

## *Family*

### **Preparing for Childbirth and Parenting**

This series of six classes prepares expecting parents for a positive labor and delivery experience. Register by the sixth month of your pregnancy.  
Begins Wednesday, March 7, at 7 p.m.

## *Health Screenings*

### **Cholesterol Screening**

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

**Blood Pressure Check**  
Thursdays, 9 a.m. to 4 p.m.  
WWGH lobby

**Pregnancy Testing**  
FREE, confidential pregnancy tests at the Women'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.

**Grief Recovery**  
This six-part series, led by chaplain Bonita Oneonta-Becraft, helps people dealing with the death of a loved one.  
Begins Wednesday, April 11, at 6 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 more. Find out how to compensate for age-related changes in vision, hearing and reaction time. Insurance cost reduction for completion.  
Wednesday and Thursday, April 25 and 26, from 9 a.m. to 3 p.m., \$10

## **Valentine's Party**

Don't miss the seventh annual Valentine's Party! Bring a friend and enjoy lunch, music, games and fellowship.  
Wednesday, Feb. 14, at noon, \$5

## *Wellness*

### **Good Grief Club**

This specialized grief recovery program helps children in kindergarten through eighth grade deal with loss due to death, divorce or separation.  
Begins Tuesday, Feb. 6, at 6 p.m.

### **Stop Smoking**

This series of seven classes will help you overcome hurdles that may have kept you from being smoke-free in the past.  
Begins Tuesday, April 10, at 5 p.m.

Free

Free

Classes  
are held at  
Walla Walla  
General  
Hospital

Visit us on the Web  
at [www.wwgh.com](http://www.wwgh.com).

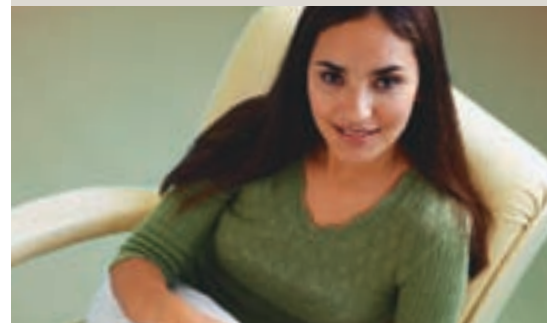
**Baby Gallery** Search for a newborn by name, date of birth or the first names of the parents. See the baby's photo.

**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](http://www.wwgh.com)



# Experts answer your important questions

**Q** I have osteoarthritis in my knee. What treatment options are available?

**A** More than 10 million Americans have osteoarthritis of the knee, according to the American Medical Association (AMA). Their deteriorating leg joint makes it hard for them to stoop, kneel, get up stairs and even walk.

Although there is no cure for osteoarthritis, there are multiple treatments for its symptoms.

**Your doctor can offer four general types of treatment:**

■ **Medications.** These range from over-the-counter pain relievers—such as ibuprofen or acetaminophen—to prescription medications.

■ **Injections.** Cortisone injections into the knee can offer immediate pain relief, but side effects may limit their use. A procedure called viscosupplementation involves injecting fluid into the joint for lubrication and may help in early stages of osteoarthritis.

■ **Knee braces.** Braces range from elastic wraps to custom-made models.

■ **Surgery.** Severely damaged knees sometimes need surgical repair or even replacement.

**There are also several things you can do to help your aching knees:**

■ **Exercise.** Regular exercise is one of the best treatments for osteoarthritis, according to the AMA. Your doctor might refer you to a physical therapist, who can design a program just for you.


■ **Lose weight.** If you're overweight, losing even a few pounds can take a big load off your knees. One study, for instance, found that every pound of weight loss resulted in a 4-pound reduction in workload on the knees in every step.

■ **Educate yourself.** Learning more about osteoarthritis can help you make decisions about treatment and work more effectively with your doctor. Find more information from the American Academy of Orthopaedic Surgeons at [www.orthoinfo.org](http://www.orthoinfo.org).



Scott  
Hutson, MD

# Q&A

 Have a question? Ask our experts! E-mail us at [healthed@ah.org](mailto:healthed@ah.org) or call 522-2424.

—Scott Hutson, MD

Blue Mountain Orthopaedic & Sports Medicine Center



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