

Your health matters

Feeling stronger every day

Cardiac rehab can speed heart attack recovery

The treatment you received for your heart attack may have saved your life.

But how do you stay healthy now? Cardiac rehabilitation may be one of the answers. According to the American Heart Association, rehab can speed your recovery, cut your chances of future heart trouble and help you return to an active life. Cardiac rehab can be individualized, but commonly includes:

- Supervised and safe exercise. Programs start slowly and gradually help you get stronger while your heart rate, blood pressure and other factors are monitored.
- Help to quit smoking if you're a smoker.
- Advice on eating a healthy diet and controlling your weight.
- Suggestions about better ways to relax and manage stress.
- Opportunities to meet other people who are also coping with heart trouble.
- Counseling to better understand your heart condition.

Your cardiac rehab team may include doctors, nurses, exercise specialists, dietitians and others.

Almost everyone who has survived a heart attack can benefit from cardiac rehab.

Walla Walla General Hospital offers a comprehensive cardiac rehabilitation program. Call 527-8070. ←



Ronnie Yu, MD
Walla Walla
Cardiology
Specialist Clinic

What is a nurse practitioner?

When you need health

care, consider seeing a nurse practitioner.

Nurse practitioners are registered nurses (RNs) with graduate-level education that allows them to provide basic health care—the type of care you might have thought you could only get from a doctor.

For example, nurse practitioners may provide services such as:

- Physical exams
- Diagnosis and treatment of most common and chronic illnesses
- Health and wellness counseling
- Screenings and referrals for other health problems
- Prescriptions for medications (in most states)

Well-qualified

Nurse practitioners first obtain degrees as registered nurses. Many have extensive nursing experience as RNs before going on to complete a nurse practitioner program. These programs include many hours of clinical training under the guidance of a credentialed nurse practitioner or a physician.

It takes about two years to complete a nurse practitioner program, followed by state or national certification exams.

Nurse practitioners may choose to specialize in almost any area of health care, including: ♦ Family and adult health ♦ Neonatal care ♦ Pediatrics ♦ Women's health ♦ Geriatrics ♦ Acute care

In some states (including Washington), nurse practitioners can set up their

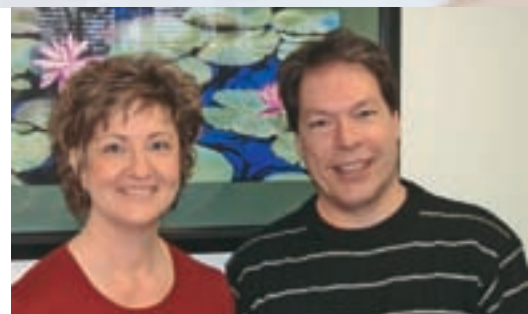
Consider seeing a nurse practitioner for your and your family's basic health care needs.

own practices. In other states, a nurse practitioner must work with a physician.

A good choice

One benefit of seeing a nurse practitioner may be the extra time and teaching they provide, says Marla Kae Stahlnecker, ARNP, a nurse practitioner at the office of David Woolever, MD.

“Nurse practitioners can concentrate on prevention and education,” says Stahlnecker. “We do an especially good job of explaining treatments to patients in a way they'll understand.”



Marla Kae Stahlnecker, ARNP, is a nurse practitioner at the office of David Woolever, MD.

These factors, along with a focus on wellness and prevention, are all good reasons to choose a nurse practitioner for your health care needs, Stahlnecker says. ←



Managing migraines

*Don't suffer in silence—
work with your doctor
on a plan to bring relief*

You probably don't want to spend too much time thinking about migraine headaches.

But planning ahead and working with your doctor to come up with the best ways to manage migraines can have a big impact on your life, according to the American Council for Headache Education (ACHE).

Understanding migraines

A migraine headache is severe pain on one or both sides of the head. The pain is usually centered around the temples or behind an ear or eye. Along with pain, migraines may cause nausea, vomiting, and sensitivity to light and sound.

The exact cause of migraines is unknown. But it is known that women are more likely than men to get migraines. Some women have migraines that are linked to menstruation or hormonal



**Doug
Newton, MD**



Get a plan. When migraines disrupt your life, it's time to visit your doctor for help.

changes, says Doug Newton, MD, an emergency medicine physician at Walla Walla General Hospital.

Migraines are also more common in people with a family history of migraines.

Different things can trigger migraines for different people. Common culprits include bright light, loud noise, certain foods or smells, and some medicines. For some people, migraines can be triggered

by stress, alcohol, smoking, or lack of food or sleep. Some are related to allergies and correlate well with the change of seasons.

Having a plan

If migraines are disrupting your life, it's important to work with your doctor on a management plan. Consider making a specific appointment to discuss your migraine problems.

Above all, says Dr. Newton, don't take a friend's specific migraine medication in an attempt to alleviate your pain, since some medications could actually make things worse.

While there is no cure for migraines, there are medications your doctor can prescribe to help prevent and treat the headaches.

For some people, avoiding specific triggers—such as caffeine, alcohol, food additives and aged cheeses—can also help control migraines.

You can also make lifestyle changes—such as adopting regular sleeping and eating habits and reducing stress—to help prevent migraines. ←

Children and headaches: Is it migraines?

Migraine headaches aren't just for adults. Children can also experience the intense head pain that comes with migraines.

If your child repeatedly has headaches that last anywhere from an hour to a few days, the American Academy of Pediatrics (AAP) says you should talk with the child's doctor. Other symptoms of migraines in children include nausea, vomiting, and intense pain in the forehead, side of the head or around the eyes.

To help diagnose migraines, the National Pain Foundation says you should tell your child's doctor:

- How often the headaches occur and how long they last.
- How intense they are.
- Things that might cause the headaches, such as foods, stress or lack of sleep.
- How your child has responded to different treatments.

Worth a thousand words. If your child has trouble explaining how a headache feels, the AAP suggests having the child draw a picture of the headache.

Praise for our caring staff

“The ICU nurses were wonderful, caring and professional. While each had his or her own personality and manner, the care was consistent. The housekeeping ladies were considerate and kind. The social worker was informative, helpful and compassionate. The chaplains were great. While this was a horrifying part of our lives, the whole staff, from doctors to dietitian—and everyone in between—went above and beyond, making it bearable. Thank you all.”

You can make a difference!

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



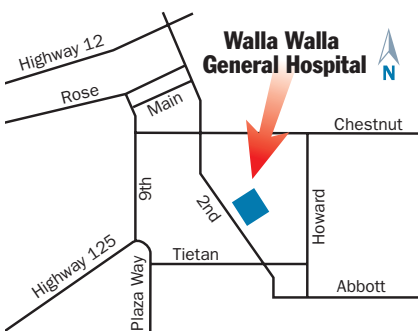
Walla Walla General Hospital

1025 S. Second Ave., Walla Walla

Main number 525-0480

Community Health Education 522-2424

HOW TO FIND US



Memory lapses?

A sign of Alzheimer's or just part of getting older?

It happens now and then:

Someone's name slips your mind, you lose your car keys or you pause midsentence while your train of thought rolls on by.

But when people notice a loved one's memory slipping somewhat with age, they sometimes wonder if there's reason to suspect Alzheimer's disease.

A person's memory may change with age, but Alzheimer's symptoms are more than just simple memory lapses such as occasionally forgetting names, notes the Alzheimer's Association. Alzheimer's causes problems with communicating, learning, thinking and reasoning.

Serious changes in memory, personality and behavior may indicate Alzheimer's, says Casey Kim, MD, an internal medicine physician at Walla Walla General Hospital.



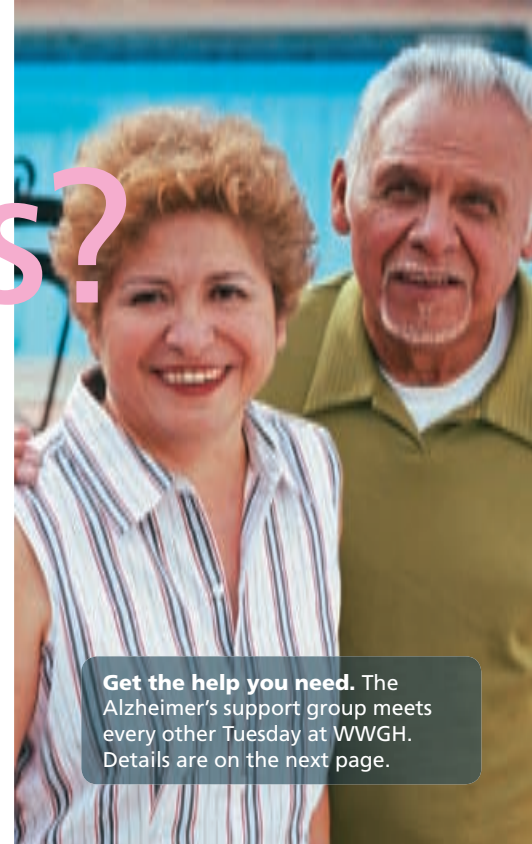
Casey Kim, MD

Gradual decline. Alzheimer's disease affects the parts of the brain that control thought, memory and language, and it eventually cuts deeply into a person's ability to function and to relate to others.

Alzheimer's symptoms start slowly, often with mild forgetfulness, Dr. Kim says. Other problems may include trouble remembering recent events or familiar names, or solving simple math problems.

The signs. The Alzheimer's Association says these are some warning signs:

- Memory loss. Forgetting recently learned information is a common early sign. We all might forget an appointment, name or phone number, but people with Alzheimer's may forget such things more often and not remember them later.
- Trouble with what were familiar tasks, such as forgetting the steps for cooking



Get the help you need. The Alzheimer's support group meets every other Tuesday at WWGH. Details are on the next page.

meals, using appliances or taking part in lifelong hobbies.

- Problems with language, such as often forgetting simple words or using unusual words, such as “That thing for my mouth” when referring to a lost toothbrush.

- Disorientation to time and place. People with Alzheimer's may forget where they are, how they got there or how to get home.

- Poor judgment, such as dressing inappropriately for the weather or making poor money decisions.

- Unusual difficulty with mental tasks. For example, when balancing a checkbook, a person with Alzheimer's may forget what the numbers mean and how to use them.

- Misplacing things in odd places—leaving an iron in the freezer, for example.

- Mood, behavior or personality changes. Alzheimer's can trigger mood swings for no reason. Alzheimer's can also bring on dramatic changes, such as confusion, suspicion, fear or being dependent on family members.

- Loss of initiative. Someone might watch TV for hours or sleep more than usual.

Seeking some help. Although the risk of Alzheimer's increases with age, it isn't part of normal aging. If you notice these signs in yourself or a loved one, or other problems that concern you, talk it over with your doctor. <

Classes at the General

Special Event

Chronic Kidney Disease Class

This class, taught by a nurse, a dietitian and a social worker from the QualiCenters Kidney Dialysis Center, will provide information about who is at risk for chronic kidney disease, how to prevent or slow kidney failure, what happens when the kidney fails, and treatments for end-stage kidney failure.

Tuesday, May 15, at 3 p.m.

First Aid and CPR Classes

American Heart Association CPR

**First and third Tuesdays, and second Monday of each month
6:30 p.m., \$20**

Basic First Aid

**Second Tuesday and fourth Monday 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 from diabetes educators, and network with other people with diabetes. Call **527-8045**.

Second Thursday of each month at 5 p.m.

Get a Grip on Your Glucose!

A two-part series for people with diabetes: "Carb Counting 101" and "Advanced Carb Counting." You will learn which foods raise your blood sugar, how to figure out the amount of carbohydrates in almost all foods and how to use this information to improve your blood sugar. Classes will require pre-reading assignments and homework. Please bring a calculator.

Registration required by May 24

Series begins June 7 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 Monday, May 7, or Wednesday, July 11, 7 p.m.

Be a Better Babysitter

You can become a better babysitter by learning about first aid, CPR, fire safety and safe ways to entertain children.

Registration is required for this two-part series. Class size is limited.

For babysitters ages 12 to 16.

Sundays, June 10 and 17, 1 to 4 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.

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. Completion of course may reduce insurance costs.

Tuesday and Wednesday, July 24 and 25, from 9 a.m. to 3 p.m., \$10

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 Sometimes after soccer games, my daughter says her chest hurts. Sometimes she wheezes and coughs. Should I take her off the team?



Joseph Wren, MD

A Your child doesn't have to quit playing sports just because exercise brings on asthma symptoms. Many people have exercise-induced asthma (EIA), and treatment can help.

EIA occurs in people whose airways are unusually sensitive to temperature and humidity. The combination of strenuous activity and breathing cold, dry air can lead to the problems you describe. Symptoms usually occur within 10 minutes of exertion and can take up to an hour to go away.

Your doctor can tell for certain if your daughter has EIA.

—Joseph Wren, MD
Blue Mountain Medical Group

Q I recently quit smoking, but I think about cigarettes all the time. Is there anything I can do to stop the cravings?



Stan Ledington, DrPH

A To help yourself stay strong, try the following:

- Review your original reasons for quitting. Think of all the benefits to your health, finances and family.
- Work on keeping your everyday stress under control, and try to avoid situations where the urge to smoke is strong.
- Keep active with exercise, hobbies or other activities.
- Drink plenty of water, and try some oral substitutes, such as sugarless gum, hard candy, carrot sticks and sunflower seeds.

Try not to get discouraged. Ask your doctor for help, or call the Tobacco Quit Line at **877-270-STOP (877-270-7867)**.

—Stan Ledington, DrPH
Walla Walla General Hospital

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

Nonprofit Org.
U.S. Postage
PAID
Walla Walla, WA
Permit No. 62

Your healthmatters

YOUR HEALTH MATTERS is published as a community service for the friends and patrons of WALLA WALLA GENERAL HOSPITAL, 1025 S. Second Ave., Walla Walla, WA 99362, telephone 509-525-0480, Web site www.wwgh.com.

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

If you have any concerns or questions about specific content that appears in YOUR HEALTH MATTERS that may affect your health, please contact your health care provider.

Models may be used in photos and illustrations.

Copyright © 2007 Walla Walla General Hospital SHN20059h