

Health MATTERS

JOURNAL OF WELLNESS AND GOOD HEALTH CARE • SPRING 2010

Health Link



HAVE A NICE YARD, AND WORK OUT

Weight-bearing, repetitive motions—such as digging, mowing and pulling weeds—make working in the yard an ideal moderate-intensity exercise for older adults.

American Society for Horticultural Science

IF THE SHOE FITS, BUY IT

When considering athletic shoes, pay more attention to how they feel on your feet than to the cool commercial you saw about them. Just because a shoe is heavily advertised doesn't mean it will offer a good, supportive fit for you.

American Council on Exercise

SLEEP IT OFF

If afternoon sleepiness is making it hard for you to exercise late in the day, don't be afraid to take a 15- or 20-minute preworkout nap. Even some quick shut-eye can give you a physical and mental boost that will help motivate you back into action.

The Arthritis Foundation



We've moved!

The Diabetes Center is now located in the main Adventist Health/Medical Group building at 1111 S. Second Ave. For more information about services at our new location, call 522-0100.

AFTER YOUR DIAGNOSIS

Managing diabetes requires work, but it's something you can do

You've just learned that you're one of the 23.6 million people in the United States who have diabetes. Now what?

◆ First, don't let anger, denial, frustration, depression or uncertainty overwhelm you. Such emotions are common and understandable but will lessen or pass with time.

"When you learn that you have diabetes, it changes your whole life," says Maria Lizotte, diabetes educator at Adventist Health/Medical Group. "It can be hard to accept, but the most important decision you can make is to take charge."

Next, try these suggestions from the American Diabetes Association (ADA):

1 Turn fear into action. Too many people get their diagnosis and become paralyzed by fear. Others may remember friends or rela-

tives who lost a limb or their eyesight due to the disease.

But you need to shift those thoughts, because negative outcomes are not inevitable. Diabetes is treatable. No matter your age or fitness level, you can take steps to fight it.

Recognizing that you may have lifestyle habits that need to change is one of the first steps to changing them.

2 Gather information. Diabetes is a very complicated disease. Understanding it will take time.

A great place to start is with your health care team. In addition to your doctor, consider working with one of our certified diabetes educators at the Diabetes Center at Adventist Health/Medical Group. Many patients must learn how to:

- Monitor blood sugar and take medications.
- Shed pounds. If you're carrying too many pounds, losing weight will help you better manage your disease.

● Begin an exercise program. Just 8 to 10 minutes a day can get you on the path to better heart health and blood sugar control.

The ADA is also a reliable source of information. Visit the ADA's website, www.diabetes.org, which offers recipes, tips, and simple-to-understand information about diabetes.

Education is one of the best things you can give yourself, and it does a lot to decrease anxiety about the disease.

3 Take action. It's up to you to follow through with your own self-care program.

The good news is that big goals can be broken into smaller, less overwhelming ones. For instance, this month, learn about healthy breakfasts; next month, tackle healthy snacks.

Finally, remember this: "You'll always have diabetes, but there are tools to help you manage it," Lizotte says. "Many people live long, happy lives with this disease, and there's no reason you can't be one of them."

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CALCIUM AND VITAMIN D

Bone builders

You may drink milk and eat a healthy diet that includes plenty of calcium. But you can't build strong bones without calcium's partner—vitamin D.

"When you don't get enough vitamin D, your body can't use all the calcium in foods," says Adina Pearson, a registered dietitian at Walla Walla General Hospital. "So instead, it takes calcium from your skeleton. This weakens existing bone and prevents the formation of strong, new bone."

The amount of calcium and vitamin D you need varies by age and other factors, such as pregnancy, Pearson says. Ask your doctor how much you should have.

When choosing foods rich in calcium, avoid those that are high in protein, salt and fat. High levels of protein and salt (sodium) are thought to increase calcium loss through the kidneys.

According to Pearson, excellent sources of calcium include plain, fat-free yogurt; milk (skim and 1 percent are best); sardines with bones; orange juice fortified with calcium; and tofu processed with calcium salts. A list of additional foods rich in calcium can be found at www.niams.nih.gov/bone. Click on "Bone Health," then on "Nutrition and Bone Health."

Vitamin D is sometimes called the sunshine vitamin because the skin manufactures it when exposed to the sun. Fifteen minutes in the sun between 10 a.m. and 3 p.m. without sunscreen a few times a week is enough exposure for many people.

"Food sources of vitamin D are limited," Pearson says. "Major sources are milk, orange juice and cereals to which vitamin D has been added. It's also found in egg yolks, liver, oily fish—such as salmon, mackerel and sardines—and cod liver oil."

Supplements of calcium and vitamin D may be recommended, especially for pregnant women and older adults.



OSTEOPOROSIS

Men's bones break too

How are your bones doing?

If you're a man, your skeleton is most likely larger and stronger than a woman's. But that doesn't mean you're off the hook for bone disease. "As men age, their bones gradually lose density, just as women's bones do," says DeeAnn Taylor, MD, a family medicine physician at Adventist

Health/Medical Group. "In some cases, men's bones become so porous that they easily break."

In other words, men can—and do—get osteoporosis.

BONE BASICS Bone is living tissue and is constantly changing. New bone replaces old, and bone mass peaks by age 30. After that, bone density slowly starts to decline. For women, the decline in bone speeds up with menopause—usually around age 50. That's when women's risk for osteoporosis increases.

"Bone loss in men is more gradual," Dr. Taylor says. "But by about age 70, men lose bone at the same rate as women."

According to the American Academy of Family Physicians (AAFP), of the 10 million people in the U.S. with osteoporosis, roughly 2 million are men.

Osteoporosis is more likely in people with a family history of the disease and those who take certain medicines, such as anticonvulsants, corticosteroids and chemotherapy drugs. Smoking, drinking alcohol and being inactive can also raise the risk for osteoporosis, reports the AAFP.

BAD BREAKS FOR MEN Though men usually get osteoporosis later in life than women do, their outcomes are often worse, Dr. Taylor says. The problem hinges on one important factor: Most men don't get screened for the disease and, therefore, may miss out on treatments that can help prevent fractures.

In fact, men usually learn they have osteoporosis only when they suffer a potentially disabling or dangerous fracture—

often of a hip. Men are twice as likely as women to die from hip fractures, reports the American Academy of Orthopaedic Surgeons.

KEEP BONES STRONG Osteoporosis can often be prevented, and the sooner you start, the better. According to Dr. Taylor and the National Institutes of Health, these strategies can help:

- Avoid smoking, and know the risks of drinking alcohol. Both can harm your bones.

- Get plenty of calcium in your diet—



DeeAnn Taylor, MD, is a family practice physician at Adventist Health/Medical Group.

1,200 milligrams a day is recommended for men over age 50. Ask your doctor if you need to take a calcium supplement.

- Get adequate vitamin D. The body makes vitamin D when skin is exposed to the sun. About 10 minutes a day in the sun is enough, and most multivitamins also provide vitamin D.

- Be active. Weight-bearing exercises, such as walking and lifting weights, are best. If you haven't been active in a while, check with your doctor before starting an exercise program.

The Men's Health Network recommends that men 60 or older be screened for osteoporosis. The disease can be treated with medicines and healthy lifestyle choices.

RADIOLOGISTS

Working behind the scenes

When you get sick or injured, many types of doctors may be involved in your care. One that you often don't see is a radiologist—a physician specially trained to interpret medical images such as magnetic resonance imaging (MRI) scans, x-rays, computed tomography (CT) scans or ultrasounds. Radiologists interpret those images and pass the results and recommendations for tests or treatment protocols on to your doctor, who determines your treatment.

A second set of eyes Walla Walla General Hospital (WWGH) has taken radiology in our area to a higher level thanks to a new partnership with Inland Imaging. Inland Imaging is a large radiology group located in Spokane—in fact, Inland Imaging is the 15th largest radiology group in the United



States, and now they are also serving as the radiologists for WWGH. Each Inland Imaging radiologist is board-certified, and many have completed subspecialty fellowships, making them experts on specific parts of the body.

How does it work? Brian Rich, MD, an Inland Imaging radiologist, is physically located at WWGH to interpret local images and perform procedures that require a radiologist to be on-site. He is backed up by more than 60 additional radiologists, thanks

to a secure, high-speed link between Walla Walla and Spokane. That means a radiologist is always available to interpret your images right away—even in the middle of the night.

What does this mean for you? The time it takes for your doctor to get the results of your imaging tests has decreased dramatically. Plus, you have access to some of the most highly-trained radiologists in the state—all without having to leave Walla Walla.





GETTING TO KNOW YOU: Walla Walla General Hospital internal medicine physicians (from left) Suwitda Cholitkul, MD; Gily Ionescu-Tajti, MD; Suteevan Cholitkul, MD; and Carl Bauer, MD, a gastroenterologist

Why you should have a primary care physician

You're sniffing and sneezing. This cold—or whatever it is—has been hanging on far too long. It's time to call...hmm...let's see....

If you have a primary care doctor whom you see regularly, you won't need to stop and wonder whom to call. And that is just one advantage of having a doctor whom you know—and who knows you.

There are plenty of other reasons to have a primary doctor. Here's another: A doctor you see regularly will know more about you, including your personal health history, your family health history and personal situations that affect your health. And that means your doctor can provide better, more personalized care for you.

Plus, seeing your own doctor on a regular basis for checkups—rather than waiting until you are already sick—can help you

focus on preventing health problems and staying in optimum health.

If you don't already have a regular doctor, now is the time to get one.

You might choose, for example, a family physician, who cares for children and adults of all ages. Or you might prefer an internist, a doctor who focuses on caring for adults. Your primary care doctor can also refer you to a specialist if the need arises.

We have doctors available Need help finding a primary care doctor?

We can help you search for a primary care doctor by specialty, language(s) or other criteria that are important to you and that meet your needs.

Learn about the doctors at Adventist Health/Medical Group at www.wwgh.com/clinic, or call 522-0100.

Farm-fresh food benefits

Spring is here. And from roadside farm stands to our downtown Walla Walla farmers market, fresh produce is abundant and yours to choose. Those wonderful, farm-fresh fruits and vegetables are a feast for the eye as well as the palate, making it easy, if not downright exciting, to fit in those all-important multiple servings a day.

Oh, and if you needed any more convincing about the goodness of those fruits and veggies, don't forget: They're pretty good cancer fighters too.

Produce is packed with cancer-fighting compounds, such as vitamins, minerals, fiber, phytochemicals and antioxidants.

Some of these compounds can help

strengthen the immune system and keep the body healthy. Others may protect cells from damage that can lead to cancer.

All that adds up to possible protection from a variety of cancers, including those of the mouth, esophagus, pancreas and prostate.

Picking your produce. To make the most of your trip to the farm stand, try these tips:

- Go early for the best selection. And plan to buy a rainbow of colors. The various colors of produce provide a range of nutrients. So think shades of cancer-fighting goodness, from yellow squash to green spinach, from orange sweet potatoes to juicy, red watermelon.

- Be adventurous and try something you've never eaten before.

Go Walla Walla General Hospital will offer free screenings and health info at the farmers market downtown. See the calendar to learn more.

Adventist Health

Mark your calendar

Register today!
on the phone: 522-2424
on the web: www.wwgh.com

All classes and events are free and at WWGH unless otherwise noted.

HEALTH SCREENINGS

Men's Health Fair and Prostate Cancer Screening

This event will include screening for prostate cancer as well as information and resources about topics important to men's health. Free physical exams by urologists David Hutton, MD, and John Sislow, MD. Call 522-2424 for an appointment.

Thursday evening, April 15. Fee: \$20 for prostate-specific antigen (PSA) blood test

WWGH at the Farmers Market

Watch for us at the Farmers Market! Free screenings and different health information each month.

Once a month in May, June, July and August; Special Kids Day Aug. 28 Downtown Walla Walla

SENIORS

AARP Driver Safety Program

Learn new traffic laws and how to compensate for age-related changes. Completion of course may reduce insurance costs.

Sunday, April 11 from 8:30 a.m. to 5 p.m. Fee: \$12 for AARP members; \$14 for nonmembers

WELLNESS

As Girls Grow Up: Pasta Night Out for Parents and Daughters

For girls ages 9 to 13 and their parents. Enjoy a pasta bar while a pediatrician and a social worker discuss the physical, emotional and social aspects of puberty. Registration required.

Monday, May 17 at 5 p.m. Fee: \$10 for daughter and parent

Be a Better Babysitter

In this two-part series, babysitters ages 12 to 16 will learn first aid, CPR, fire safety and safe ways to entertain children. Registration required.

Sundays, June 6 and 13, from 2 to 5 p.m. Fee: \$20

Stop Smoking

This series of seven classes will help you overcome hurdles that may have kept you from being smoke-free in the past.

Series begins Monday, April 12, at 5 p.m.

Walla Walla General Hospital offers monthly CPR and First Aid classes. We also offer support groups for caregivers of Alzheimer's patients, men with prostate cancer, and people dealing with gluten intolerance or celiac disease.

Second Annual Golf Benefit

You are invited to join us for an unforgettable day of great golf, excellent food, nonstop fun, exciting contests and prizes, friendly competition, and philanthropy. The Golf Benefit will raise funds for comprehensive patient-room renovations to improve the caring and healing environment. Information and registration are available at www.golfwwgh.com or 527-8300. **Sunday, May 23, Wine Valley Golf Club**



Go to www.wwgh.com and click on "Health Classes & Events" for even more event and class listings.

IT'S TIME FOR THAT TALK

How to warn your kids about risky behaviors that can harm

IT'S NOT QUITE a bumper sticker slogan, but maybe it should be: "Have you talked to your kids about sex, drugs, tobacco and alcohol?"

"When it comes to reducing risky behaviors in kids, your words and guidance really do matter," says Calvin Rick, MD, a pediatrician at Adventist Health/Medical Group.

For a parent, such discussions can certainly seem daunting.

But it's important to talk about these things—and listen too.



Calvin Rick, MD, is a pediatrician at Walla Walla General Hospital.

TALKING ABOUT SEX Some parents worry that talking about sex encourages their children to try it. But research suggests that these chats actually help delay sexual activity, the American Academy of Pediatrics (AAP) reports.

"Instead of the classic big talk about sex, have ongoing discussions—starting when your child

poses those first birds-and-bees questions," Dr. Rick says.

Of course you'll want to give age-appropriate information and let your values help guide you as to what to say—for example, when discussing dating and premarital sex, says the AAP.

"Before your kids become teens, however, let them know that having sex has risks, including sexually transmitted infections—such as AIDS—and pregnancy," Dr. Rick says.

Other pointers from Dr. Rick and the AAP for talking about sex:

- Prepare. If necessary, read a book on talking to kids



about sex, and practice with your spouse what you're going to say to your child.

- It's OK to admit to your child that talking about sex isn't easy. Do say to your child, however, that it's important he or she hears this information from you.
- Let your child talk and ask questions.

OTHER RISKY BEHAVIORS Start talking to your child at an early age about the dangers of using alcohol, tobacco and drugs.

Let your child know that you won't allow him or her to use these substances, but don't just lecture. Point out that you love your child and don't want him or her harmed.

"Your talks may be more effective if you focus on the more immediate consequences of using these substances

rather than the long-term risks," Dr. Rick says.

For instance, instead of saying smoking causes lung cancer, tell your child that smoking causes stained teeth and bad breath.

Also, help your child overcome peer pressure by teaching him or her what to say if tobacco, alcohol or drugs are offered. You may want to role-play a scenario in which that happens, Dr. Rick says.

DON'T JUST TALK Finally, set an example for your child to follow. You do this when you show love and respect in your relationships and model healthy behaviors, such as not smoking.

Go Need help taking the first step? See page 3 to learn about "As Girls Grow Up," a chance to discuss puberty in a comfortable group setting.

NEED A HEALTH PARTNER?

PEDIATRICS

Donald Ashley, MD
Shirley Ashley, MD
Ellen Collette, ARNP
Rachel Marsh, ARNP
Cavin Rick, MD
Joseph Wren, MD

OB/GYN

Kathryn Austin, CNM, ARNP
Robert Betz, MD
Susan Collins, CNM, ARNP
Regina Karmy, MD

INTERNAL MEDICINE

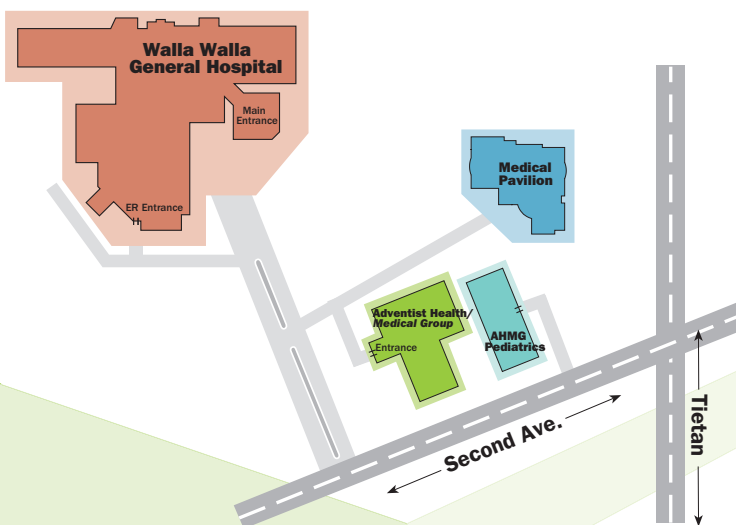
Carl Bauer, MD
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FAMILY PRACTICE

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John Hoehn, MD
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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, website www.wwgh.com.

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SPRING 2010