

# Health MATTERS

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## New Doctor



**Stephen Chung, MD, is the new medical director of the Sleep Center at Walla Walla General Hospital.**

### WELCOME, DR. CHUNG!

Stephen Chung, MD, will join the Adventist Health/Medical Group team in August. He is board-certified in both neurology and sleep medicine and will become the medical director of Walla Walla General Hospital's Sleep Center.

A graduate of Loma Linda University, Dr. Chung completed residencies at Loma Linda University and UC Davis Medical Center. He has most recently been working as a neurologist in Tennessee. He and his wife, Christine, and their three children enjoy playing music together, snow skiing and hiking.

To make an appointment with Dr. Chung, call **522-0100**.



## SLEEP TIGHT

# GET A GOOD NIGHT'S SLEEP

Ahh, blissful sleep. It restores and it refreshes—except if you're not getting as much as you need. ♦ Sleep is an essential part of every person's health and well-being. For

instance, when you get enough hours of quality sleep:

- You feel rested and energetic.
- You go through the different stages of sleep that are needed to help your brain with tasks such as learning, creating memories and solving problems.
- Your body has a chance to make more of certain hormones that are necessary for building muscle, repairing cells and tissues, and fighting infections.

But when you don't get enough sleep:

- Your reaction time is slowed. If you're behind the wheel of a vehicle, you're as dangerous as a drunk driver.
- You are more likely to be irritable, and you face an increased risk of depression.
- You may have an increased risk of developing other

health problems, such as high blood pressure, heart disease, overweight and diabetes.

**GET THOSE ZZZS** If you've been missing out on needed slumber, it's time to make sleep a priority. Experts say that around seven to eight hours of sleep a night is optimal for many adults.

If you're having trouble getting enough rest, try these suggestions from the National Institutes of Health:

- Go to bed and wake up at the same time every day (weekends too).
- Try to get some exercise each day, but not within five or six hours of going to bed.
- Avoid stimulants, such as caffeine and nicotine.
- Adopt a relaxing routine before going to bed. Try reading, listening to music or taking a hot bath.
- Try to be outside in the sun for about 30 minutes each day. This can help regulate your sleep patterns.

If these types of adjustments don't help your sleep troubles, talk to your doctor. You may have a sleep disorder that needs treatment.

**For an appointment at the Sleep Center, call 525-0480.**

## Sleep studies: Do I need one?

Sleep studies can help pinpoint the source of your sleep troubles and uncover disorders such as sleep apnea.

Some studies are done during the day and measure how sleepy you are or how well you can stay awake and alert.

Another type of sleep study, called a polysomnogram, usually requires an overnight stay at a sleep center. Sensors track your brain activity, heart rate, blood pressure and other key functions while you sleep.

You might benefit from a sleep study if you: ■ **Are often fatigued during the day even though you stay in bed long enough to get a good night's rest**

■ **Have trouble falling asleep, wake up a lot during the night or are waking too early in the morning** ■ **Have been told that you snore loudly, snort, gasp, choke or stop breathing for short periods while you sleep** ■ **Experience tingling, crawling sensations in your legs in the evening or as you are trying to go to sleep.**

**If you have these or other sleep-related problems, talk to your doctor.**

Source: National Institutes of Health



**CPR**

# APPROACH IT HANDS-ON

**YOU'D PROBABLY DO ANYTHING** you could to save the life of a loved one.

Learning CPR (cardiopulmonary resuscitation) helps prepare you to do just that when your loved one—or even a stranger—experiences cardiac arrest.

If CPR is performed in the first moments after cardiac arrest, it doubles that person's chance of survival. CPR keeps blood flowing to the brain and other vital organs until emergency help arrives.

**WHEN TO ACT** During cardiac arrest, the heart suddenly stops functioning. As a result, a person collapses and can no longer breathe. You may feel shocked if you see this happen, but don't let it stop you from acting. Try not to

**Get certified! For a full schedule of CPR and first aid classes, visit [www.wvgh.com](http://www.wvgh.com). You can also call 522-2424.**

be afraid, and remember that your actions can only help, says the American Heart Association (AHA).

If an adult around you suddenly collapses, first call 911. Then you can administer hands-only CPR. Here's what to do:

- Place your hands in the center of the person's chest. Push as hard and as fast as you can, allowing the chest to rise between compressions.
- Continue, without interruption, until emergency help arrives.

Hands-only CPR can be as effective for cardiac arrest as regular CPR, says the AHA. However, do not use the hands-only technique for:

- Infants or children
- Adults whose cardiac arrest was related to a drug overdose or near-drowning
- An unwitnessed cardiac arrest

In these instances, conventional CPR, which includes rescue breathing, is recommended.



**KIDS AND SPORTS**

## A PARENT'S GAME PLAN

**ORGANIZED SPORTS ARE** often a good thing for children.

Participating in sports can help improve motor skills as well as overall fitness. And being part of a team can help teach young people social skills too.

"While organized sports are generally safe for kids, injuries do happen," says Shirley Ashley, MD, a pediatrician at Adventist Health/Medical Group. "Young bodies are still growing, which makes them more vulnerable to injuries than adult bodies."



**Shirley Ashley, MD, is a pediatrician at Adventist Health/Medical Group.**

Kids under the age of 15 in the U.S. have more than 3.5 million sports-related injuries each year. About 95 percent of sports injuries are minor bruises, muscle pulls, sprains, strains or cuts. The other 5 percent include serious injuries, such as broken bones.

**WHAT YOU CAN DO** Dr. Ashley offers these tips to help prevent sports injuries from sidelining your child:

- Help your child get in shape before he or she starts playing a sport. When you sign up your child for a team, ask the coach or league officials about conditioning programs.
- Seek out qualified coaches. A good coach will create a positive, safe learning environment for your child.

- Learn the rules of the sport and the proper techniques for playing. Many rules are specifically in place for safety reasons.
- Make sure your child has—and uses—all the protective gear necessary for the sport. Check that everything fits properly—especially helmets.
- Always have your child warm up before playing. Stretching exercises increase flexibility and protect muscles from injury.
- Don't make your child play if he or she is tired or in pain. Playing through pain can result in long-term injury.

**Make sure your child has—and uses—all the protective gear necessary for the sport. Check that everything fits properly.**

Finally, perhaps the most important thing you can do as a parent to keep your child safe is to emphasize fun. Too much pressure to win or to excel at a sport can lead to injuries.

"Pay attention to the aches and pains of your young athlete," Dr. Ashley says. "Seek medical help if your child has persistent pain or cannot play because of an injury."

Once you've taken some precautions, you can sit back and enjoy the game.

Sources: American Academy of Orthopaedic Surgeons; American Academy of Pediatrics

## The road to health after 50

Once you turn 50 years old, staying healthy can mean paying closer attention to the details. In fact, you may feel like you need a medical map to keep things straight.

Fortunately, there is a map, and it's relatively easy to follow. "It starts with steps you can take on your own—lifestyle choices that can prevent or control many conditions that cause illness or premature death," says Gily Ionescu-Tajti, MD, an internist with Adventist Health/Medical Group.

**The road to health** According to Dr. Ionescu-Tajti and the National Institute on Aging, you can help protect your health by:

- **Getting some regular exercise.** People who exercise regularly reduce their risk for many diseases. Exercise can also improve your balance and help you avoid falls. Keep moving with activities such as bicycling, gardening or walking the dog. Try to be active for at least a total of 150 minutes a week. You don't have to get your activity in all at once—you can break it down into small segments of time.

- **Eating a healthful diet.** A diet rich in fruits, vegetables and whole grains is key to avoiding many of the health problems that often occur in older adults. It's also important to avoid saturated fats and to go easy on salt.

- **Not smoking.** If you're a smoker, it's really important that you try to quit. Quitting will reduce your risks for cancer, heart attack and lung disease. In fact, quitting will likely add years to your life. You can find resources to help at [www.smokefree.gov](http://www.smokefree.gov).

- **Watching your weight.** Being too thin or too heavy can increase your risk for a number of diseases or even premature



death. Ask your doctor about your ideal weight and how to maintain it.

**Follow directions** To stay on course for health, you'll also need to stay in touch with your doctor.

"All adults should have their blood pressure checked at least every two years," Dr. Ionescu-Tajti says. "It's also important to have your cholesterol checked regularly—ask your doctor how often you need this test."

And depending on your sex, age and health risks, you may need some of these additional screenings or preventive measures: ● A mammogram ● A flu shot ● A colonoscopy ● A mental health screening ● A pneumonia shot ● A shingles vaccination ● A diabetes screening ● A daily aspirin to help prevent heart attack or stroke ● A bone density scan to screen for osteoporosis ● An abdominal aortic aneurysm screening test.

"If you haven't been taking very good care of yourself so far, don't feel like it's too late to change now," Dr. Ionescu-Tajti says. "You're never too old to start living a healthy life."



**Gily Ionescu-Tajti, MD, is an internist with Adventist Health/Medical Group.**



Adventist Health

Register today!

on the phone: 522-2424

on the web: [www.wwgh.com](http://www.wwgh.com)

# Mark your calendar

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

## SENIORS

### AARP Driver Safety Program

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

**Tuesday and Wednesday, Aug. 24 and 25, from 5 to 9 p.m. Fee: \$12 for AARP members and \$14 for nonmembers**

### Nutrition and Alzheimer's

Where are my car keys? What's his name? When is our anniversary? Is it Alzheimer's? Come learn about Alzheimer's and what you can do.

**Wednesday, Sept. 15, at 7 p.m.**

## WELLNESS

### Stop Smoking

According to the U.S. Surgeon General, smoking cessation is the single most important step that smokers can take to live longer, healthier lives. Quitting is not easy, but you can do it. Register now for our series of seven classes, and we'll help you overcome hurdles that may have kept you from being smoke-free in the past.

**Begins on Tuesday, Sept. 7, at 5 p.m., at SonBridge Community Center**

### Caring for Someone With Diabetes

If you are a caregiver or family member of someone with diabetes, you will want to attend this class! Get information that will help you in the relational aspect of caring for someone with diabetes as well as the practical side of managing diabetes every day. Caregivers will receive three credit hours.

**Tuesday, Sept. 28, at 6 p.m. Fee: \$10**

## HEALTH SCREENINGS

### WWGH at the Farmers Market

Watch for us at the Farmers Market! Free osteoporosis screenings and information specific to women's health in July. Plus, talk with a pediatrician during August's Kids' Day.

**Saturdays, July 17 and Aug. 28, downtown Walla Walla**



Go to [www.wwgh.com](http://www.wwgh.com) and click on "Find a Class or Event" for even more event and class listings.



## Your satisfaction is our priority

Studies in recent years demonstrate a direct link between high-quality hospital rooms and levels of patient satisfaction. Comfortable rooms are crucial to the well-being of every patient we serve.

Patient satisfaction, comfort and safety are our priorities—which is why Walla Walla General Hospital (WWGH) is happy to announce Enhancing the Healing Environment as the 2010 fundraising

initiative.

"Comprehensive upgrades of equipment, furnishings and surroundings will result in complete room makeovers, promoting better care and recuperation for the patients we serve and a great improvement in working conditions for all of the professional staff who interact with patients in their rooms," says John Cress, WWGH Foundation executive director.

**How can you help?** Friends of WWGH can support the Enhancing the Healing Environment project in a variety of ways:

- Make a gift by check or credit card.
- Pledge a gift to be given over a period of several years.
- Partner with family members or colleagues to sponsor a complete room.

To learn more, visit [www.wwgh.com](http://www.wwgh.com) or call 527-8300.



- Provide details about many types of tissue as well as the lungs, bones and blood vessels—all at the same time.
- Help doctors quickly diagnose internal injuries and bleeding in emergencies.
- Be used as a guide for doctors when performing minimally invasive procedures, such as needle biopsies, on various areas of the body—particularly the lungs, abdomen, pelvis and bones.
- Help doctors diagnose a problem without the need for exploratory surgery.

**SAFETY CONSIDERATIONS** “Even though you are exposed to radiation during a CT scan, the benefits of getting an accurate diagnosis of your medical condition far outweigh any risks associated with the procedure.”

**Our imaging department offers a higher level of expertise and care. You or your doctor can call 527-8273 to learn more.**

Dr. Rich says.

Other things to keep in mind about the safety of CT scans, according to the RSNA, include the following:

- The typical dose of radiation from a CT scan is about the same as the average person receives from natural sources in a three- to five-year period.
- No radiation remains in your body after a CT scan, and the x-rays used in CT scans usually have no side effects.
- While CT scanning is an effective medical tool, it should only be performed when necessary. Before undergoing a CT scan, be sure your doctor is aware of your past history with x-rays. There is a slight chance that excessive exposure to radiation could lead to other medical problems, such as cancer.
- CT scanning is generally not recommended for pregnant women.
- Children, who are more sensitive to the effects of radiation than adults, should only have a CT scan if it is essential for making a diagnosis. Children should not have multiple scans unless absolutely necessary.



To learn more about CT scans, talk to your doctor or visit the RSNA website at [www.radiologyinfo.org](http://www.radiologyinfo.org).

# THE FACTS ABOUT CT SCANS

**IF YOU ARE** ill or injured, your doctor may recommend a computed tomography (CT) scan to get a clear picture of exactly what is wrong with you.

You’ve probably heard of a CT scan, but you may not know exactly what it is, what it can reveal or how safe it is to have one.

“CT scanning combines special x-ray equipment with sophisticated computers to take detailed pictures of the inside of the body,” says Brian Rich, MD, medical director of imaging at Walla Walla General Hospital. “The pictures can be viewed on a computer monitor or printed out.”

Doctors commonly use these images to diagnose:

- Cancers of the lung, liver, pancreas and other organs
- Blood clots and vascular diseases that can lead to

stroke, kidney failure or even death

- Spinal problems
- Injuries to bones in the hands, feet and other parts of the body
- Trauma injuries to the lungs, heart, blood vessels, liver, spleen, kidneys, bowels and other internal organs

**BENEFITS OF SCANNING** During a CT scan, you lie on a narrow table that slides into and out of the scanner—a large machine with a tunnel in the center.

CT scans are generally fast and painless. Modern CT scanners are so fast, in fact, that they can take multiple images of your body in a matter of seconds.

According to Dr. Rich and the Radiological Society of North America (RSNA), images from CT scans can:

## NEED A HEALTH PARTNER?

### PEDIATRICS

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

### INTERNAL MEDICINE

Carl Bauer, MD  
Suteevan Cholitkul, MD  
Suwitda Cholitkul, MD  
Gily Ionescu-Tajti, MD

### FAMILY PRACTICE

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John Hoehn, MD  
Susan Lien, ARNP  
C. Barton Moore, MD  
Albert Randolph, MD  
Josh Reyes, ARNP  
DeeAnn Taylor, MD

### OB/GYN

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

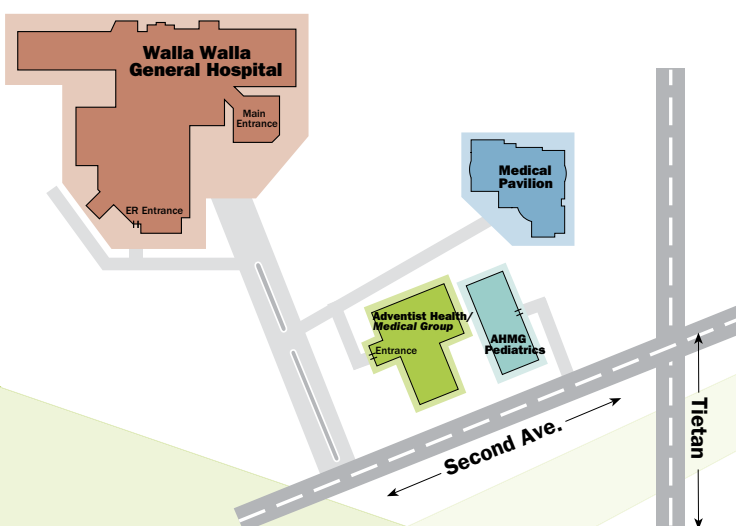
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