

# Health Connection

A PUBLICATION OF BARSTOW COMMUNITY HOSPITAL

Tomorrow's Barstow  
Community Hospital

Better health is  
just a click away!

Meet our doctors

Good day, sunshine!  
Greet the day  
with an SPF

# Good day, sunshine!

## Greet the day with an SPF

**Y**ou don't have to be a sun worshipper to take sun protection seriously—even limited exposure can cause damage. Skin cancer is the most common kind of cancer in the United States, affecting nearly half of all Americans who live to age 65. Although most cancers don't appear until after age 50, skin cancer results from years of accumulated sun damage. However, you can avoid sun damage and enjoy your favorite outdoor activities by taking sensible precautions and using a sunscreen that protects your skin from damaging ultraviolet rays.

### THE ABCS OF SPFS

Sunscreen products are rated according to their sun protection factor (SPF)—the length of time a product will protect you from sunburn caused by ultraviolet B (UVB) rays. But sunscreens don't provide complete protection. You still need to be cautious about timing and limiting your sun exposure.

Your best bet when shopping for a sunscreen is to choose a product with an SPF of at least 15, according to the American Cancer Society. Check the label to make sure it provides “broad-spectrum” protection, which protects against UVB rays and ultraviolet A (UVA) rays. UVB rays cause sunburns that can lead to superficial skin cancers known as basal cell carcinomas and squamous cell carcinomas. They can also lead to the more deadly skin cancer, melanoma. UVA rays penetrate even more deeply into the skin, damaging connective tissue.

### SAVE-YOUR-SKIN TIPS

If you'll be outside, slather on sunscreen and find a shady spot, but keep in mind that sunlight reflects off surfaces such as water, sand and pavement. Avoid the sun between 10 a.m. and 4 p.m., when rays are strongest. To block sunlight,



wear sunglasses, a broad-brimmed hat and clothing made from tightly woven fabric, preferably long-sleeved shirts and pants. For your sunscreen to be most effective:

- Apply about 30 minutes before going outdoors.
- Use liberally. Apply 1 ounce of sunscreen to cover all exposed areas of your body, including your neck, ears and scalp.
- Reapply every 90 minutes—more often if you sweat heavily or go swimming.
- Use even on cloudy days—UV rays can still reach you.

Harmful UV rays can pass through car windows, too, so apply sunscreen to exposed skin if you'll be driving during peak sun hours.

Make applying sunscreen a habit—like brushing your teeth—but don't rely on sunscreen for full protection against skin cancer. Be sure to examine your skin each month for unusual changes and see your dermatologist if you spot any irregularities.

**“When outside, apply sunscreen liberally every 90 minutes.”**



# Bouncing back from joint pain

**W**ith all the wear and tear we place on our joints, it's no wonder that almost 639,000 people underwent hip or knee replacement surgery in 2003, according to the Centers for Disease Control and Prevention. Knees and hips, in particular, are prone to problems—largely because they play a part in almost everything we do—but shoulder, finger, ankle and elbow joints can need replacement as well.

## WHY ARE JOINT REPLACEMENTS NEEDED?

Joint replacement surgery, also known as arthroplasty, becomes necessary when conditions such as arthritis destroy the cartilage that cushions and separates bones. Over time, the friction of bone against bone wears away the joint, causing it to become stiff and painful.

Additionally, sports-related injuries and falls can create the need for surgery. Generally, arthroplasty becomes an option when joint pain disrupts your daily routine.

## GETTING NEW PARTS

Surgeons can create a new joint, relieving your pain and providing greater freedom of movement. During the procedure, destroyed bone and tissue are removed and replaced with prosthetics, or artificial parts. The parts are made from durable metal, plastic or ceramic and can last up to 20 years.

Newer minimally invasive techniques are being performed more often, using smaller incisions—just 3 to 5 inches, compared with 6 to 12 inches in standard procedures—and reducing recovery time. Your hospital stay may be reduced to one or two days from four or three, and some patients go home the same day as surgery. However, minimally invasive surgery is not for everyone; patients who are overweight, elderly or frail or who have bone abnormalities do not make good candidates.

With hip or knee replacement surgery, expect to use a walker, crutches or a cane initially after the procedure. As you recuperate, a physical therapist will help you perform exercises to strengthen the joint, guiding your movements so you don't accidentally dislocate the replacement. Barring the unforeseen, you should be walking unassisted two to six weeks later. And though grueling workouts like 10-mile runs may still be too tough for artificial hips or knees, make plans to resume long-lost activities like dancing or strolling on the beach within six months.



## Do you need joint replacement surgery?

**Y**our overall health and age and the condition of your joints will help you and your healthcare provider decide whether you're suitable for joint replacement. If you can answer yes to any of the following questions, you may want to consider surgery.

- Are you still in pain even after losing excess weight?
- Does your pain keep you awake nights?
- Does your pain interfere with your ability to earn a living?
- Has your quality of life suffered because of your pain—your ability to travel, perform household chores or visit with friends or family?
- Have you exhausted all other options, including anti-inflammatory drugs to relieve joint pain, walking with a cane, power-walking or swimming instead of jogging?



# New Barstow Community Hospital in the works

It's been 50 years since Barstow broke ground on the present Barstow Community Hospital. With the recent agreement between the City of Barstow and Community Health Systems (CHS), the residents of Barstow will have another Barstow Community Hospital groundbreaking to look forward to. The new Barstow Community Hospital will be built no later than December 31, 2011.

Barstow leaders have been studying the need for a new hospital as far back as the late 1960s. In recent years, the state's Hospital Facilities Seismic Safety Act, SB 1953, has placed greater urgency on our community to build a new hospital, as the present building does not meet new seismic requirements. Regardless of the unfunded mandate to seismically upgrade acute care hospitals in the state, the greater Barstow community deserves a state-of-the-art hospital.

The hospital's nearly \$60-million-dollar investment will provide the community with 60 private inpatient beds; greatly expanded areas for the ICU, outpatient services and the emergency department; and some of the latest hospital technology, including electronic health records and filmless radiology.

As part of the agreement, the City of Barstow sold Hospital of Barstow at fair market value approximately 20 acres of land across the street from the present hospital on Mountain View Street. In February, the city contracted an environmental consultant to complete the necessary property studies for the new hospital project. When the environmental work is complete, the property will officially transfer to hospital ownership; however, do not expect dirt to start moving for some time.

The design, engineering and architectural plans for the new hospital will take nearly a year to complete. The State of California's Office of Statewide Health Planning and Development must approve the completed plans, a process that could take up to two years.

With this timeline, groundbreaking for the new Barstow Community Hospital should take place toward the end of 2008. The actual construction process should take between 18 months and two years to complete.

With the City of Barstow on the threshold of rapid growth, the new Barstow Community Hospital will be well positioned to serve the community for the next 50 years.

**"The new Barstow Community Hospital will be well positioned to serve the community for the next 50 years."**



## PHYSICIAN SPOTLIGHT

The experienced, dedicated physicians of Barstow Community Hospital can help your family stay healthy. We'd like to introduce you to two of them.



### A.J. ROGERS, M.D.

Patients who need a surgeon want one they trust. A.J. Rogers, M.D., who specializes in procedures like femoral bypass, lung cancer surgery and aneurysm repair, earns the trust of his patients by providing compassionate, quality care.

Dr. Rogers earned his undergraduate degree from Stanford University and his medical degree from Harvard Medical School. He is board certified by the American Board of Surgery and the American Board of Thoracic Surgery. His training and specialized skills make him an asset, not only to Barstow Community Hospital as an independent member of the medical staff, but to our community as well. Dr. Rogers' office is at 500 East Mountain View; call **256-1026** for an appointment.



### JED SHAY, M.D.

Jed Shay, M.D., an anesthesiologist and pain management specialist with 10 years experience, recently joined Barstow Community Hospital medical staff as an independent physician.

Dr. Shay graduated medical school from the University of Texas Medical Branch in Galveston and did residency training in anesthesiology at Baylor College of Medicine. He is board certified by the American Board of Anesthesiology. Dr. Shay's goal is to decrease pain and enhance quality of life. He treats a variety of conditions, including nerve pain, chronic pain, fibromyalgia, herniated disc, chronic headache and cancer pain.

Contact your physician for a referral to Dr. Shay or call Barstow Community Hospital's One Call scheduling service at **255-4224**.



# Better health is just a click away!

## Barstow Community Hospital launches Discovery Hospital on its Web site

Everyone has been there. You're concerned about a bad cough, a sore throat or a sick friend. Where can you turn to find complete and accurate answers to your healthcare questions? Turn to Barstow Community Hospital. We've built a resource for you, and it's available 24 hours a day, seven days a week!

Last year, Barstow Community Hospital launched Discovery Hospital on its Web site. Discovery Hospital, affiliated with the Discovery Channel, consists of more than 7,500 pages of health-related articles and interactive tools.

Discovery Hospital features a medical library on diseases and conditions, an anatomy explorer, a body mass calculator, explanations of procedures and tests, nutrition information, a symptoms explanation module, health centers and more. Check out the site today at [www.barstowhospital.com](http://www.barstowhospital.com). While there, sign up for Barstow Community Hospital's monthly electronic newsletter and receive helpful health tips and information.

## HEALTHWISE QUIZ

### How much do you know about ADHD?

Take this quiz to find out how much you know about attention deficit hyperactivity disorder (ADHD).

- 1 Which of the following is *not* a symptom of attention deficit hyperactivity disorder?
  - a. hyperactivity
  - b. obsession
  - c. impulsivity
  - d. inattention
- 2 ADHD is thought to be caused by:
  - a. poor parenting
  - b. a genetic disorder
  - c. rheumatic fever
  - d. all of the above
- 3 Other disorders may accompany ADHD in as many as one in three cases. These include:
  - a. Tourette's syndrome
  - b. learning disabilities
  - c. bipolar disorder
  - d. all of the above
- 4 Most children who have ADHD begin to show signs and symptoms of the disorder between ages:
  - a. 1 and 2 years
  - b. 4 and 6 years
  - c. 9 and 12 years
  - d. 13 and 15 years
- 5 Adults can also suffer from ADHD. To be diagnosed with the disorder, a person must:
  - a. have shown symptoms of ADHD in childhood
  - b. have suffered from a serious illness as a child
  - c. have trouble holding down a job
  - d. be a reckless driver

ANSWERS: 1. B; 2. B; 3. D; 4. B; 5. A



## STROKE SMARTS

### How to spot a stroke

A stroke is similar to a lightning strike—it can happen suddenly and without warning. However, there are sometimes warning signs that lightning is imminent, such as storm clouds, rain and thunder.

Warning signs can signal a stroke, too. If you spot them and act quickly, you may prevent severe disability or death. If you or someone around you show any of these symptoms, seek emergency medical treatment immediately:

- sudden numbness or weakness in the face, arm or leg, especially on one side of the body
- sudden confusion, trouble speaking or understanding
- sudden trouble seeing in one or both eyes
- sudden trouble walking, dizziness, loss of balance or coordination
- sudden, severe headache with no known cause

These signs point to a stroke in progress. Blood and oxygen are not getting to a part of the brain as a result of a burst blood vessel or a blood clot, and that portion of the brain begins to die. Speedy medical care may minimize brain damage.

#### RISK FACTORS

Lifestyle factors and other health conditions that weaken blood vessels or contribute to blood clots increase your risk for stroke. You can control or treat some of them, such as high blood pressure, smoking, diabetes, carotid or other artery disease, abnormal heart rhythm, transient ischemic attacks (mini-strokes), certain blood disorders, sickle cell disease, high blood cholesterol, high triglycerides, physical inactivity, obesity and substance abuse.

Factors you can't change include increasing age, gender (more men suffer strokes), family history, race (African-Americans face greater risk) and having had a prior stroke or heart attack. Talk to your doctor about ways to reduce your risk for stroke and be prepared to act quickly if warning signs appear.

# Outward bound

## 10 play-safe tips for your kids



**W**hat's one of the best things to say to your child? Go outside and play! Close supervision, proper protective gear and these simple precautions will help your kids safely enjoy the great outdoors:

- 1 Apply a sunscreen with an SPF of at least 15 every day—even on cloudy days—and reapply every 90 minutes, especially after swimming or sweating.
- 2 Outfit kids with brimmed hats and don't forget the sunglasses.
- 3 Keep babies under age 6 months out of direct sunlight and in the shade.
- 4 Avoid using swimming aids such as "floaties." They don't substitute for a life vest and can give kids a false sense of security.
- 5 When kids are swimming, keep a portable phone and rescue equipment like a shepherd's hook and life preserver nearby.
- 6 Supervise kids at all times near water and stay within arm's length of babies and toddlers. If you have to step

away even for a moment, get everyone out of the pool area and take little ones with you.

- 7 Insist kids wear proper protective equipment, especially a helmet, wrist guards and knee and elbow pads when bicycle riding, skateboarding and in-line skating.
- 8 Teach kids to bike skillfully. Enroll your children in a class to practice basic skills, such as balance and braking, on a smooth surface away from traffic.
- 9 Visit playgrounds that have soft surfaces like wood mulch or chips, shredded rubber tires or sand to lessen the impact of falls. Avoid play equipment on asphalt, concrete, packed dirt and grass.
- 10 Don't let kids wear helmets, necklaces, backpacks, scarves or clothing with drawstrings while on playgrounds.



## Fire up the grill!

### But read these food-safety tips first

**F**or many people, summertime fare means fresh, fast, no-fuss meals cooked outdoors. However, warm temperatures can set the stage for a nasty bout of food poisoning. Take these

precautions to make sure your meals are safe:

- **Defrost thoroughly.** Place frozen foods in the refrigerator for safe thawing. If meats are out too long, bacteria can produce illness-causing toxins that remain active even during cooking.
- **Marinate right.** Keep foods refrigerated while marinating.
- **Transport safely.** When traveling, use an insulated cooler with enough ice or cold packs to maintain a temperature of at least 40° F. Wait until you're ready to leave to

pack refrigerated foods in the cooler. Then place it in the coolest part of the car—not the trunk. When you arrive at your destination, move the cooler into the shade, avoid opening it frequently and replenish ice as needed.

- **Bring extra plates and tools.** Use one

platter and spatula, tongs and sauce brush for raw foods and a different platter and utensils for cooked foods.

Don't use a fork to turn meats since puncturing can introduce surface bacteria into the meat.

- **Keep clean.** Bring paper towels and disposable wipes or a sanitizing gel for convenient hand washing and surface cleanup.

- **Prepare the grill.** Light the coals and allow the cooking surface to heat up to kill microorganisms before putting on the food.

### Is it done?

Use an instant-read meat thermometer to test meat's doneness. Grill precooked meats such as hot dogs to 165° F until steaming hot. Refer to the chart at right to determine when cooked meat is safe to eat.

Meat product	Safe temperature
poultry	180° F
pork	160° F
beef, ground	160° F
beef, steaks or roasts	145° F
veal	145° F
lamb	145° F



Randall Hempling, CEO

## Dear readers,

**A**s CEO of Barstow Community Hospital (BCH), I am often reminded of the outstanding people I am privileged to work with on a daily basis. In a world where bigger is often thought of as better, hospitals are contrary to that rule in many important ways. Everyone who works here exemplifies not only the skills required to be a licensed

or certified professional, but because we are a “community” hospital, they have to be more than licensed professionals. Patients are not just numbers; they are often friends, neighbors and even family members.

At BCH, we understand our role and mission is to make the patient the heart of our care. Due to our community’s smaller population, we may not offer every subspecialty of care as do our larger sister hospitals down the hill; however, we are extremely proud of how we measure up in the services we do provide. Not only do we have a

highly skilled staff, we have technology that is second to none in the High Desert, and it’s ever improving. As the recent purchase of the new open MRI and CT scanner demonstrates, we are not waiting on the new hospital to keep our standing.

Our governing board is made up of local citizens whose focus is to bring the community standards and demand for quality to our minds daily. Led by Sandy Baca as chair, the Hospital Board of Trustees also consists of Barbara Hackbarth, Tom Melton, Donna Stuart, Ken Courtney, John Matteson, Rabani Zaheer, M.D., Tak Chow, M.D., and David Paz, M.D.

Visit us online at [www.barstowhospital.com](http://www.barstowhospital.com) and view our various measures of quality, and when you do, you’ll take pride in your community hospital as I do.

RANDALL HEMPLING  
Chief Executive Officer  
Barstow Community Hospital

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# Health Connection

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