

Health Connection

A PUBLICATION OF BARSTOW COMMUNITY HOSPITAL

**A new program
just for women**

**Seniors, join our
circle of friends**

Number crunching
Ways to manage
high cholesterol

**Getting your
family through cold
and flu season**

You've found a breast lump: Now what?

If the thought of finding a lump in your breast scares you, you're not alone. After all, many of us know someone who has had breast cancer. But some of us are so frightened that we avoid getting mammograms—the very habit that could save our lives if breast cancer develops. If you're in that group, you'll be glad to hear that four in five breast lumps turn out to be noncancerous. Here's a description of some common breast conditions:

Fibroadenoma: a smooth, solid, round painless lump that moves easily and can feel like a marble. Occurs most often in African-American women and women under age 30.

Fibrocystic breast changes: solid or fluid-filled lumps that

increase in size and tenderness five to seven days before each menstrual period.

Cyst: a smooth, fluid-filled lump often sensitive to the touch before the menstrual period. Typically appears in women between ages 35 and 50.

Lipoma: a soft and slow-growing painless lump that moves freely.

Intraductal papilloma: a small, wartlike growth near the nipple that may cause bleeding from the nipple. Occurs most often in women in their 40s.

Mammary duct ectasia: a thick, sticky, gray to green discharge from the nipple.

Mastitis: a warm, tender, lumpy area on the breast that appears red. Most often affects breast-feeding women.

Traumatic fat necrosis: painless, round, firm lumps that can result from a bruise or a blow to the breast. Occurs in older women and women with large breasts.

WHAT HAPPENS IF YOU FIND A LUMP?

If you find a lump, see your healthcare provider. He or she will do a clinical breast exam and may recommend one or more of the following tests and procedures:

Mammography, or breast X-ray, may be recommended to determine the lump's size and location.

Ultrasound examination can determine whether the lump is a fluid-filled cyst or a solid mass.

Fine-needle aspiration is an in-office procedure. Fluid is drawn out of the lump with a thin needle. If the fluid is clear and the cyst disappears, you won't need a biopsy. If the fluid is bloody or the mass is solid, your doctor probably will recommend biopsy.

Stereotactic biopsy removes a small tissue sample with a thin needle for analysis. Computerized imaging guides the needle with pinpoint accuracy to the exact location to be sampled.

Surgical biopsy usually is performed on an outpatient basis. Normally, the surgeon removes the whole lump, but in certain cases he or she will remove only part of it. The tissue is sent to a lab where a pathologist will examine it for cancerous cells.



The good news:
Four out of five
breast lumps turn out
to be noncancerous.



IF PREVENTION DOESN'T WORK

Both a cold and the flu typically involve a runny nose, sneezing, sore throat, cough and fatigue, but only flu characteristically features headache, high fever and that all-over-achy feeling.

Some people are at higher risk for complications from the flu than others and should get prompt medical care instead of trying to self-treat. These include:

- people over age 65
- children and adults with a chronic health condition, such as asthma or diabetes, or a weakened immune system
- pregnant women
- infants and young children
- anyone who lives with children or others at high risk
- healthcare workers and caregivers who are in contact with children or others at high risk

Prescription antiviral medications such as oseltamivir (brand name: Tamiflu) can help shorten the duration of the flu and prevent you from getting sicker if taken within the first 48 hours of symptoms.

If symptoms suddenly worsen, linger more than a week and are accompanied by a dry, hacking cough, the flu might have developed into viral pneumonia. Thick, rust-colored mucus along with a cough may signal bacterial pneumonia. Both types of pneumonia require medical attention.

Easing the sneezing

Surviving cold and flu season

Autumn is almost upon us. Soon it will be time to rake the leaves, pull out the sweaters and pray the kids don't catch something at school that knocks the whole family out of commission for a week.

But with a few simple precautions, parents and children can keep colds and flu away—or at least from spreading. Here are some basic tips to avoid getting sick, whether you're 2 years old or 90:

- Wash your hands several times a day with soap and water—and even more frequently if you're around anyone with a cold.
- Keep your hands away from your eyes, nose and mouth.
- Cover your mouth and nose with a disposable tissue when you sneeze or cough. Then wash your hands.
- Protect and strengthen your immune system by getting enough rest, exercising regularly and eating a healthy diet that includes lots of fruits and vegetables.
- Don't share eating utensils or drinking glasses.
- Avoid crowds of people where germs may spread.
- Most important: Keep annual flu vaccinations up to date.

Call your pediatrician or primary care provider if ...

Your sick child has any of these symptoms:

- labored breathing, often signaled by the abdomen rising and falling dramatically
- a fever of approximately 102° F that acetaminophen (brand name: Tylenol) can't control or that's present for more than three days
- inconsolable crying or irritability
- blood in vomit or stool
- recurring vomiting or loose stools
- greatly diminished food or fluid intake
- pulling or tugging at the ears, which may indicate an ear infection



The Healthy Woman program

Barstow Community Hospital's newest resource



An 11-year breast cancer survivor, Dr. Metzger has been through a lumpectomy, chemotherapy, radiation therapy and hormone therapy and is well aware of what it takes to survive. Dr. Metzger has authored "Learning Through Living ... Some Assembly Required" and co-authored "The Complete Idiot's Guide to Living With Breast Cancer."

BY WOMEN, FOR WOMEN

Women—who make 90 percent of all healthcare decisions—often balance careers, primary and secondary families, issues with parents and civic work. Monthly Healthy Woman presentations will cover physical and

emotional well-being topics, as well as financial subjects and spiritual development. Healthcare forums will focus on heart disease, diabetes, breast cancer, menopause, nutrition, osteoporosis and stress management. A women's advisory council has been selected to assist the hospital in identifying areas of interest to the women in our community.

Healthy Woman was created for women by women to provide up-to-date healthcare information for their entire family. In the area of heart disease alone, for example, women need to be aware there are significant differences between men and women: A woman's cardiac symptoms are generally not the same as a man's and, according to the American Heart Association, every year since 1984, more women than men have died of cardiovascular disease. Further, recent surveys show that most women don't know it's the No. 1 killer of women in the United States.

This September, Barstow Community Hospital will launch Healthy Woman, a program to empower women with the knowledge and confidence to make informed healthcare and well-being decisions for themselves and their loved ones. A community resource dedicated to improving the emotional, physical and fiscal well-being of women and their families, the program offers a woman-focused monthly series of free seminars, health fairs, educational programs and interactive events.

Healthy Woman will kick off **Thursday, September 28**, at the Cora Harper Community Center. Dinner will start at 6 p.m., and Suzanne Metzger, Ph.D., a nationally noted motivational speaker, will address women's health and life-balance issues. The cost for the dinner and the presentation is \$20.

For more than 15 years, Dr. Metzger has captivated audiences with her humorous yet provocative style. She will share the importance of having the right attitude and "soft skills" to build a healthy and happy approach to life.



Suzanne Metzger, Ph.D.

Learn more!

For more information about Healthy Woman or to purchase tickets to the September 28 kickoff dinner presentation, visit www.barstowhospital.com or call 957-3350.

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.



ALBERTA OLEGARIO, M.D.
Internal Medicine

209 N. Second Ave., Barstow
(760) 256-3568

Dr. Olegario grew up in the Philippines, attended medical school at the University of the East in Quezon City and completed her residency in internal medicine at Jersey Shore Medical Center in New Jersey. Dr. Olegario moved to Barstow in 1983 and opened her general practice. She has been an active member of the community ever since, including serving as a volunteer for the Shriner's annual health screening and as an active, independent member of Barstow Community Hospital's medical staff, having served on most of its committees.



VENKATAPPA PADMANABHA, M.D.
Internal Medicine

902 E. Main St., Barstow
(760) 255-4700

Dr. Padmanabha attended medical school in India at J.J.M. Medical College. He moved to the United States in 1981 and completed his residency at Flushing Hospital and Medical Center in New York.

After 10 years of private practice in Crenshaw, Calif., Dr. Padmanabha moved his internal medicine practice to Barstow Community Hospital and has been an active, independent member of the hospital's medical staff.

Dr. Padmanabha is board certified by the American Board of Internal Medicine and the American Board of Adolescent Medicine.



Senior & Circle

SENIORS, join our circle of friends

Senior Circle, an organization for adults ages 50 and older, provides access to a menu of national and local discounts, benefits, events and services. Senior Circle's Barstow chapter, sponsored by Barstow Community Hospital, recently marked its seven-year anniversary and boasts more than 1,100 active members in the greater Barstow area. At the core of the program is our mission: To encourage a healthy and active lifestyle for seniors by providing programs that encourage continued learning, wellness, health and volunteering, coupled with a host of social activities.

One of Senior Circle's hallmarks is the generous selection of activities and benefits. For \$15 a year, members receive national benefits that include prescription, vision, travel and home emergency-response system discounts. In addition, the Barstow chapter offers a unique menu of in-hospital benefits, health education, fellowship, travel and entertainment activities, local discounts and a bimonthly chapter publication.

For information on how you can become a Senior Circle member, contact Kristi McCasland at **957-3347** or visit the hospital's Web site at **www.barstowhospital.com**.

HEALTHWISE QUIZ

How much do you know about Alzheimer's disease?

Take this quiz to find out.

1 Which example of memory loss may be a sign of Alzheimer's disease?

- a. forgetting where your keys are
- b. forgetting what month and year it is
- c. forgetting the name of a person you just met
- d. forgetting to return a phone call

2 British researchers have recently learned that drinking this beverage can inhibit enzymes associated with the development of Alzheimer's:

- a. orange juice
- b. coffee
- c. tea
- d. white wine

3 All the following may be early warning signs of Alzheimer's *except*:

- a. speaking in jumbled sentences
- b. getting lost in familiar areas
- c. having rapid mood swings for no apparent reason
- d. losing sense of balance or experiencing vertigo

4 Which health condition is suspected of increasing the risk of Alzheimer's?

- a. yo-yo dieting
- b. high blood pressure
- c. asthma
- d. low bone density

5 Which is the most misdiagnosed mental disorder in older adults?

- a. Alzheimer's disease
- b. depression
- c. anxiety attacks
- d. insomnia

ANSWERS: 1. B, 2. C, 3. D, 4. B, 5. A

NUMBER CRUNCHING

Managing high cholesterol



The bad news: High cholesterol plays a key role in whether you develop heart disease or suffer a heart attack or stroke. Excess cholesterol, a waxy, fatlike substance in your blood, builds up on artery walls, reducing blood flow. The good news: You can do something about it.

Many factors contribute to high cholesterol. While you can't change your genes, age or gender—which all affect cholesterol—you can take the following steps to improve your cholesterol levels and your health.

To lower your LDL, or bad, cholesterol and raise your HDL, or good, cholesterol:

- **Eat smart.** Saturated fat and trans fats raise LDL cholesterol levels. Instead, use polyunsaturated or mono-unsaturated fats like olive, safflower, sesame, soybean, canola and peanut oils. Eat no more than six ounces of lean meat, fish or skinless poultry a day. Choose plenty of fruits, vegetables and whole-grain foods. Switch to fat-free or low-fat dairy products and increase soluble fiber found in foods like oats, beans and citrus fruits.
- **Get regular exercise**—at least 30 to 60 minutes of physical activity a day.
- **If you smoke, quit.** Smoking lowers HDL cholesterol and increases the blood's tendency to clot.
- **Consider medication.** If lifestyle changes aren't enough, your healthcare provider may prescribe cholesterol-lowering drugs.

Leveling off your numbers

Aim for these desired cholesterol levels. If you already have heart disease or other risk factors, your doctor may set different goals for you.

Total cholesterol less than 200 mg/dL

HDL cholesterol greater than 50 mg/dL

LDL cholesterol less than 100 mg/dL

Triglycerides less than 150 mg/dL

Bad breaks

First aid for broken bones

If your child were to take a spill from a bike or your best friend turned an ankle while stepping off the curb and you suspected a bone is broken, would you know what to do? Try taking these actions:

- **Determine whether you need emergency help.** All fractures will need medical attention, but call for emergency help if the injury involves the head, neck, back, pelvis or upper leg; there's heavy bleeding; bone has pierced the skin; or a toe or finger on the injured arm or leg is numb or blue at the tip. Also, call for help if you can't transport the injured person by car because he or she can't sit upright or use safety or seat belts.
- **Remove clothing from the injured part.** Use scissors to cut clothing away; don't try to pull the limb out of clothes.
- **Stop any bleeding.** Use a sterile bandage or clean cloth



and apply constant pressure to the wound. Have the person lie down and don't wash the wound or poke the bone back into the skin.

- **Make a splint.** Keep the limb in the position you find it. Place soft padding around the injury with something firm (like a board or rolled-up newspaper) next to it, using first-aid tape. Make sure the splint extends past the joints above and below the injury.
- **Apply cold packs.** Wrap ice in a towel and place it on the injured area to control swelling and pain until help arrives.

In case of emergency ... We're here for you

There's no telling when an accident or a sudden illness will occur. But when it does happen, turn to us, the clear choice for emergency assistance. Our emergency department provides patients with fast, dedicated and compassionate care. What's more, our ER is backed and supported by an entire hospital dedicated to helping you get well.

In an emergency, every second counts. Call us for emergency help anytime you suspect someone needs urgent care.



The whole-grain truth

Think outside the breadbox to include more healthy foods in your diet

Grains like wheat, rice, oats and corn are a staple in the American diet and for much of the world. Whole grains

and foods made from whole grains are an important source of fiber, vitamins, minerals and other nutrients. When refined grains like white flour and white rice are processed, much of the fiber and nutrients are lost.

Eating more whole grains can help you lower cholesterol and control your weight, reducing risk of heart disease, stroke, diabetes, gastrointestinal problems and cancer. Aim to eat at least three servings of whole grains each day. The earthy, nutty flavors and chewy textures are a great way to add a new dimension to your menu. Whole-grain breads, cereals, tortillas and crackers are just the beginning. Explore a variety of whole grains like barley, groats, wheat berries, buckwheat, triticale, bulgur, millet and quinoa.

HOP ABOARD THE GRAIN TRAIN

Upping your intake of whole grains is easier than you think. Try making some of these simple diet switches:

- Start your day with a bowl of bran flakes, shredded wheat or oatmeal.
- Buy whole-grain breads, bagels, rolls, tortillas, muffins, waffles and pancakes.
- Substitute rolled oats or crushed bran flakes for bread crumbs in recipes.
- Switch to whole-wheat pasta.
- Bypass the potatoes and try bulgur, barley, quinoa or brown or wild rice.
- Snack on un buttered popcorn or whole-wheat crackers or pretzels.
- Substitute barley or brown or wild rice for pasta or noodles in soups, stews, casseroles and salads.
- Use whole-wheat pastry flour in place of much of the all-purpose flour in recipes.



Randall Hempling
Chief Executive Officer

Expanding our community focus

A very important part of being a “community” hospital is the unique relationship we have with the people we serve. Barstow Community Hospital is not just a place to go when you’re sick or injured; we also help promote positive health education and social programs of interest to special groups. Two groups of particular focus for us in Barstow are seniors and women.

Senior Circle provides a broad array of hospital services, educational benefits and social programs geared to those of us 50 and older (I’m a proud member). It gives seniors an opportunity to get to know their hospital and its services long before they’re needed and provides the chance to meet like-minded folks.

Our focus on women’s health is nothing new; however, the new **Healthy Woman** program is designed to step up our focus

a notch. The September kickoff of Healthy Woman will give the healthcare decision makers more insight into their and their family’s healthcare needs, as well as how the healthcare system is designed to help. More information on this exciting new program for Barstow Community Hospital program is on page 4.

In this issue, you’ll also read more about some of the fine physicians here in Barstow. Combined with our outstanding staff, you’ll find that Barstow is truly positioned to keep quality healthcare close to home for you and your family.

RANDALL HEMPLING
Chief Executive Officer
Barstow Community Hospital

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SUMMER 2006

Health Connection

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