

SmartHealth

Fall 2010

Healthy Woman moves online. Register today and receive a FREE eco-friendly water bottle!

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Hundreds of local women help make Healthy Woman kickoff a smashing success

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Affinity Medical Center is Chest Pain Accredited

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Are you in need of an experienced and caring physician? Meet Affinity Medical Center's Specialty and Family Physicians.
See page 6

Small Doses



WHAT ARE YOU DOING ABOUT ... **PREVENTING A HEART ATTACK?**

By age 20, we should all be thinking about preventing heart attacks, according to the American Heart Association. Have you been doing everything you can to keep your ticker in tiptop shape?



THINKING ABOUT IT

To prevent heart attacks, the American Heart Association asks you to remember “ABC”—**a**void tobacco, **b**e more active and **c**hoose good nutrition.



WORRIED ABOUT IT

If you're at low risk for heart disease and stroke, aim for an LDL, or bad, cholesterol level of less than 160 mg/dL. If you already have heart disease or diabetes, your LDL should be less than 100 mg/dL. If it's not, it's time to improve your diet and be more active.



IGNORING IT

Smokers are two to three times more likely to die from heart disease than nonsmokers. That innocent-looking pack of smokes is more dangerous than you may think.



ACTING ON IT

Starting down a healthier heart path? Track your progress and record your heart stats with a FREE tracker at heart360.org.

RECIPE

Mustard-Glazed Roast Pork Tenderloin

Ingredients: 1 lb. pork tenderloin, trimmed of fat • 1 large garlic clove, smashed • 1 tsp. olive oil • 1 medium shallot, minced • 2 Tbsp. Dijon-style mustard • ½ tsp. minced fresh thyme • ½ tsp. salt, divided • ¼ tsp. pepper, divided • 2 8-oz. sweet potatoes, peeled, each cut in 6 length-wise wedges • 1 lb. fresh asparagus, tough ends snapped off • 2 tsp. canola oil • 4 fresh thyme sprigs

How to: Rub pork with garlic; discard garlic. • Heat olive oil in small skillet over medium heat. • Add shallot and cook 1 to 2 minutes or until tender. • Remove from heat. • Stir in mustard, minced thyme, ¼ tsp. salt and ¼ tsp. pepper. • Coat pork with mustard mixture; place in large roasting pan, tucking in tips.

Arrange sweet potatoes and asparagus in pan around pork. • Sprinkle vegetables with remaining salt and pepper. • Drizzle vegetables with canola oil. • Scatter thyme sprigs over pork and vegetables.

Roast in preheated, 400-degree oven 25 minutes. • Remove from oven; turn pork and potatoes over; stir asparagus. • Roast 15 to 20 more minutes or until meat thermometer registers 160 degrees. • Remove from oven. • Discard thyme.

Let pork rest 5 minutes; thinly slice on the diagonal.

The Takeaway: Makes 4 servings. • Each serving (with vegetables) has: 260 calories; 6 g total fat; 23 g protein; 25 g carbohydrates; 65 mg cholesterol; 486 mg sodium; and 5 g dietary fiber.



HOW TO

Get Healthy While Giving Back

Volunteering is good for your soul, but it turns out it's good for your overall health as well. A report from the Corporation for National and Community Service reveals that seniors who volunteer gain such benefits as higher functional ability and lower rates of heart disease and depression. Bonus: It also can lead to a longer life. And you don't have to sacrifice much of your time to benefit. Studies show that volunteering just two hours a week will have you reaping the rewards in no time.



GET INVOLVED

Whether working directly with patients or in nonpatient areas, the volunteer services department contributes to the overall quality of care our patients at Affinity Medical Center receive. Volunteers enjoy a wide range of benefits, including the satisfaction of helping others, the development of new skills, the making of new friends and recognition at the annual Volunteer Recognition Ceremony. For more information on volunteering at Affinity Medical Center, please contact Vohn Kolm, director of Volunteer Services, at **330.837.6855** or e-mail Vohn.Kolm@AffinityMedicalCenter.com.

Affinity Medical Center is Chest Pain Accredited

Dear Community Member:

I am proud to announce that **Affinity Medical Center is now an Accredited Chest Pain Center.**

We received official notice of our full three-year accreditation following the intensive application process led by the Affinity Chest Pain Center Committee, and an extensive on-site evaluation by the Society of Chest Pain Centers (SCPC) review team earlier this month.


Accreditation is momentous not only for our hospital and patients but the community as well. It means that we are committed to providing the very best emergency and cardiac care, and a major part of that is meeting nationally established criteria. Our team consistently demonstrates expertise in timely intervention, diagnosis and treatment, integration with paramedics/EMS, community education and other key factors to save lives and improve patient outcomes.

Key areas of the Chest Pain Center's protocol-driven systematic approach include: ED integration with the EMS system, emergency assessment of patients with acute coronary syndromes, functional facility design, personnel competencies and training, process improvement, organizational structure, and its community outreach and education efforts.

While the focus is on our Emergency Department, this accreditation is possible because of the daily work and dedication of each employee and physician on the Affinity team. I would like to give special recognition to the multidisciplinary Affinity Chest Pain Committee led by John Current, D.O., medical director, and Carolyn Ganoe, R.N., BSN, Chest Pain Center nurse coordinator.

An Accredited Chest Pain Center is not a facility: It's a process. We want you to know that we will remain focused and dedicated to providing exceptional care and service to our patients who need a higher level of cardiac care. Thank you for your ongoing support of Affinity Medical Center.

Warm regards,



Ron Bierman, CEO
Affinity Medical Center

Affinity Medical Center Heart Center and Emergency Department team members (from left), Stephanie DeVault, John Current, D.O., George Seese, D.O., Carolyn Ganoe and CEO Ron Bierman celebrate the hospital's recent Society of Chest Pain Centers accreditation.



**Your heart
is in great hands.**



www.affinitymedicalcenter.com

CARE WITH YOUR HEART IN MIND

To learn more about our Accredited Chest Pain Center, please visit
AffinityMedicalCenter.com.

Off to a Great Start

Affinity's Healthy Woman program launches in style



"Whatever we can do to be more involved in the Healthy Woman Program we are in ..." —Sara Chambers, BeautyControl, Health Fair Participant



"The Healthy Woman Kickoff event was fun, informative and exceeded my expectations. Featured speaker Ali Vincent was both entertaining and inspirational. I look forward to attending future Healthy Woman offerings and am proud that Affinity is the first to offer this type of innovative (and much needed) program in our area." —Pam Hughes, Affinity Medical Center, Administration



"The entire afternoon and evening dinner was so enjoyable. The speaker, Ali Vincent, was amazing! The entire event put a star in the crown for Affinity. I was happy to be a part of it." —Marva Dodson, Affinity Medical Center Board Member



"The event was so perfect! You and your team were so gracious! I am so impressed with how every detail was taken care of. My team really enjoyed the whole experience; it was a very empowering day for the women of our community. Thank you so much!" —Maureen Stetler, JuicePlus, Health Fair Participant



"It was an unbelievable night ... The expo part went well, dinner was delicious and the speaker was incredible. Everyone at my table kept thanking me for inviting them. Ali is a remarkable person and very inspirational to many of us in the audience ..." —Shari Middaugh, Healthy Woman Advisory Council Member

All (l to r): Ali Vincent, Candy Lautenschleger; The Health Plan's Purse-Onality; JLS Hair Studio styling hair; Healthy Women; Wakenda Johnson providing eyebrow waxing on Becky Johnson; Anne McFeely in the Relaxation Room; Dillard's Bra Fitting Area; Ali Vincent; Mix 94.1's Kathy Vogel, Ali Vincent, Mix 94.1's Rik Elliot

Affinity Medical Center is committed to being a leader in improving women's health and supporting their unique role as family healthcare managers.

"We've listened to women in our community who've said they want more information about how to take better care of themselves and the people they love, and that led to the launch of our new Healthy Woman program," says Susan Koosh, vice president, Marketing & Community Relations.

Healthy Woman is a new comprehensive educational resource designed to empower women with the knowledge and confidence to make informed healthcare and wellness decisions for

themselves and their loved ones through free events on health, communication, relationships and life balance.

The program has already generated significant excitement among women throughout Stark County. Back in May, Affinity Medical Center hosted a kickoff for the program at Kent State University-Stark Campus with guest speaker Ali Vincent, America's first female winner of the *The Biggest Loser*. More than 600 women attended the exciting FREE Women's Expo that included over 50 health fair participants offering mini manicures, food and chocolate samples, makeup advice from Estée Lauder, hairstyling

from JLS Hair Studio and more. Women also could visit Dillard's Bra Fitting Area, a Relaxation Room featuring free back and hand massages, reiki and reflexology.

Another exciting feature of the night was the Purse-Onalities raffle. Each health fair participant raffled off a purse filled with all types of goodies for women. Following the free Women's Expo, 400 women enjoyed a sold-out dinner as they listened to Vincent's life-changing story. Women from everywhere left the event feeling motivated and empowered with the confidence, strength and determination to embrace a healthy lifestyle. ●

Make Health Your Priority



Join **Healthy Woman Online** to connect with other health-minded women and receive your **FREE** eco-friendly water bottle, while supplies last! To register for your **FREE** membership, visit **AffinityMedicalCenter.com** and click the Healthy Woman link.

In today's world, women have high-powered careers, raise families and make a difference in their communities. It's more important than ever that you're as healthy as you can be so that you can accomplish all these personal and professional goals.

Healthy Woman Online is a new social media site that helps you make this life-changing commitment to health. Connect with Healthy Woman members, share helpful hints and engage in meaningful conversations—all in one convenient online community. So ACT NOW to connect and communicate with friends, neighbors and other women just like you. Join Healthy Woman Online today! ●

COMMIT TO BETTER HEALTH TODAY

Visit Affinity Medical Center's new Healthy E-Cooking link at **AffinityMedicalCenter.com** for hundreds of healthy, delicious recipes and cooking videos right at your fingertips.



HEALTHY  WOMAN™
AN AFFINITY MEDICAL CENTER RESOURCE

Are You in Need of a Physician?

FIND QUALITY CARE FOR YOUR ENTIRE FAMILY



Scott W. Blumer, D.O.



George W. Vogelgesang, D.O.

Scott W. Blumer, D.O.
George W. Vogelgesang, D.O.

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FIND A PHYSICIAN

To locate a wide range of specialty physicians on the medical staff at Affinity Medical Center, please visit **AffinityMedicalCenter.com** or call the Physician Referral Service at **330.834.4719**.

NEED TO KNOW



Parental Control

Kids are prone to love things regardless of their health value—soda, french fries, endless hours of video games. But too much of such things can lead to unhealthy habits, like not making exercise a priority and eating poorly. A survey by the Centers for Disease Control and Prevention revealed that almost 18 percent of children ages 12 through 19 were considered obese, meaning having a body mass index at or above the 95th percentile for children of the same age. Being this overweight puts kids at a higher risk for obesity as an adult as well as high blood pressure, high cholesterol and type 2 diabetes.

What can you do as a parent? Start by removing temptations from the house. Replace high-fat ice cream with low-fat frozen yogurt. Cut up carrots and serve with hummus as an after-school snack, instead of potato chips. Involve kids in cooking. Ask them what their favorite meal is, and then explore together how to make it in a healthier way. Limit video game and TV time to no more than two hours a day.

And remember that children imitate adults. If you're modeling healthy habits, kids will be more apt to follow suit.



WEIGHT CALCULATOR

Find out your child's body mass index—and yours!—on the Centers for Disease Control and Prevention website, **cdc.gov**, by searching "BMI Calculator."

Are You Off Beat?

Irregular heartbeats can happen for many reasons. Find out if yours is cause for concern

Have you ever fallen in love? You find yourself walking taller, grinning from ear to ear and, yes, giggling. You might feel your heart skip a beat, or even flutter.

But sometimes, these strange new heartbeats may not be attributed to love, and rather could be signs of an arrhythmia, an abnormal heart rhythm caused by problems in the electrical system of the heart. Read on to learn about the types of arrhythmias, and what you can do to keep your heart fluttering for all the *right* reasons.

• *By Julie Wlodychak*



Are there different types of irregular heartbeats?

Yes, there are several types of irregular heartbeats, including premature heartbeats, rapid heartbeats (supraventricular and ventricular arrhythmias) and slow heartbeats (bradyarrhythmias). Premature heartbeats are most common and usually harmless, but conditions like ventricular arrhythmias pose more serious health risks, according to David Lathrop, Ph.D., deputy chief of heart failure and arrhythmia at the National Heart, Lung, and Blood Institute.



Should I be concerned if I notice my heart beating differently?

If you feel a flutter, it doesn't necessarily mean something is wrong with your heart. Premature heartbeats can occur because of caffeine, stress, alcohol, smoking or certain medications, and can happen at any age.

More serious conditions such as atrial fibrillation (AF), which affects the upper chambers of the heart, or ventricular fibrillation (V-fib), which affects the lower chambers, occur when the heart beats very irregularly. People who have coronary heart disease or high blood pressure are more likely to develop AF. As you get older, the risk for AF increases, Lathrop says. In fact, more than 2.2 million Americans live with AF.

V-fib is more common in people with existing heart conditions and requires immediate medical attention.



Does my arrhythmia require treatment?

If you notice a change in your heartbeat, don't hesitate to seek a professional opinion, Lathrop suggests. Be sure to tell your doctor about your family's medical history and any existing medical conditions you may have.

Your physician may order tests, such as an EKG (electrocardiogram), to monitor your heartbeat as well as the strength of the electrical signals passing through your heart. Other tests may include stress tests, X-rays and blood tests.



What can I do to prevent an arrhythmia?

Some arrhythmias happen without rhyme or reason, and to completely healthy people. The best way to prevent arrhythmias, however, is to control the risk factors for heart disease. Follow a heart-healthy lifestyle by eating a diet high in omega-3 fats, exercising regularly and quitting smoking. Also, try to avoid unnecessary stress and schedule regular checkups with your physician.

Q & A



HEALTH RESOURCES

To learn more about heart arrhythmia and a variety of other health topics, visit AffinityMedicalCenter.com and click "Health Resources."

Prepare for Your Mammogram

What you need to know before this lifesaving screening



No one looks forward to a mammogram. But it's the most effective screening tool for protecting a woman against breast cancer. It promotes early detection and diagnosis, which in turn contributes to better outcomes for women who require treatment. It is most widely suggested that beginning at age 40, women should have a mammogram once a year, unless their physician has recommended that screenings begin earlier or be conducted more frequently based on their personal health history.

Before your next mammogram, make sure you are prepared and know what to expect so that your appointment is an informative and stress-free experience.

How to Get the Most Out of Your Mammogram

Keep your doctor informed. Talk to your doctor about any new issues, questions or potential problems: a lump, pain, tenderness or other symptoms. The American Cancer Society also recommends alerting your doctor of any hormone use, prior surgeries and family or personal history of breast cancer.

Schedule strategically. It's a good idea to schedule your mammogram during the time of the month when your breasts are the least tender to minimize any potential discomfort during your exam. The best time for a mammogram is the week immediately following your period. You can also take an over-the-counter pain reliever such as aspirin, acetaminophen (such as Tylenol) or ibuprofen (such as Advil or Motrin) about an hour before your mammogram to ease discomfort.

Dress for success. When you arrive for your mammogram, you'll be given a robe and asked to undress from the waist up. On the day of your exam, don't wear deodorant, antiperspirant, powder or lotion under your arms or on your breasts. Metallic particles in these substances can show up on your mammogram as calcium spots in the breast tissue.

Be proactive. Ask when your results will be available and how the information will be communicated: by mail, online or telephone? Do not assume that your results are normal if you do not hear back from the doctor or the radiologist. ●

Mammogram Myths

Part of the mammogram's intimidation factor is the fear of the unknown, especially if you've never had a mammogram before. Understand the facts about breast care, mammograms and breast cancer—and you'll feel much more informed and at ease.

Myth: If there's no history of breast cancer in my family, I don't need to worry about getting a mammogram.

Fact: More than 80 percent of breast cancers are diagnosed in women with no family history, and only 5 to 10 percent of breast cancers are hereditary.

Myth: My doctor didn't tell me to get a mammogram, so I don't need one.

Fact: Today, most doctors tell women to begin having mammograms every year starting at age 40. But if you have a family member who has had breast cancer, or you have had suspicious symptoms such as pain or a lump, and you are under age 40, talk with your doctor about when you should begin getting annual mammograms.

Myth: A lump in your breast means you have breast cancer.

Fact: Eighty percent of breast lumps are actually benign (i.e., noncancerous). A breast lump may be a cyst, a noncancerous growth known as a fibroadenoma, or simple hormonal changes that are affecting the consistency of the breast tissue. It's important to see your doctor promptly, though, for diagnosis.

Myth: Women with large breasts (or small breasts) are more likely to get breast cancer.

Fact: The size of a woman's breasts has nothing to do with her risk level for breast cancer.

Myth: A primary symptom of breast cancer is a lump you can feel.

Fact: Cancer often appears on a mammogram long before a lump develops. Most cancers are detected on screening mammograms, which is why an annual mammogram is so important.

SCHEDULE YOUR MAMMOGRAM TODAY!

Affinity Medical Center offers digital mammography with a new Hologic Selenia digital mammography system. This technology offers many benefits to our patients. Faster exams, quicker turnaround for results and improved image quality are a few of its enhanced capabilities. For questions or more information regarding digital mammography at Affinity Medical Center, please call **330.837.6895**.



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