

Smart Health

fall 2008

breathe · eat · live · turn over a new leaf



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3 { **GO GREEN** See how beans and other vegetables fit into a diabetes-friendly diet.

7 { **THE GLASS IS HALF FULL** Learn how positivity can lower stress and lead to better health.

4 { **SURGICAL SUCCESS** For best results, learn to take an active role in your treatment.

8 { **EVENT CALENDAR** Stay healthy by attending our classes and meetings.

Affinity Medical Center
875 Eighth St. NE
Massillon, OH 44646

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Smart Health

moving in the right direction

affinity medical center making changes
to better serve you

Dear Friends and Neighbors,

On Sept. 4, 2008, we relocated all of our Affinity healthcare services to one convenient location, the newly improved Massillon facility.

We've already made many improvements to the hospital and have expanded our emergency department, intensive care unit and surgery center. We will continue to make decisions and changes that allow for future growth and expansion. That means we will continue investing in the new technologies and procedures to meet today's changing healthcare needs.

Most importantly, this move allows us to stay close to you and your loved ones. For more than 140 years, we've built a tradition of medical excellence in the local community. From the comprehensive inpatient



Ron Bierman

programs and trauma-certified emergency department, to the compassionate ambulatory care clinic, pain management and wound care services, inpatient rehabilitation unit and more; the caring staff at Affinity Medical Center is dedicated to providing the highest-quality care to meet the needs of the patients we serve. We're looking forward to extending this fine legacy well into the future.

If you have any questions about the changes that have taken place at Affinity, please visit our newly developed website at AffinityMedicalCenter.com or call our toll-free community information line at **877.837.7575**.

Thank you for your continued support of Affinity Medical Center.

Ron Bierman, CEO
Affinity Medical Center



Close to you.

We build close, personal relationships with patients so we can offer close, personal healthcare. Let's get close. Give us a call at **1.877.837.7575** or visit **AffinityMedicalCenter.com**.



875 Eighth St. N.E.
Massillon, Ohio 44646



sweet satisfaction

Fall is a peak season for delicious sweet potatoes, so now is an excellent time to enjoy the nutrition-packed vegetable. They're low in saturated fat and high in vitamin A (good for your vision) and vitamin C (helps fight heart disease and cancer). Plus, they contain potassium that may reduce the risk of high blood pressure, and pack anticancer properties such as fiber and beta carotene, according to the American Dietetic Association. Why not try them as oven fries, from EatingWell?



ingredients: 1 large sweet potato, peeled and cut into wedges • 2 tsp. canola oil • ¼ tsp. salt • pinch of cayenne pepper.

directions: Preheat oven to 450 F. • Toss sweet potato wedges with oil, salt and pepper. • Spread out the wedges on a rimmed baking sheet. • Bake until browned and tender, turning once, about 20 minutes total. • Makes 2 servings.

servings stats: calories, 122 • total fat, 5 g • saturated fat, 0 g • cholesterol, 0 mg • carbohydrates, 19 g • protein, 2 g • fiber, 3 g • sodium, 323 mg • potassium, 429 mg.

give your skin a healthy one-two

Tough times could be ahead for your skin, as dry air in fall and winter suck the moisture out of its cells. To protect against seasonally dry, flaky skin:

1. Clean it. Dermatologists recommend a mild soap that has no perfumes, antibacterial agents or other irritating chemicals. It's also important to shower after exercise that causes you to sweat considerably. Try to rinse with cool water instead of hot.

2. Lock in moisture. The best products are ointments and creams because they contain more moisture-locking oil than lotions do, the American Academy of Dermatology says. Apply moisturizer right after washing your skin, when it is still damp and absorbs moisture best.



moms: go back to work ... out

Think chasing after the kids is exercise enough? It's not. More is better, according to research that examined the link between exercise and maternal well-being. Women who maintained or increased their prepregnancy levels of exercise and sports after having children had more satisfaction with life and confidence to cope with duties of motherhood, the study in *Maternal and Child Health Journal* shows.

So, moms, what are you to do? Use your child as an exercise partner, experts say. Programs available nation-wide offer all-in-one stroller fitness routines. Mothers can spend time with their babies or toddlers in their strollers while getting cardio, strength and flexibility workouts. Visit these websites or call to find a stroller workout near you:

- Strollercize: strollercize.com, 800-978-7655
- Stroller Fit: strollerfit.com, 866-222-9348
- Stroller Strides: strollerstrides.com, 866-348-4666
- Baby Boot Camp: babybootcamp.com, 888-990-2229

what's on your plate?

For people with diabetes, good health begins in the blood. The body's inability to convert sugar, starches and other foods into energy means diet is the key to blood sugar control. In honor of American Diabetes Month in November, the American Diabetes Association recommends a diet that contains the right amounts of vegetables, protein, fruits and whole grains. Divide your plate into three categories to ensure you get the proper nutrition each meal:

½: **Nonstarchy vegetables**—cucumbers, tomatoes, carrots, green beans

¼: **Whole grains or starchy foods**—pasta, rice, bread, potatoes, beans

¼: **Protein**—meat, fish, poultry, eggs, tofu, peanut butter

Also, try adding a piece of fruit and a glass of nonfat milk to complete your well-balanced meal.



PLAYING WITH FOOD

If you need help practicing portion control, visit diabetes.org and search Rate Your Plate Activity. Build a healthy meal with a few clicks and then get advice from the American Diabetes Association.

team effort

when you have surgery, you have an important job. here's how to plan for success

Which is more life-changing: going to Hawaii or having a joint replaced? Buying a high-definition TV or getting a tumor removed?

People spend more time preparing for a vacation or researching a major purchase than they do getting ready for surgery, according to a 2008 survey commissioned by the American College of Surgeons. That's an average of just one hour

“Patients who are well-informed about their treatments have better surgical outcomes and are more satisfied with their results.”

• • • THOMAS R. RUSSELL, M.D.

researching surgical procedures or physicians. By contrast, a person does about five hours of investigating before making a major purchase for a home and four hours planning a big vacation.

“Patients who are well-informed about their treatments have better

surgical outcomes and are more satisfied with their results,” says Thomas R. Russell, M.D., executive director of the American College of Surgeons and author of *I Need an Operation ... Now What?*

To help your surgery succeed, consider your job description as part of the TEAM:

trust

Having surgery can be intimidating, so it's important to be able to trust your doctor. “When you meet with your surgeon, ask every question you can think of,” says Joan Blanchard, R.N., a perioperative nursing specialist with the Association of Perioperative Registered Nurses. “There are no dumb questions.”

Russell adds, “The two most important things you need to establish beforehand are: Is this surgery the right treatment for you, and is this doctor the right surgeon for you?”

Before choosing to have surgery, you should ask:

- Why do I need the operation?
- What are the risks and benefits?
- Are nonsurgical treatment options available?

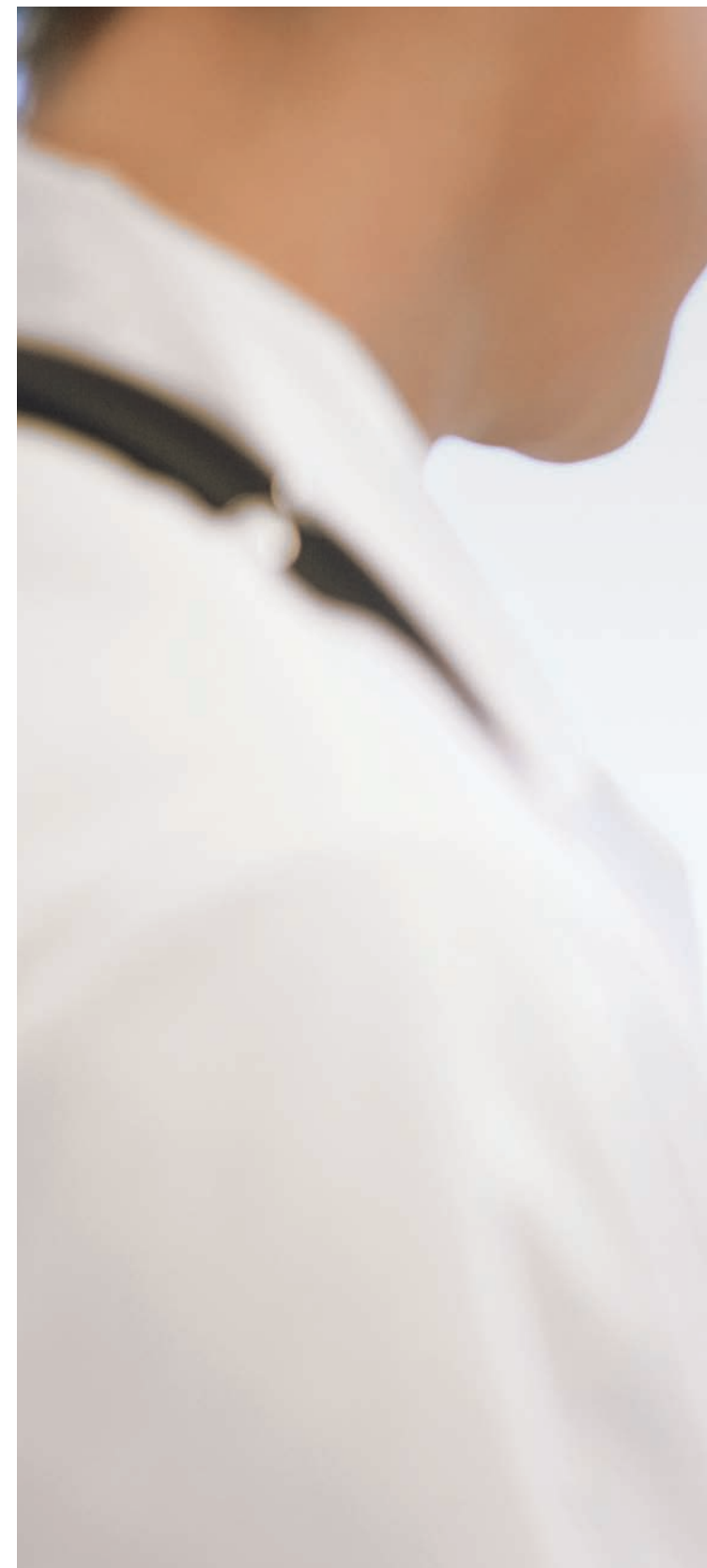
To feel comfortable with your surgeon's expertise, you should ask:

- What kind of surgery were you trained to do?
- Are you board-certified in your specialty?
- How many of these operations do you do in a year?
- What result can I expect based on the results of your other patients?

“The surgeon should be willing to answer your questions and should do so in a way you can understand,” Russell says. “Make sure you've asked the key questions that allow you to be an active participant in your care.”

expectations

Asking questions before your appointment doesn't just help you get comfortable



with your surgeon and what you'll have done—it also can help you clarify what you expect.

You'll want to have appropriate expectations for what the procedure will accomplish. Will it eliminate the problem—pain, disease or disability? Or will it reduce pain and restore a certain degree of function?

You'll also want to be clear about what is expected

of you. You may be asked to lose weight or stop smoking (at least temporarily) to make the surgery safer for you. You may need to stop taking certain medications in the days or weeks before the surgery.

Finally, if you don't have a living will, creating one will provide your loved ones with a written record of the treatment you would want if you couldn't make decisions for yourself.



anticipate

When a procedure is finished, so is the surgeon's main job. The responsibility shifts to you to do your part to achieve a good result. "Ask your surgeon, 'What will you expect me to do afterward?'" Russell says.

Don't expect to jump immediately back into your normal life. If you won't be able to lift much weight, you'll need to plan to take

time off work or get help with child care. Will you need a friend or relative to check on you periodically, or will you need to schedule round-the-clock home nursing at first? In some cases, you may need to transfer to a rehabilitation facility before going home, or you may be able to do outpatient physical therapy.


When you prepare to return home, ask what

symptoms you should watch for that would indicate you should go to the emergency room or call your surgeon's office.

make the transition

"Ask your surgeon if the operation will involve any permanent or long-term changes or side effects," Russell says. For example, after joint replacement your doctor may recommend

you stop running or participating in high-impact sports. After an organ transplant or thyroid removal, you may need to take medication for the rest of your life.

Learning to be an active member of your healthcare team for a surgery can help you take charge of your health, now and in the future. 
by Teresa Caldwell Board

in good hands

Who will join your surgeon in taking care of you when you have surgery?

A **perioperative registered nurse** coordinates nursing care for a patient. He or she oversees your care before, during and after surgery.

"The safety of patients undergoing an invasive procedure is the primary responsibility of the perioperative nurse," says Mary Ogg, R.N., a perioperative nursing specialist for the Association of Perioperative Registered Nurses. "There will always be a nurse with you during your surgery—you will never be left alone."

A **surgical assistant** also might be in the room, in addition to the person performing your operation. The assistant might be a nurse, physician assistant, resident, intern, medical student or another surgeon.

Your **anesthesia care provider** may be either an anesthesiologist, who is a physician, or a nurse anesthetist.

A **nurse or surgical technologist** will ready instruments for the surgeon.

Depending on why you're there, other medical professionals might be present. A **pathologist** may come into the operating room to discuss a biopsy result. During cardiac surgery, a **perfusionist** operates the heart-lung bypass machine and keeps the surgeon and anesthesiologist informed.

After the operation, the perioperative nurse takes you to the postanesthesia care unit, or recovery room, and gives a full report to the **receiving nurse**, who takes over your care.

FIND IT HERE

If you're looking for more answers about surgery, visit **Affinity MedicalCenter.com** and click "Health Resources."

learning lung cancer prevention

Many people aren't diagnosed with lung cancer early enough. As a result, treatment isn't as effective as it could be, and lung cancer is the leading cause of cancer deaths in American men and women. National Cancer Institute researchers are investigating the potential value of routine screening for people at risk, says Norman H. Edelman, M.D., chief medical officer of the American Lung Association. In the meantime, Edelman offers valuable insight about this disease.

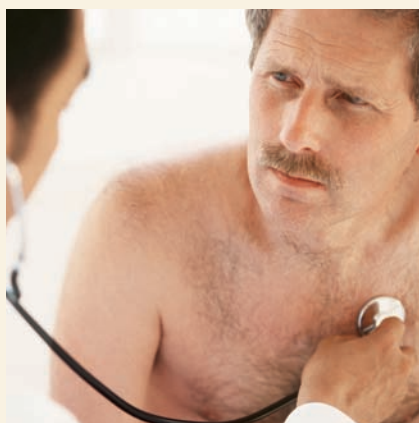
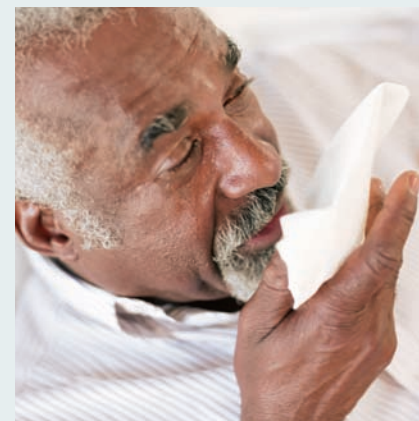


Q What are the symptoms of lung cancer?

Q What are the risk factors for lung cancer?

A Smoking is the major risk factor, and about 87 percent of the people who get lung cancer are either current or former smokers. There's also evidence that women are more sensitive to the bad effects of cigarette smoke than men are. In people who quit smoking, the risk is reduced by about one-half after 10 years of not smoking but rarely is eliminated completely. Other risk factors include exposure to secondhand smoke, radon gas and industrial products such as asbestos.

A Unfortunately, lung cancer usually develops without symptoms. When symptoms occur, it's almost always because the cancer has spread to an airway or another part of the lung or the body. Symptoms include a cough that doesn't go away, coughing up blood, shortness of breath and chest pain. However, these symptoms also could be associated with dozens of other lung diseases.



Q If someone is diagnosed with lung cancer, what are the treatment options?

A When lung cancer is diagnosed early enough, surgery is the treatment of choice and cures the cancer for five years in half of all patients. Frequently, surgery is accompanied by radiation or chemotherapy, or both. If the lung cancer has spread and is inoperable, the only options are radiation and chemotherapy—and then, the average survival rate for five years drops dramatically, to 15 percent.

Q What is the best way to prevent lung cancer?

NO BUTTS

Did you know your circulation improves and your lung function increases in as little as two weeks after quitting smoking? Visit lungcancer.org or call **800-813-4673** to get more valuable information about preventing lung cancer.

A Don't smoke, don't smoke, don't smoke—and don't let people smoke in your environment. Test your house for radon gas, and if you think you're being exposed to something dangerous at work you should contact a regulatory agency such as the Occupational Safety and Health Administration. Plus, if you are a smoker or have ever been a smoker, see your doctor regularly to check for problems caused by smoking. You also can talk to your doctor about possible screening options.

by Amy Lynn Smith



accentuate the positives

..... an optimistic outlook
can lead to a healthier way of life

“I think I can. I think I can.”

You probably haven't uttered those words in years—not since your child put down the picture books for more involved reading material. But that little engine that could was on to something. And it's time you incorporate the mantra into your everyday vocabulary.

stressing the point

With kids, work, school, household chores, home repairs and the many other things that occupy our time, it's no wonder we're constantly stressed. On top of that, too much stress is bad for your health—yes, one more reason to worry.

“Stress can have an impact on your intellectual, emotional, physical, spiritual and social health,” says Gabriela Corá, M.D., MBA, a member of the American Psychiatric Association. “It has an effect across several dimensions.”

In fact, the American Institute of Stress lists 50 symptoms that can be caused by stress. They include gritting your teeth, frequent urination and chest pain.

Let's be realistic: You can't quit your job, drop your family and

friends or ditch your responsibilities. So how do you rid yourself of—or at least reduce—your stress? Try thinking positively.

“Having a positive attitude makes it easier to overcome stress,” Corá says. That's not to say positive thinkers experience less stress or merely overlook it, but “positive people are better able to deal with it.”

a new mind-set

People who have negative attitudes tend to globalize their stress, making situations more catastrophic than they should. For example, if something bad happens to a negative thinker, he or she might say, “Why does this always happen to me?” or “This is just my luck!”

In contrast, a person with a positive attitude might think the bad situation is unfortunate but just a fluke and will find a way to fix it and move on.

Positive thinkers also try to see the benefits in adversity. For instance, when someone is tasked with doing something new, a negative thinker might say, “I can't do this. I've never done it before.” But a positive thinker might see the challenge as an opportunity to learn a new skill.

If you're thinking this all sounds well and good but that there's no way you can think positively, think again (and see “Attitude Adjustment”).

“Sure, there are some natural tendencies, genetic and environmental,” Corá says. “But can you learn better ways to shift negative thinking? Yes, you can.”

by Shelley Flannery

attitude adjustment

The next time you start to have glass-half-empty thoughts, follow these five tips from Gabriela Corá, M.D., MBA, a member of the American Psychiatric Association:

1 Assess the situation. Ask yourself how intense the stress is on a scale of one to 10, and be realistic.

2 Don't lose perspective. The stress is only one part of your life. Don't globalize it to your whole world.

3 Be hopeful. Tell yourself you are going to overcome the issue.

4 Look for options. Take a break from the negativity and relax. Then, come back and attempt to resolve the problem.

5 Seek advice. Ask other people for potential solutions but avoid dwelling on the stress with others. Explain the situation and then move on to resolutions.

FREE STRESS RELIEF BALL

Relieve some stress by squeezing an Affinity Medical Center stress relief ball. Supplies are limited; call **330.837.6887** today to get yours!



{ what's happening

affinity medical center calendar of events

tuesday, nov. 4

Childbirth Class—Breastfeeding
Perinatal Education Room
1 to 2:30 p.m.

The breastfeeding childbirth class is designed for anyone considering breastfeeding. There will be a \$20 charge for the class.

Call 330.830.3400 to register.

wednesday, nov. 5

Red Cross Blood Drive
Conference Room 1
11 a.m. to 4 p.m.

tuesday, nov. 11

Diabetes Support Group Meeting
Conference Room 1
6 p.m.

thursday, nov. 13

Childbirth Class—Baby Basics
Perinatal Education Room
1 to 3 p.m.

This class is designed to offer the basics for every mom and her support person.

There will be a \$20 charge for the class.

Call 330.830.3400 to register.

friday, nov. 14

**Childbirth Class—Big Brothers/
Big Sisters**

Perinatal Education Room
6 to 7:30 p.m.

This class is designed to help prepare young children for the new addition to their family.

There will be a \$20 charge for the class.

Call 330.830.3400 to register.

wednesday, nov. 19

**Cholesterol and Glucose
Screening**

8:30 to 11 a.m.

**Massillon Campus—Eighth
Street Lobby Conference Room**

Blood pressure checks are free; Total cholesterol/HDL and glucose are \$10; lipid profile and glucose (requires fasting 12 hours prior) are \$15

tuesday, nov. 25

Childbirth Class—Just the Facts
Perinatal Education Room
6 to 9 p.m.

This is a one-time class that offers just what you need to know during your final trimester of pregnancy.

There will be a \$20 charge for the class.

Call 330.830.3400 to register.

tuesday, dec. 2

Childbirth Class—Infant CPR
Perinatal Education Room
6 to 9 p.m.

This class is a single-session class that provides instruction on performing CPR techniques on children from birth to 8 years old.

There will be a \$20 charge for the class.

Call 330.830.3400 to register.

wednesday, dec. 3

Red Cross Blood Drive
Conference Room 1
11 a.m. to 4 p.m.

friday & saturday,
dec. 5 & 6

**Childbirth Class—Weekend
Wonder**

Perinatal Education Room
6 to 9 p.m.—Day 1
9 to 2 p.m.—Day 2

This is a two-day extensive class that offers a variety of birthing methods and offers a comprehensive approach to childbirth. This class is designed to offer the basics for every mom and her support person.

There will be a \$20 charge for the class.

Call 330.830.3400 to register.

tuesday, dec. 9

Diabetes Support Group Meeting
Conference Room 1
6 p.m.

GET CONNECTED

For more information on any of the programs or events, visit us online at **AffinityMedicalCenter.com** or call **330.837.6887**.

wednesday, dec. 10

Childbirth Class—Just the Facts
Perinatal Education Room
9 a.m. to 2 p.m.

This is a one-time class that offers just what you need to know during your final trimester of pregnancy.

There will be a \$20 charge for the class.

Call 330.830.3400 to register.

thursday, dec. 11

Childbirth Class—Baby Basics
Perinatal Education Room
1 to 3 p.m.

This class is designed to offer the basics for every mom and her support person.

There will be a \$20 charge for the class.

Call 330.830.3400 to register.

wednesday, dec. 17

Cholesterol & Glucose Screening
8:30 to 11 a.m.

**Massillon Campus Eighth Street
Lobby Conference Room**

Blood pressure checks are free; Total cholesterol/HDL and glucose are \$10; lipid profile and glucose (requires fasting 12 hours prior) are \$15

