

Smart Health

winter 2008

breathe · eat · live · turn over a new leaf



3 { **CREOLE CUISINE** Make healthy jambalaya that's fit for a Crescent City kitchen—or yours.

7 { **MAKE AN APPOINTMENT** Routine screenings can help you prevent colorectal cancer.

4 { **KNOW IT ALL** Learn the tests and treatments that are good for your heart.

8 { **CALENDAR OF EVENTS** Meetings and screenings to improve your health.

Massillon Campus
875 Eighth St NE
Massillon, OH 44646

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caring for your community

Dear Friends and Neighbors,

As I reflect upon 2007, I see it as a year of many changes at Affinity Medical Center: A new service model was implemented, services were consolidated, and there were changes at the leadership level. But the one thing that has not changed is our commitment to caring for the community. As chairman of the Affinity board of trustees and a long-standing member of the western Stark County community, I am proud of Affinity's dedication to compassionately serving our patients and neighbors.



Ray Martinez

As a part of our commitment to caring for the community, the hospital is involved in a variety of local activities. Additionally, in-kind and financial support is provided to many local nonprofit organizations. Examples of Affinity's involvement in the community include:

- Supporting causes such as the American Cancer Society's Relay for Life and the American Heart Association's Heart Walk through corporate sponsorship, staff volunteers and team participation.
- Partnering with the Towpath Trail (Navarre) YMCA to fund further program expansion at the new facility to bring expanded health, wellness and education services to Navarre and the surrounding communities.
- Participating in public health fairs, screenings and community events.
- Providing monthly community educational talks on important health issues,

educational tours of the hospital and a speaker's bureau free of charge.

- Offering emotional and educational support for individuals facing challenging health conditions through programs such as the cancer resource center and diabetic support group.
- Supplying the Western Stark Medical Clinic with over \$90,000 in outpatient diagnostic testing services and over \$30,000 for rent and utility expenses.
- Providing rent-free facilities with utilities and \$40,000 in food for the Family Living Center.
- Contributing more than \$1.1 million in property taxes between the two campuses, which benefits the City of Massillon and local schools.
- Donating thousands of hours of volunteer time to the surrounding communities by Affinity employees.

There are a great deal of challenges ahead of us as a hospital. I ask each and every one of you for your support, so that we may continue caring for the community and reach our goal of being western Stark County's premier healthcare resource. Our future success depends on it.

If you have any questions about Affinity, feel free to visit us online at **AffinityMedicalCenter.com** or call our toll-free information number at **877.837.7575**.

On behalf of the Affinity board of trustees, I wish you a healthy and happy 2008.

Sincerely,

Ray Martinez, Chairman
Affinity Medical Center Board of Trustees



in case of emergency

Affinity Medical Center is prepared to handle emergencies big and small.

When you need emergency medical treatment, Affinity offers two award-winning emergency departments working together to care for you.

While both campuses provide 24/7 emergency services, patients needing more critical care—or those who may need to be hospitalized—will be directed to the verified level III trauma center at the doctors campus emergency department.

Rest assured, no matter which campus you arrive at, we'll make the arrangements to get you where you need to be to receive unsurpassed, compassionate care. 🌿

for your safety

Should you experience an emergency, please call 911 immediately. For your own safety, as well as the safety of others, please do not attempt to drive to the hospital.

The highly knowledgeable EMS providers can begin administering much-needed care and determine which campus is best suited for your needs.

JUST ASK

If you have questions or concerns about Affinity's emergency services that are not addressed here, please feel free to call our toll-free information number at **877.837.7575**.

steps to less stress

That sinking feeling in the pit of your stomach, as well as headaches, a stiff neck or fatigue, may signal stress. You also could suffer from back problems, depression, heart disease and stroke.

For the good of your health, address your stress. The American Academy of Family Physicians offers these tips:

- Don't worry about what you can't control.
- Prepare as best you can for things you know may be stressful.
- Look at change positively.
- Try to work out conflicts with other people.
- Set realistic goals.
- Exercise regularly.
- Eat a healthy diet and get enough sleep.
- Find a stress-less outlet, such as sports or hobbies.



southern comfort

Jambalaya is a delicious Creole favorite. Vegetables and meat create a rich stock that's absorbed by rice, making for a simple, healthy winter meal. Try this adaptation from the American Institute for Cancer Research.

ingredients: 1 Tbsp. olive oil • 1 medium onion, chopped • 2-3 garlic cloves, minced • ¾ lb. skinless, boneless chicken breasts, cut in ¾-inch pieces • 1 can whole plum tomatoes in juice • 2 celery sticks, cut in ½-inch slices • 1 green bell pepper, chopped • 1 yellow bell pepper, chopped • 1 scallion, chopped • 1 Tbsp. tomato paste • 1 bay leaf • 1 tsp. dried thyme • ¼ tsp. dried red pepper flakes • 1 pinch of ground cloves • 1 dash of hot sauce (optional) • 1 c. long-grain brown rice, cooked • salt • pepper.

directions: In a 3-quart pot, heat oil over medium-high heat. • Add onion and garlic and sauté until tender, 4 minutes. • Add chicken and cook until pieces are white on all sides, 6 minutes. • Add tomatoes and juice, and stir. • Mix in celery, bell peppers, scallion and tomato paste. • Stir in bay leaf, thyme, pepper flakes, cloves and hot sauce. • Bring to a boil. • Reduce heat and simmer about 20 minutes. • Remove bay leaf. • Stir in precooked rice and heat through. • Season with salt and pepper. • Makes 6 servings.

servings stats: calories, 150 • protein, 15 g • carbohydrates, 15 g • total fat, 3 g • saturated fat, 1 g • sodium, 136 mg.



are you a desk jockey?

It may come as no surprise that staring at your computer screen can tire your eyes. Eyestrain may occur in nine of 10 computer users, according to the American Optometric Association. Blurred vision, double vision, excessive tears, dry eyes and excessive blinking or squinting are other common symptoms. Follow these tips to help reduce strain:

- Take frequent, short breaks.
- Adjust your monitor contrast so letters are easily read.
- Minimize reflected glare by using window shades and dimming lights.
- Position the monitor 16 to 30 inches from your eyes, with the top of the monitor slightly below eye level.
- Use lubricant eyedrops as needed.
- Have your eyes examined if you experience eyestrain, as glasses often alleviate the problem.

hard to resist

Resistance training, a form of exercise that makes muscles stronger using an opposing weight or force, may make muscles younger, too, according to a recent study published in the online journal *PLoS One*.

With age, muscle cells lose some ability to convert nutrients into energy, which results in loss of endurance and strength. However, resistance training helps older muscle cells to produce energy, thus reversing the decline, researchers say.

The findings build on overwhelming evidence that regular exercise has head-to-toe benefits. Add resistance training to your workout routine, and your muscles will thank you.



GET STARTED

For tips on making exercise a regular part of your life, including advice on breaking through exercise barriers, go to win.niddk.nih.gov/publications/tips.htm.

defining moments

you've probably heard the terms, but just what are stents and caths—and what's the difference between an angioplasty and angiogram? knowing about common tests and treatments can ease your fears when you or a loved one is diagnosed with america's no. 1 killer: heart disease *by Laurie Davies*



what it is

how it works

angiogram	An X-ray that shows whether you have clogged arteries.	A catheter is used to inject dye into the arteries to make them visible on an X-ray. This helps to diagnose blockages. "Angiograms take much of the guesswork out of diagnosing heart disease," says Richard Stein, M.D., a national spokesman for the American Heart Association.
angioplasty	A procedure that opens blocked or narrowed blood vessels.	A slender balloon is inserted into the problem artery and inflated to compress plaque and widen the artery so blood can flow.
cardiac catheterization	A cardiac catheter, or cath, is a thin, plastic tube inserted into an artery or vein in the leg or arm and guided into the coronary arteries or even the heart chamber.	Once inserted, the catheter is used to gather information or help perform a treatment. "It revolutionized cardiology," Stein says. Catheters measure the heart's blood pressure and pumping ability, which can reveal whether your heart is overworked or pumping inefficiently.
defibrillation	A process during which a device administers an electric shock to the heart.	This shock helps a heart that's not beating properly to re-establish normal rhythms.
echocardiogram	A test that provides a picture of the heart.	Unlike an angiogram, an echocardiogram is noninvasive and uses sound waves to provide a moving, detailed picture. It involves no radiation exposure. "With the same technology that allows us to make beautiful pictures of babies in the womb, we make equally beautiful pictures of people's hearts," says Stein, who counts echocardiograms among the breakthroughs in cardiology.
electrocardiogram	Often abbreviated as EKG, this test measures electrical activity of the heart.	By measuring the strength and timing of electrical signals, an EKG can show how fast the heart is beating, whether the rhythm is regular and whether the heart is enlarged.
stenting	A procedure during which a small tube made of plastic or wire mesh is inserted into a clogged artery.	Once in position, a balloon inflates the stent into a scaffoldlike support that remains in place to prop open the problem artery for increased blood flow.



who needs it

who performs it

Patients who may have a blockage or narrowing of a blood vessel.	Cardiologists (doctors specializing in heart function and disease) or interventional radiologists (doctors specializing in medical procedures that involve radiation, such as X-rays).
Patients suffering from a heart attack or those at risk for suffering a heart attack because of plaque buildup.	Cardiologists or interventional radiologists.
Mostly patients undergoing angiograms or angioplasty (procedures described above).	Cardiologists or interventional radiologists.
A person having dangerous heart arrhythmias (rhythm irregularities) or cardiac arrest.	Hospital clinicians, emergency room doctors, emergency medical technicians or—with proper training—first responders such as police officers and firefighters and even members of the public.
Patients who have had heart attacks, who have a heart murmur or whose doctors wish to check the pumping of the heart.	Ultrasound technicians or cardiologists.
An EKG can diagnose a current or past heart attack or check heartbeat and rhythm. A recent study published in <i>The Journal of the American Medical Association</i> even suggests that EKGs in healthy, postmenopausal women may predict heart disease risk.	Family practitioners, emergency room doctors or any of a wide array of specialists, including cardiologists.
Most angioplasty patients. The American Heart Association reports that more than 70 percent of angioplasty procedures include stenting.	Cardiologists or interventional radiologists.

keep your ticker on track

Now that you know all about common heart tests and treatments, here are five things you can do today to avoid them.

- **Eat a healthy diet.** Fruits and vegetables, whole-grain foods and at least two servings a week of fish may lower heart disease risk.
- **Lower your blood pressure.** Nearly one-third of people with high blood pressure don't know it. So, get yours checked and then act if you need to. The DASH diet, which stands for dietary approaches to stop hypertension, can help. Find it at nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf.
- **Reduce the cholesterol in your blood.** If you're a woman, listen up: A recent study shows that women are less likely than men to have their LDL ("bad") cholesterol under control. Eating low-fat foods and exercising can help.
- **Stop smoking.** Cigarette smokers are two to three times more likely to die from heart disease. Tools for quitting can be found at americanheart.org.
- **Stay physically active.** Any activity is better than none, so start small. To achieve a high level of cardiovascular fitness, the American Heart Association recommends working your way up to 30 to 60 minutes of exercise most days of the week.

Source: American Heart Association

FREE PEDOMETER

Stop heart disease before it starts—try walking your way to a healthier heart. Keep track of your progress by receiving a free Affinity Medical Center pedometer. Supplies are limited; call **330.837.6887** today to get yours!

diabetes primer

You've heard about it on the news. You've seen the pamphlets in your doctor's office waiting room. You've witnessed your friend with diabetes give herself insulin injections. But what exactly is diabetes? Here are answers to commonly asked questions.

Q What is diabetes?



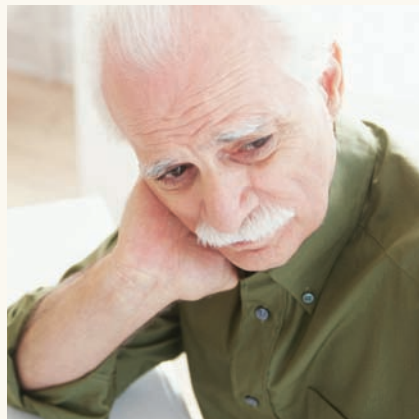
A "It is having blood glucose levels higher than normal for an extended period of time," says Richard Jackson, M.D., a senior physician at Joslin Diabetes Center in Boston. Your body is not properly producing or using insulin, the hormone that converts sugar, starch and other food into energy for the body. Type 1 diabetes occurs when the body fails to produce insulin. Type 2 diabetes, by far the most common, results when the body fails to properly use insulin. Gestational diabetes results when the body fails to make or use enough insulin during pregnancy.

Q Who's at risk?

A Type 1 diabetes, formerly called juvenile-onset diabetes, is caused by autoimmune or genetic risk factors, or environmental triggers such as weather or viruses. Type 2 diabetes often occurs in adulthood—although more cases are being diagnosed in children. Risk factors for type 2 diabetes include age, obesity, family history, race and previous gestational diabetes.

FIRST STEP

Newly diagnosed with diabetes and not sure what to do? The Affinity diabetes self-management education program could be right for you. Call **330.837.7534** for more information.



Q What are the symptoms?

A The symptoms of diabetes often go unnoticed. There are 20.8 million people in the U.S. with diabetes, and nearly 6.2 million of them don't know it. Talk to your doctor if you experience frequent urination, excessive thirst, extreme hunger, unexplained weight loss, increased fatigue, irritability or blurred vision. The sooner diabetes is diagnosed, the better—to prevent such complications as heart disease, blindness, nerve damage and kidney damage.

Q Can I reduce my risk for diabetes?



A "You can reduce your chances of developing diabetes through healthy lifestyle choices," Dr. Jackson says. Eat a healthy diet rich in fruits, vegetables and whole grains. Don't deprive yourself—it's OK to indulge in fatty or sugary foods sparingly. Also, get regular exercise. Just 30 minutes of moderate exercise a day should do the trick. Don't worry about setting lofty weight-loss goals. Even a 5 percent to 10 percent reduction in body weight will have profound effects on your risk for diabetes, according to the American Diabetes Association.

by Shelley Flannery

colon conversation

early detection is best for beating colorectal cancer—so, talk to your doctor



There's a reason why so many euphemisms exist for the process of human waste elimination: Most people don't like talking about their bathroom habits. But when it comes to colorectal cancer, avoiding the topic could be far worse than discussing it.

More than 50,000 Americans will die from colorectal cancer and about 131,600 new cases will be diagnosed this year, according to the American gastroenterological Association. Colorectal cancer—which includes cancers of the colon and rectum—typically begins with the development of benign polyps, or growths, that can transform into cancer over time.

the earlier, the better

The good news is that when colorectal cancer is diagnosed early, the disease is preventable—even curable—by removing the polyps.

“Individuals who are diagnosed in the earlier stage of the disease have a better than 90 percent survival rate over the next five years,” says Mona Shay, D.O., gastroenterologist at Affinity Medical Center. “If the disease has already spread to other parts of the body, you're looking at a 10 percent survival rate.”

At first, colorectal cancer usually causes no symptoms. That's why routine screening tests are essential to detect it early.

ode to 'oscopies

One of the most effective tests for colorectal cancer is a colonoscopy, in which a long, thin tube is inserted through the rectum into the colon. A tiny

invest in your intestine

You don't have to make colon health a daily topic of conversation, but it's something you should think about every day. Also known as the large intestine, the colon is part of the digestive system, a series of organs that break down and absorb food so nutrients can be transported as needed to other parts of the body. The large intestine is about 5 feet long and is primarily responsible for storing waste, reclaiming water, maintaining the body's water balance and absorbing certain vitamins.

You can take a number of steps to protect the health of your colon, says Mona Shay, D.O., gastroenterologist at Affinity Medical Center:

- Eat a diet that's low in red meats and fats and high in fresh fruits and vegetables.
- Maintain a healthy weight.
- Exercise regularly.
- Don't smoke.
- Drink alcohol in moderation, preferably no more than one drink per day.

“Not only are you decreasing your risk of colorectal cancer,” Dr. Shay says, “but a myriad list of other health problems, too.”



Mona Shay, D.O.

video camera at the end of the tube gives the doctor a detailed look inside the colon. If polyps are detected, they can be removed during the outpatient procedure. Most people say the only unpleasant part of a colonoscopy is the preparation the day before, which requires a special diet and laxatives to clean out the colon. During the procedure, the patient almost always is sedated, so usually there is no discomfort.

Similar to a colonoscopy, a flexible sigmoidoscopy involves a shorter tube and usually is performed in the doctor's office. No sedation is required. On the other hand, polyps can't be removed during the procedure, so a colonoscopy must be performed later to remove polyps found during a sigmoidoscopy.

Other screening tests include a fecal occult blood test, which involves the collection of stool specimens, and a virtual colonoscopy, a newer test that is like an X-ray version of traditional colonoscopy. (Awaiting more study of the virtual colonoscopy, the American Cancer Society doesn't recommend it as a standard screening.)

where to begin?

Routine screenings for colorectal cancer should begin at age 50 unless there's a family history of the disease, in which case screenings should begin sooner, Dr. Shay says.

“A lot of people are waiting for their doctors to talk to them about colorectal cancer,” she says. “But people should bring it up and then follow through on whatever testing their doctors say is right for them.”

by Amy Lynn Smith

CANCER ANSWERS

“Is colorectal cancer inherited?” Find the answer to this and other important questions in the brochure “Reducing Your Risk of Colorectal Cancer” from the American Institute for Cancer Research. Call **800.843.8114** to get a free copy.

{ what's happening

affinity medical center calendar of events

wednesday, feb. 6

Red Cross Blood Drive
11 a.m. to 4 p.m.
**Doctors Campus-Classrooms 1
and 2**

tuesday, feb. 12

Diabetes Support Group Meeting
6 p.m.
**Massillon Campus Eighth Street
Lobby Conference Room**

wednesday, feb. 20

**Cholesterol and Glucose
Screening**
8:30 to 11 a.m.
**Massillon Campus Eighth Street
Lobby Conference Room**
Blood pressure checks and body
composition analysis are free;
total cholesterol/HDL and glu-
cose are \$10; lipid profile and
glucose (requires 12-hour prior
fasting) \$15

wednesday, march 5

Red Cross Blood Drive
11 a.m. to 4 p.m.
**Doctors Campus-Classrooms 1
and 2**

tuesday, march 11

Diabetes Support Group Meeting
6 p.m.
**Massillon Campus Eighth Street
Lobby Conference Room**

wednesday, march 19

**Cholesterol and Glucose
Screening**
8:30 to 11 a.m.
**Massillon Campus Eighth Street
Lobby Conference Room**
Blood pressure checks and body
composition analysis are free;
total cholesterol/HDL and glu-
cose are \$10; lipid profile and
glucose (requires 12-hour prior
fasting) \$15

wednesday, april 2

Red Cross Blood Drive
11 a.m. to 4 p.m.
**Doctors Campus-Classrooms 1
and 2**

tuesday, april 8

6 p.m.
Diabetes Support Group Meeting
**Massillon Campus Eighth Street
Lobby Conference Room**

wednesday, april 16

**Cholesterol and Glucose
Screening**
8:30 to 11 a.m.
**Massillon Campus Eighth Street
Lobby Conference Room**
Blood pressure checks and body
composition analysis are free;
total cholesterol/HDL and glu-
cose are \$10; lipid profile and
glucose (requires 12-hour prior
fasting) \$15

friday, april 25

**Head and Neck Cancer
Screening**
Appointments are necessary.
Call 330.837.7294 to schedule
an appointment.
**Doctors Campus-Ambulatory
Care Clinic**

wednesday, may 7

Red Cross Blood Drive
11 a.m. to 4 p.m.
**Doctors Campus-Classrooms 1
and 2**

tuesday, may 13

Diabetes Support Group Meeting
6 p.m.
**Massillon Campus Eighth Street
Lobby Conference Room**



wednesday, may 21

**Cholesterol and Glucose
Screening**
8:30 to 11 a.m.
**Massillon Campus Eighth Street
Lobby Conference Room**
Blood pressure checks and body
composition analysis are free;
total cholesterol/HDL and glu-
cose are \$10; lipid profile and
glucose (requires 12-hour prior
fasting) \$15

FOR MORE INFORMATION

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

recruiting all helping hands!

Looking for an opportunity to make a difference in other people's lives, develop new skills and make new friends? Look no further! Affinity Medical Center is seeking adult volunteers to assist in a variety of areas. Volunteers are needed to be patient advocates, work at the information desk and help with the WellnessWatch program.

Individuals who volunteer at the information desk are responsible for greeting and directing visitors, providing patient information and answering the telephone. These volunteers are especially needed at the Doctors Campus.

Volunteer patient advocates assist the hospital patient advocate in handling any questions or concerns that patients may have regarding their care at Affinity. The role of the patient advocate volunteers requires strict confidentiality, excellent communication skills, the ability to maintain rapport with staff and patients, as well as good judgment.

WellnessWatch volunteers assist with providing free blood pressure checks and low-cost glucose and cholesterol screenings to various community organizations and events. Events serviced by the WellnessWatch nurses vary in times and

location, so some travel is required. Affinity Medical Center provides all medical equipment necessary to conduct the screenings. WellnessWatch volunteers must be trained professionals and have no criminal record. Retired nurses and nursing students are welcome.

All volunteers must attend a brief hospital orientation before beginning their volunteer duties. For more information, call the Affinity Medical Center volunteer services department at **330.837.6855**.



Caring as One

SmartHealth is published for friends of Affinity Medical Center, P.O. Box 805, Massillon, OH 44648, 330.832.8761, by McMurry. Material in *SmartHealth* is obtained from a range of medical scientists and health-care authorities. If you have any concerns about specific items that appear in *SmartHealth*, please consult your personal physician. Ray Martinez, Chairman, Affinity Board of Trustees; Barry Michael, Interim CEO, Affinity

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