

Smart Health

winter 2009

breathe · eat · live · turn over a new leaf



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3 { **BE FLEXIBLE** Get three tips for talking to your doctor about knee trouble.

7 { **SHOP SMART** Learn to load your grocery cart with berries and other heart-healthy foods.

4 { **TIME SENSITIVE** When it comes to strokes, learn why quick treatment is critical.

8 { **MEETINGS AND MORE** Events and screenings at Affinity to keep you well.

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

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a year to remember

Dear Friends and Neighbors:

The beginning of a new year is an ideal time to reflect on success from the previous year and to share exciting plans for the future.

It's also a perfect time to express gratitude to our patients and community for supporting our hospital by

choosing Affinity Medical Center to care for you when a need for healthcare services arises.

• In 2008, we relocated all of our Affinity healthcare services to one convenient location, the newly

improved Massillon facility.

• Many improvements have been made to the hospital, including an expanded emergency department, intensive care unit and surgery center.

• New technologies arrived at the hospital, including a state-of-the-art MRI unit, 64-slice CT (computed tomography) and advanced monitoring equipment for cardiac and telemetry patients. In addition, the hospital restarted its cardiovascular program, including the addition of new cathe-

terization laboratories and dedicated surgery suites to support open-heart surgeries.

As we proceed into 2009, we are committed to improving customer service and will continue to add technologies and services that meet the needs of the patients we serve. We remain steadfast in our vision to become the "premier healthcare resource in western Stark County and surrounding communities."

If you have feedback that you believe can help us improve our services, I invite you to visit our website at **AffinityMedicalCenter.com** and click "Contact Us." We value each and every one of our patients and continually seek ways to make our services even better.

Thank you for your continued interest in Affinity Medical Center and best wishes for a happy and healthy new year.

Sincerely,



Ron Bierman, CEO
Affinity Medical Center



Ron Bierman, CEO



Affinity Emergency Care

When you need emergency treatment, Affinity Medical Center offers award-winning Emergency Services with board certified physicians and experienced nurses and staff working to care for you when you need us most. That means unsurpassed, compassionate care is available - close to you - for you or your loved ones 24 hours a day, seven days a week.



Close to you.

875 Eighth St. NE Massillon, OH 44646
330-832-8761

AffinityMedicalCenter.com

quality care close to home

affinity family physicians are now
welcoming new patients


Sherri Barr, M.D., and Jennifer Krusemark, D.O., board-certified physicians at Affinity Family Physicians, provide the latest healthcare treatments available in a compassionate and caring manner for you and your family.

They specialize in:

• Preventive medicine for adults and children

• Healthy women exams and screenings
• Manual medicine—the treatment of ailments, especially problematic muscles and joints, through hands-on or physical intervention

Dr. Barr graduated from the Northeast Ohio Universities College of Medicine, Rootstown. She completed an internship and a residency in family practice at Memorial Hospital of South Bend, South Bend, Ind.

Dr. Krusemark graduated from the Kirksville College of Osteopathic Medicine, Kirksville, Mo. She completed an internship and a residency in family practice at Affinity Medical Center. 

FAMILY MATTERS

To make an appointment with Affinity Family Physicians, call **330.497.6555**.
Affiliated with Affinity Medical Center.

winter cheer

If it's dark when you leave for work and when you come home, it can be challenging to stay upbeat. Try these natural mood lifters during the dreary winter months:



Exercise. It releases endorphins—your natural pain relievers—to make you feel better. Recruit a friend, keep workout clothes in the car and schedule exercise as though it's an appointment.

Get some sun. It helps you feel better in as little as 20 minutes a day, even while you wear sunscreen, according to a Canadian study. Try taking a walk outdoors at lunchtime to catch some of those feel-good rays.

Eat fish. Omega-3 fatty acids have been shown to boost mood. Find the good fat in oily fish, such as salmon, and ground flaxseed. Strive to consume fatty fish or 1 tablespoon of ground flaxseed at least two or three times a week.

Breathe deeply. Deep breathing, like that practiced in yoga, relaxes you and improves your outlook. Not sure how to do it right? Sign up for a yoga class to learn proper form.

If you're feeling down for longer than two weeks, see your doctor for help.

sausage-stuffed baked apples

An apple a day actually may keep the doctor away. Researchers say both the fruit and the juice may reduce your risk of colon cancer. This hearty entrée combines the goodness of apples and their juice to create a sweet and savory dish that's perfect for the holidays.

ingredients: 1 8-ounce bulk raw sweet Italian turkey sausage or 2 3.9-ounce links raw sweet Italian turkey sausage, casings removed • ½ c. onion, minced • ⅓ c. apple juice, divided • ¼ tsp. cinnamon • 2 Tbsp. sliced almonds • 2 Tbsp. currants • 1 slice whole-wheat bread, toasted and cut into small cubes • 4 large baking apples.

directions: Preheat oven to 350 F. • Combine sausage and onion in a large nonstick skillet. Brown over medium heat, breaking up with wooden spoon, about 5 minutes. • Stir in 2 Tbsp. apple juice and scrape up browned bits in skillet. • Stir in cinnamon, almonds and currants. • Stir in bread cubes. • Remove skin from top quarter of apples. • Core apples to create a large cavity. • Heap ¼ of the sausage mixture into each apple. • Stand apples in an 8-inch square nonstick baking pan. • Pour in remaining apple juice. • Tightly cover pan with aluminum foil. • Bake 30 minutes. • Carefully remove foil. • Spoon pan juices over apples and stuffing. • Bake 10 to 15 minutes longer or until apples are tender when pierced with a knife. • Makes 4 servings (1 apple and ½ c. stuffing each). **serving stats:** calories, 300 • total fat, 7.5 g • protein, 11.5 g • carbohydrates, 49 g • cholesterol, 35 mg • sodium, 424 mg • fiber, 6 g.



doctor direct

Knee trouble? The first step toward recovery is talking to your doctor. Once you've scheduled that appointment, take these steps from the American Association of Hip and Knee Surgeons.



1. Before your visit, **make lists of current medications**, health concerns and your medical history.
2. Once you're there, **be honest and thorough**. Don't hold back information, even about things you might consider embarrassing. A complete picture is key to a correct diagnosis.
3. Take a pen and notepad and **write down what the doctor tells you** so you can refer to it later. If something is unclear, don't be afraid to ask questions.

mind puzzlers

Everyone has memory lapses—forgetting someone's name or where you put your wallet—but if the lapses become routine and interfere with your daily activities, it's time to seek help, the Geriatric Mental Health Foundation advises. No matter your age, you can build your brain's ability to recall information using these tips:

Slow down. A fast-paced lifestyle may be partially responsible for forgetfulness, says Colin Milner, chief executive officer of the International Council on Active Aging.

Use it. Learning, such as memorizing a newspaper article or a long poem, builds the brain over weeks, literally, by reversing age-related metabolic changes believed to be responsible for memory decline.

Move it. Researchers in the Netherlands concluded that exercise improves blood flow in the brain, which means better function and more memory. The brain-related improvements also included auditory and visual attention.



HEAD GAMES

Memory games can help give your brain a boost. Try these online puzzles from Happy Neuron, a partner of the senior membership group AARP, at happy-neuron.com/games/free.php.



on the right track

surviving a stroke is a matter of time

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I never knew my real grandfather. He had a stroke when I was 2 and, although he survived, he's never been the same. My mother tells me that her father, once an able businessman, used to play golf and travel the world.

The only grandfather I know is the one who used to sneak up behind me when I was little and poke the back of my shoes with the cane he can't walk without. The one who needs help doing almost everything because the right side of his body is paralyzed. The one who will never dance with me at my wedding.

But I'm one of the lucky ones—my grandfather survived. A stroke could have killed him, as it does 160,000 Americans each year. Still, I often wonder what my grandfather would be like if his family and care providers had known back then what we know today—that time is of the essence when it comes to stroke.

Here's what needs to happen every step of the way during a stroke to help ensure the best possible result.

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9:15 a.m. the onset of symptoms

Stroke occurs when an artery in or leading to the brain becomes blocked or bursts, starving part of the brain of oxygen or causing bleeding in the brain. Strokes caused by blockages (either from blood clots or plaque buildup) are called ischemic, and strokes that result from a tear in a blood vessel are hemorrhagic. Both require immediate medical attention, so recognizing symptoms right away is crucial.

Unfortunately, the first warning sign of a stroke usually is the stroke itself.

“A stroke is a sudden event,” says Don B. Smith, M.D., spokesman for the National Stroke Association. “It’s something that develops in seconds to minutes.”

Depending on how severe the blockage or tear is, symptoms exhibited can be mild to severe. According to the association, look out for *sudden*:

- Numbness or weakness of the face, arm or leg, especially on one side of the body.
- Confusion, or trouble speaking or understanding.
- Trouble seeing in one or both eyes.
- Trouble walking, dizziness, or loss of balance or coordination.
- Severe headache with no known cause.



9:25 a.m. go ... now!

Once stroke symptoms have been identified, waste no time in seeking medical care. The mantra of stroke experts is “time lost is brain lost.” It may be blunt, but it’s true. The National Stroke Association estimates that in every minute during a stroke, 2 million brain cells die.

The good news is that patients who are treated within 90 minutes of the first symptoms are much more likely to recover than those who wait to be treated.

“Time is critical in a stroke,” Smith says. “The brain more than any other organ is dependent on oxygen, and it fails very quickly without it.”

Even people who are unsure if it’s a stroke should go to the hospital. It’s better to be proved wrong than take a chance with a life.



10:35 a.m. at the hospital

Once at the hospital, the patient will be given tissue plasminogen activator (tPA), a substance that breaks up the clot causing a blockage in an ischemic stroke. It is effective when administered within three hours after a stroke (although being treated within 90 minutes produces the best results). For hemorrhagic strokes, immediate treatment ideally occurs in an intensive care unit, and surgery usually is needed.


Treatment must happen before permanent damage is done to give the affected parts of the brain the best chance of recovery, Smith says.



4 p.m. discharge—and beyond

Just as it is imperative to start treatment right after a stroke, it’s vital to restore brain function as soon as possible. “Rehabilitation begins in the hospital,” Smith says, “and possibly never stops.”

But if the brain already is damaged, isn’t rehabilitation a waste of time? Not at all, Smith says. “The brain is an amazing thing, and it can learn new ways of doing old things,” he says. Techniques can ease this shift in function. For example, one way to help regain function in an affected arm is to tie down the good arm and force the other arm to do the work, Smith adds.

Recovery doesn’t happen overnight. “It’s the practice effect,” he says. You have to work at it, but you can do it. 
by Shelley Flannery

stop stroke before it starts

Eighty percent of all strokes are preventable, according to the National Stroke Association. In other words, of the 750,000 brain attacks that occur each year, 600,000 don’t have to. Here are ways you can decrease your chances of suffering a stroke:

Know your risks. Understanding your risk factors—both controllable factors such as smoking and inactivity and uncontrollable ones such as age, gender and ethnicity—is the first step.

Control your blood pressure. High blood pressure is a leading cause of stroke. Have yours checked at least once a year.

Manage heart-related conditions. If you have diabetes, high cholesterol, poor circulation or atrial fibrillation, work with your doctor to manage it effectively.

Exercise every day. As little as 30 minutes may help reduce your risk of stroke.

Eat a low-sodium, low-fat diet. High-fat, high-sodium diets can lead to high blood pressure, a risk factor for stroke.

Stop smoking. It doubles your risk for stroke.

FIND OUT MORE

For more information about stroke or other health and wellness issues, visit affinitymedicalcenter.com and choose “Health Resources.” There, you will find a medical encyclopedia and health info on a number of topics.

top-notch MRI technology arrives at affinity medical center

Affinity Medical Center recently purchased a state-of-the-art magnetic resonance imaging (MRI) unit named the GE Signa HD 1.5T. This new technology provides an ordering physician with the best quality images and results of what's going on inside your body.

"This means less time in the unit for the patient, quicker scans and results to the physician and outstanding images that assist with diagnosis and treatment," says Sue Bushway, Affinity's director of radiology. "We are extremely pleased with the enhanced services this new technology will provide our patients and physicians."

Q What is an MRI test and when is it necessary?



A An MRI is a method for looking inside the body and uses a powerful magnet and radio waves to capture images. MRIs are used most frequently to evaluate the brain and the structures connected to the brain and the spinal cord, as well as the bones and joints of the body. It may also be used to examine the abdomen, heart and blood vessels and to detect breast cancer that might not be visible in a mammogram.

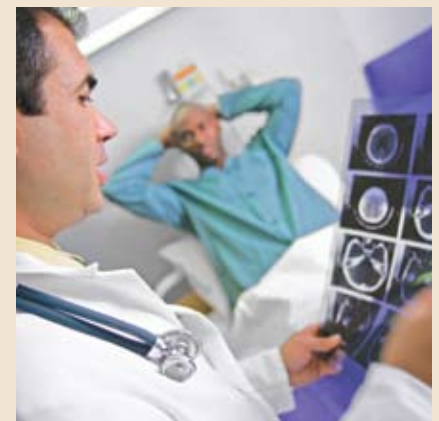


Q What does the test involve?

A No special preparation is required. Most MRI scanners are like tunnels, although some are open on the sides. The scanning process can take anywhere from 15 minutes to an hour, during which time you'll need to remain as still as possible inside the scanner. You'll hear loud sounds as the scanner captures information for the images. For some MRI scans, dye is injected into a vein in your arm to more easily identify abnormal tissue.

Q How soon will my doctor have the results?

A Results usually are available within a day. Your doctor will discuss the results with you and may show you the images to explain your diagnosis, such as a soft-tissue abnormality in your knee. If treatment is necessary, the results are invaluable. For instance, if a lump is detected during a breast cancer screening, the image is used to pinpoint the location to biopsy and determine the best course of treatment if a tumor is cancerous.



Q Are risks involved with having an MRI test?

SEE FOR YOURSELF

Still have questions? To watch a 1-minute video about MRIs, go to radiologyinfo.org and click "Radiology in Motion," then "Magnetic Resonance Imaging."

A The only risk is to patients with implanted devices such as infusion pumps or cochlear implants or, in some cases, cardiac pacemakers. These could possibly malfunction in the MRI scanner. You should tell your doctor about any metal inside your body, although usually it isn't an issue. MRI is very safe and doesn't expose you to any harmful radiation.



by Amy Lynn Smith

{ what's happening

affinity medical center calendar of events

Tuesday, Feb. 17

Heart Disease and Seniors
(A Silver Series Luncheon
Presentation)

Navarre/TowPath Trail YMCA
11:45 a.m.

A program on heart disease and seniors—participants can join the YMCA's Forever Fit exercise class for seniors (11 a.m.) prior to the luncheon program. Call 330.837.6887 to register.

Tuesday, Feb. 17

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

Off of the Eight Street Lobby
Blood pressure and body composition analysis are free. Total LDL/HDL cholesterol and glucose are \$10; complete lipid profiles are \$15. The lipid profile includes testing of triglycerides, total cholesterol, HDL and LDL, cholesterol and glucose. Requires 12-hour fasting. Call 330.830.3258 to schedule your screening.

**REGISTER
NOW**

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

Tuesday, March 10

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

Call 330.837.6815. Press option 2 for more information.

Tuesday, March 10

Alzheimer's Assoc. Caregivers Support Group
2nd Floor, Conference Room 2
6 p.m.

Registration is not necessary.

Tuesday, March 17

The Silver Lining of Strength Training
(A Silver Series Luncheon Presentation)

Navarre/TowPath Trail YMCA
11:45 a.m.

Learn about the benefits of exercise and core strength training for seniors. Participants can also join the YMCA's Forever Fit exercise class for seniors (11 a.m.) prior to the luncheon program. Call 330.837.6887 to register.

Tuesday, March 17

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

Off of the Eighth Street Lobby
Please see class description listed under the Feb. 17 date.

