

Smart Health

spring 2009

breathe · eat · live · turn over a new leaf



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2 { **TASTY CANCER FIGHTER**
This savory salad mixes shrimp with antioxidant-rich asparagus.

7 { **PORTION DISTORTION** Learn how to eat accurate serving sizes of all your favorite foods.

4 { **GREAT EXPECTATIONS** Learn about Affinity's newly renovated birthing center.

8 { **HEALTHY RESOURCES** Stay well by attending an event or screening at Affinity.

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sleep quiz-zzz

Life's demands can make it difficult for you to get enough sleep. Just how important is it? Take this quiz to test your knowledge.

1. Poor sleep is not serious.

False. Lack of quality sleep has been linked to increased risk of diabetes, cardiovascular disease, obesity and depression, according to the Centers for Disease Control and Prevention (CDC).

2. Adults don't have sleep disorders if they sleep eight hours a night.

False. Someone with sleep apnea—a common problem in which a person stops



WISH SOMEONE WELL

Send a friend an e-card with sleep tips or other health advice. Go to the Centers for Disease Control and Prevention website at cdc.gov/ecards, click the "All e-Cards" tab, then select "General" from the drop-down menu and click "Go."

breathing several times during the night—can still be at risk for high blood pressure, stroke and heart disease, the CDC says.

3. Both adults and children can have sleep disorders.

True. According to the American Sleep Foundation, children's symptoms are: trouble falling asleep at bedtime, excessive daytime sleepiness, night awakenings, variances in sleep regularity, and snoring.

shrimp and asparagus salad

Asparagus is as nutritious as it is flavorful. The vegetable is high in folic acid—a half-cup serving has one-third the recommended dietary allowance—which may protect against pancreatic cancer. For a special treat, buy antioxidant-rich purple asparagus in farmers markets and lightly steam to prepare.

ingredients: ½ lb. fresh asparagus • 2½ c. mixed baby salad greens • ½ lb. large raw shrimp, cooked, peeled and deveined • 1 red baby bell pepper, cored, seeded and cut into rings • 1 scallion, thinly sliced • 2 Tbsp. chicken broth • 1½ Tbsp. balsamic vinegar • 2 tsp. reduced-sodium soy sauce • 2 tsp. canola oil • ¼ tsp. pepper

directions: Snap tough ends off asparagus. Cut into bite-size pieces. • Bring a large pot of water to boiling. Add asparagus and cook over high heat for 4 minutes or until fork-tender. Drain well. Cool. • Line a large platter with salad greens. Top with shrimp, bell pepper rings, asparagus and scallion slices. • Combine chicken broth, vinegar, soy sauce, oil and pepper in a cup. Either drizzle over salad or pass on the side. • Makes 2 2½ c. servings.

serving stats: calories, 210 • total fat, 6.5 g • protein, 25.5 g • carbohydrates, 13.5 g • cholesterol, 152 mg • sodium, 465 mg • fiber, 5 g.



immediate attention required

Stroke is the third leading cause of death in Americans and the No. 1 reason for long-term disability. If you can help someone get treatment for the devastating attack within three hours, brain damage may be prevented.

Know the signs of stroke in another person with "Give Me 5" from the American Stroke Association:

Walk: Is balance off?

Talk: Is speech slurred or face droopy?

Reach: Is one side weak or numb?

See: Is vision totally or partly lost?

Feel: Is headache severe?

If any of these symptoms happen suddenly, call 911 immediately.

stay safe at play

Millions of Americans will hit the fields and trails this spring. That's great, as exercise is one of the best things you can do for your health. But beware: High activity comes with its own risks. Here's how to keep yourself safe, according to the National Institutes of Health:

Learn proper technique. Incorrect form is a major contributor to injury.

Use safety gear. Helmets and padding prevent injury and severity of injury, the U.S. Consumer Product Safety Commission says.

Increase your exercise level gradually. Playing too hard too soon, when muscles aren't conditioned, can be detrimental. For example, runners and walkers should increase distances by no more than 10 percent per week.

Warm up and cool down. Five to 10 minutes of light aerobic exercise beforehand engages cold muscles and elevates your heart rate in preparation for more-intense activity. Afterward, the same amount of light exercise allows your body temperature to decrease to normal.





lighten up

worried about childhood obesity?
this new approach to food and activity
can reshape your family's health

You keep hearing it: More and more kids weigh more than they should. So you worry. *Do my kids eat too much junk? Watch too much TV? Eat too much junk in front of the TV?*

It's tempting to lecture your children about healthier habits. But does it really work?

"Parents shouldn't be talking about food all the time," says Sandra G. Hassink, M.D., chair of the American Academy of Pediatrics Obesity Leadership Workgroup. "If you have a habit you want to change and people keep telling you about it, how annoying is that?"

follow the leader

Instead, lead by example. "Children are just too smart to accept a 'do as I say, not as I do' attitude from their parents," Hassink says.

When the American Medical Association issued recommendations in 2008 for preventing childhood obesity, some habits got red flags:

- Frequent consumption of fast food
- Large volumes of sweetened beverages, such as juice, soda or sports drinks
- Big portions
- Skipping breakfast
- High-fat snacks
- Low intake of fruits and vegetables

- Irregular meal frequency and snacking patterns

With these cautions in mind, what can you do to model eating habits that will promote a healthier weight for you and your family?

GAME ON

Put your child on the early track to excellent health by visiting **mypyramid.gov/kids**. This U.S. Department of Agriculture site has fun ways to teach nutrition. Check out the online game and coloring page for kids ages 6 to 11, plus a food pyramid worksheet for older children.

hide and seek

Make changes gradually and without a lot of fanfare. Let your children discover the snack-ready vegetables in clear containers at the front of the refrigerator, or the fresh fruit in a bowl on the counter. Place a basket of balls and jump ropes in the family room near the television.


Instead of forbidding less-healthy choices, allow smaller portions less often. "If you really

restrict children from eating certain foods, they have more of a tendency to really want those foods," says Karen A. Donato, coordinator of overweight and obesity research applications for the National Heart, Lung, and Blood Institute.

you're it

Finally, allow your children to take a role in the family's food and activity choices. Explore the produce section or farmers market together. Involve them in planning and cooking meals. Letting them serve themselves may help them end up with an appropriate child-size portion.

To achieve or maintain a healthy weight, kids should have at least an hour a day of active play. But before you sign your children up for soccer, give them a chance to choose a form of activity they most enjoy, whether it's gymnastics lessons, or regular trips to a BMX track or skateboard park.

In a society that makes it easy to eat too much food with too many calories and not enough nutrients, in a world of game consoles and big-screen TVs, you and your family can work together to make your home a healthy haven. 
by Teresa Caldwell Board

does my child weigh too much?

Children are as beautifully different as snowflakes. Here's how you know whether yours weigh more than what is good for them.

A measurement called body mass index, or BMI, compares a child's weight with height. Both the Centers for Disease Control and Prevention and the American Academy of Pediatrics recommend using BMI to screen for overweight in children beginning at age 2.

Children are considered obese if their BMIs are in or above the 95th percentile, which means they weigh more than 95 percent of children the same age and height. They are overweight if their BMIs are in or above the 85th percentile.

You can calculate your child's BMI online at apps.nccd.cdc.gov/dnpabmi/calculator.aspx.

Not all heavy children have weight problems as adults. But the older they get, the greater their risk for staying overweight. If your child's BMI is high, work with your family doctor to promote healthy eating and activity patterns in your family.

On Sept. 8, 2008, Taylor Slabaugh (8 pounds, 7 ounces) was the first baby born in Affinity's modern maternity unit and the first baby born in Affinity's Massillon facility in five years. Taylor's proud parents are Jeremy and Brittany Slabaugh of Massillon.



tender care

plan your delivery at affinity's comfortable and convenient birthing center

On Sept. 8, 2008, the staff at Affinity Medical Center heard the cry of the first baby to be born in the Massillon facility in five years. Taylor Slabaugh's little cries breathed new life into the halls of Affinity's maternity unit. With the consolidation of two

campuses into one on Sept. 4, Affinity brought maternity services back to the families of Massillon and Western Stark County. The modern maternity unit is but one component of the compassionate care you will receive at Affinity.

Women's services at the hospital include:

- Obstetrics
- Mammography
- Ultrasound
- Bone density scan
- Surgical breast biopsy

This full range of women's services is conducted in a caring environment. Our knowledgeable healthcare professionals will guide you through your care with compassion and respect for your privacy and comfort.

the birthing center

From the cozy décor of the family lounge and patient rooms to the

intimacy of our birthing rooms, Affinity combines comfortable, homelike surroundings with the most current, innovative practices for a truly remarkable birthing experience.

No two families are alike, so we offer choices to satisfy each individual family. The mother-to-be and our caring staff carefully determine details, such as methods of delivery, family involvement and support needs. The main support person can be involved as much as desired, and special visiting privileges are available for children and grandparents.

childbirth classes

Expectant mothers are invited to prepare for their new addition through a wide array of preparatory classes, including Childbirth, Siblings, Baby Basics, Breast-feeding and Infant CPR. For a complete schedule of childbirth

classes, please visit us online at AffinityMedicalCenter.com, or call **330.830.3400**.

baby love

Why have your baby at Affinity? If you are looking for a compassionate, family-friendly environment to deliver your child, come to Affinity. "It's like working with family," Paula Zinsmeister, R.N., says. "We are all very well educated and go through rigorous education as well as continuing education." She adds, "They [the staff] truly love their jobs and work well together—this is our home away from home." She says they treat their new mothers and babies as "part of the OB family." With a combined total of more than 200 years of experience at Affinity Medical Center, the staff is ready to bring your baby into the world with care, compassion and the individualized experience that you deserve. 🌱



Meet a few of our caring maternity staff members. Top row from left: Barb Kuster, R.N., Kerry Covert, R.N., Sharon McCauley, social worker, and Paula Zinsmeister, R.N., clinical leader. Bottom row from left: Diana Miller, R.N., and Lisa Garbrandt, R.N.

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meet our OB/GYN physicians at affinity:

Manoj K. Arora, M.D.	Frederick J. Eruo Sr., M.D.	Nicholas E. Sherock Jr. D.O.
Victor Bazzoli, M.D.	Robert Hamilton III, M.D.	Sara Vance, M.D.
David R. Brandau, M.D.	Godwin Meniru, M.D.	James R. Wilson, M.D.
Daniel L. Cain, D.O.	Cosmas Onuora, M.D.	Naomi Ann Wychanko, M.D.
Balasubramaniam Chitrabanu, M.D.	Sujana Patibandla, M.D.	
Albert T. Domingo, M.D.	Thomas D. Robinson, M.D.	

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our caring staff

The dedicated staff of Affinity Medical Center's maternity unit also include:

Jean Brothers, R.N.	Lisa Garbrandt, R.N.	Diana Miller, R.N.
Marie Burfield, R.N.	Barb Maximovich, R.N.	Rhonda Smith, R.N.
Regina Cooper, R.N.	Sharon McCauley, Social Worker	Ellen Stauffer, R.N.
Kerry Covert, R.N.	Lori McKendree, R.N.	Linda Wittensoldner, R.N.
Barb Kuster, R.N.	Ruby Miller, R.N.	Paula Zinsmeister, R.N.

TAKE A TOUR

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To receive a FREE brochure about Affinity Medical Center's women's services, or to set up a personal tour to see the modern birthing suites, please call us at **330.830.3400**.

The renovated birthing suite offers comfort and intimacy for the mother and family.



make menopause a positive change

Menopause often is referred to as “the change of life.” And it is a life-altering experience: During this time, a woman’s ovaries stop releasing eggs, she stops having menstrual periods, and she can no longer get pregnant. But menopause, which usually occurs around age 51, is not something to dread, says Isaac Schiff, M.D., an OB/GYN and a spokesman for the American College of Obstetricians and Gynecologists. He provides insight to help women see the positives in this time of their lives.

Q What are some of the most common fears women have about menopause, and are those concerns justified?

A The two major symptoms that can develop are hot flashes and vaginal dryness. Women worry about how these symptoms will affect their daily activities, but there are treatments to alleviate these symptoms. There’s also an increased risk for osteoporosis, which makes menopause a good time for women to talk to their doctors about the many ways to maintain the strength of their bones.



Q What treatments can relieve the symptoms of menopause?



A There’s no question that the best medication for the relief of hot flashes is estrogen therapy, or hormone therapy. It can also reduce vaginal dryness and help prevent osteoporosis. Plus, many women just feel better with hormone therapy. There are other pharmaceutical treatments available for hot flashes, too, and some women find soy products helpful. In addition, women can prevent osteoporosis by exercising, quitting smoking and avoiding excessive alcohol.



Q But doesn’t hormone replacement therapy increase a woman’s risk for developing heart disease?

A There was one study that seemed to indicate that, but it’s because the women in the study were, on average, around 63 years old. Now we’re finding that if you start the estrogen earlier, when a woman is in her early 50s, there doesn’t appear to be an increased risk for heart disease. The risk for stroke may still exist, but it’s very low.

Q What else would you tell women who are dreading the onset of menopause?

A Menopause is an opportunity for women to look at their lives so far and take control of where they want to go. It’s an excellent time for women to do more of the things that are good for them, such as improving their diets, exercising more and taking preventive measures to protect their health. And, because women no longer have periods and can’t get pregnant, it can be a very liberating, positive time.

NET-WORK

If you’re going through menopause, you probably have seemingly endless questions. Find answers at **power-surge.com**, an online support group for menopausal and premenopausal women, complete with message boards, advice from experts and more.

by Amy Lynn Smith

Team Affinity is achieving true success by improving overall health and well-being through lifestyle changes in the Get Fit, Stark! Challenge. This program is a community-wide weight-loss challenge developed by the *Massillon Independent*. From top left: Leanne Voshel and Team Affinity dietitian Linda VanTwisk, M.S., R.D., L.D. Bottom row from left is: Tony Haeufgloeckner, M.D., Carrie Hampton and Donna Brummage.



serving-size secrets

get your portions in check by comparing them to everyday objects

Don't let fast-food restaurants, commercials, emotions or boredom dictate your portion sizes. Managing your portions is an important part of eating healthily and maintaining a healthy weight. A serving is the recommended amount of food, while a portion is what you give yourself. For example, a serving of cooked pasta is a half cup, but the portion you put on your plate can measure 3 cups, which is six servings! Measure your pasta, at least once, to know how much you are eating.

You can eat more than one serving at a meal—as long as you stay within the daily recommended limits for a food group. For starches like bread, pasta or cereal, that amount is six to nine servings per day. A reasonable portion of pasta would be 1 to 1½ cups, or two to three servings. Be sure to balance the pasta with a salad or vegetable and 3 ounces of meat or other protein.

One of the best tools to use while practicing portion control is the nutrition facts label on most packaged foods. It includes serving size and per serving information. When you start practicing portion control, it's beneficial to measure with cups or containers, but be sure to measure foods after they are cooked. If you don't want to mess with measuring, you can equate portion size to everyday objects.

To simplify sizing up your portion, follow these guidelines:

protein

When sizing up a serving of meat, Linda VanTwisk, M.S., R.D., L.D., clinical dietitian at Affinity Medical Center, suggests picturing a **deck of playing cards**. "This is about 3 ounces of meat. For fish, picture a **checkbook**. For cheese, think of **four dice**." As the recommended daily amount of protein is 6 ounces, stretch out your serving by stir-frying meat, chicken, seafood or tofu with vegetables.

fruits and vegetables

A medium piece of whole fruit is about the size of a **baseball**. A serving of fruit juice or cut or canned fruit is ½ cup or **half a baseball**. According to VanTwisk, fruits that are high in water content, such as cantaloupe, watermelon or strawberries, have a serving size of about 1 cup (cubed) and antioxidant-rich blueberries or raspberries have a serving size of ¾ cup. "You can actually indulge in these fresh fruits that have a larger standard serving size," VanTwisk says. "Limit dried fruits to a ¼ cup since they are a more concentrated source of calories." For vegetables, the typical serving size is ½ cup cooked or 1 cup if they are raw.

prevent portion distortion

Whether eating at home or dining out, controlling your portions is easier than you think. Try the following tips from the U.S. Department of Health and Human Services' Weight-Control Information Network:

- Avoid eating in front of the television or while busy with other activities, as this can distract you and distort how much you eat.
- Eat slowly so your brain can get the message that your stomach is full. Eat mindfully and enjoy your food.
- Take seconds of vegetables and salads instead of meats and desserts.
- When dining out, ask upfront that at least half your meal be boxed to go so you won't be tempted to eat more than you need.

"Again, vegetables with a high water content such as cucumbers, pepper, celery, mushrooms, radishes and lettuce—these are great for a snack because they are very low calorically," VanTwisk says. Aim for five to nine servings of vegetables daily.

breads and starches

"A portion of rice, pasta or potatoes should be about the size of a **tennis ball**," VanTwisk says. "A baked potato should be about the size of a **computer mouse**, not the jumbo size that can fill half your plate. A good guide for a portion of bread or a pancake is a **standard CD**. A bagel serving is about the size of a **hockey puck**, although many bakery ones are two to three times that size; so have half the bagel."

fats and oils

Don't be careless with dressings, butter or other fattening condiments. "Regular salad dressing should be the size of **half of a golf ball** and reduced-calorie dressing should be the size of a **whole golf ball**. Restaurants often pour three to four times that on your salad," VanTwisk says. "Butter or margarine should be the size of **the tip of your thumb, from the joint up**. Finally, a serving size of peanut butter is 2 tablespoons, or the size of a **golf ball**."

dairy

"Be sure to measure your glasses at home so you know how much milk you're pouring," says VanTwisk. "Most glasses are larger than an 8-ounce serving."

Remember, how much you eat is just as important as what you eat. 🍃

free serving guide

Let the National Heart, Lung, and Blood Institute's serving-size card act as your handy portion-control guide. Visit hp2010.nhlbi.nih.net/portion/keep.htm and click "Serving Size Card" to download the PDF. Then, print off a copy to keep on your refrigerator or in your wallet.



{ what's happening

affinity medical center calendar of events

Alzheimer's Support Group

Tuesday, May 12
6 p.m.
Conference Room 1
Open to all caregivers, family members and friends with a loved one with memory loss.
Free

Maintain Your Brain

Thursday, May 14
6 p.m.
Conference Room 1
Join us to learn how to live a brain-healthy lifestyle.
Presented by the Alzheimer's Association. For questions or to register, call 330.837.6887.

Diabetes Support Group

Tuesday, May 19
6 p.m.
Boardroom off the Eighth Street Lobby

Glucose and Cholesterol Screenings

Tuesday, May 19
8:30 to 11 a.m.
Off Eighth Street Lobby
Lipid profiles are \$15. For a screening, call 330.830.3258.

Mental Health and Aging

Tuesday, May 19
Noon
Towpath Trail YMCA, Navarre
Presented by the program director for Affinity's Center for Behavioral Health, Linda Tevebaugh. For questions or to register, call 330.837.6887.

Breast Cancer Screenings

Tuesday, June 2
11 a.m. to 1 p.m.
Ambulatory Care Clinic
To schedule a screening, call 330.834.4796.
FREE

Red Cross Blood Drive

Wednesday, June 3
11 a.m. to 4 p.m.
Red Cross Blood Drive
Conference room 1

Alzheimer's Support Group

Tuesday, June 9
6 p.m.
Conference Room 1
Free

Laughing Your Way to Good Health

Wednesday, June 10
6 p.m.
Massillon Recreation Center, presented by Certified Laugh Leader Carol McCahan.
For questions or to register, call 330.837.6887.

Diabetes Support Group

Tuesday, June 16
6 p.m.
Boardroom off Eighth Street Lobby

Advance Care Directives

Tuesday, June 16
Noon
Towpath Trail YMCA, Navarre.
Presented by Sandra Krantz, patient advocate for Affinity Medical Center. For questions or to register, call 330.837.6887.

Alzheimer's Support Group

Tuesday, July 14
6 p.m.
Conference Room 1
Free

Diabetes Support Group

Tuesday, July 21
6 p.m.
Boardroom off Eighth Street Lobby

Pain Management for Seniors

Tuesday, July 21
Noon
Towpath Trail YMCA, Navarre.
Presented by Jamesetta Lewis, D.O., director of Affinity's Pain Management Center. For questions or to register, call 330.837.6887.



childbirth classes

For more information or to register for any childbirth class, call 330.830.3400.

Big Brothers/Big Sisters

Friday, May 8
6 to 7:30 p.m.
Monday, July 10
6 to 7:30 p.m.
This 1½-hour class is designed to help prepare young children for the new arrival. This is a special time for mom and dad to accompany children on a tour of the unit and learn more about becoming a big brother or big sister.

Just the Facts

Tuesday, May 26
9 a.m. to noon
July 28
6 to 9 p.m.
This one-time class offers information on what expecting mothers need to know during the final trimester. Delivery support persons are encouraged to attend.

Breastfeeding

Tuesday, May 5
6 to 7:30 p.m.
July 7
1 to 2:30 p.m.
Designed for all, this class covers the basics and benefits of breastfeeding.

Baby Basics

Thursday, May 14
1 to 3 p.m.
July 9
6 to 8 p.m.
Since babies do not come with instructions, we offer the basics for every mom and her support person.

Infant CPR

Tuesday, June 2
1 to 3 p.m.
This single-session class provides instruction on performing CPR techniques on children from birth to 8 years old.

Weekend Wonder

Friday, June 12
7 to 9 p.m.
Saturday, June 13
9 a.m. to 2 p.m.
This two-day extensive class offers a variety of birthing methods and a more comprehensive approach to childbirth.

