

SmartHealth

Spring 2010

Find the right
physician for
your family.
Page 3



There's no
need to avoid
your favorite
indulgences.
Page 6

Give yourself
kudos for the
healthy things
you're doing.
right! **Page 4**

Stay healthy with
classes at Affinity
Medical Center.
Page 8



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

PSRST STD
US Postage
PAID
Smart Health

Learn the lifesaving warning
signs of a concussion.



And, stay up-to-date on brain injury
news via Twitter. See page 2.

Small Doses



HOW TO

Spot a Concussion

Bumping your head was once thought to be a trivial mishap. But recent studies show that even minor concussions can have serious negative effects on concentration, memory and emotions, according to BrainLine, a nonprofit group that aims to prevent traumatic brain injuries and help people suffering from them.

It's important to know the warning signs of a concussion. If any of the following happen in the first 24 hours after a fall, jolt or blow to the head, seek medical help immediately:

- Confusion
- Slurred speech
- Problems with memory
- Extreme emotions
- Loss of consciousness
- Severe headache
- Ringing in ears
- Blurred vision
- Seizure
- Repeated vomiting
- Weakness in arms or legs



TWITTER TALK

Stay up-to-date on brain injury news by following the nonprofit organization BrainLine on Twitter. Go to twitter.com/brainline.

RECIPE

Corn, Tomato and Feta Salad

Making the switch to more vegetarian meals means you may reduce your risk of heart disease or type 2 diabetes. Plus, veggie-full meals will help you maintain a healthy weight. This quick and easy flavorful salad will have you hooked on plant-based dishes in no time.

Ingredients: 1 large ear corn, cooked (see note) • 1 c. halved cherry tomatoes or 1 large tomato, cored and diced • 2 Tbsp. minced chives • 3 c. baby spinach, washed and pat dry • ¾ c. fat-free feta cheese in ½-inch dice • Mustard vinaigrette dressing (follows)

Mustard vinaigrette dressing: 1 Tbsp. vegetable broth or vegetable juice • ¼ tsp. salt • ¼ tsp. pepper • 1 tsp. Dijon-style mustard • 2 tsp. olive oil • 1 Tbsp. white wine vinegar • Combine the broth, salt, pepper, mustard, oil and vinegar in a cup. Stir well.

How to: Using a sharp paring knife, cut corn kernels from the cob into a large salad bowl. Add the cherry tomatoes, chives, spinach and cheese. Prepare the vinaigrette dressing; pour over salad just before serving. Toss gently but well. • Makes 4¼-c. servings.

The Takeaway: Each serving (including the dressing) has: 117 calories; 4 g total fat; 9 g protein; 13 g carbohydrates; 5 mg cholesterol; 343 mg sodium; and 2.5 g dietary fiber.

Note: Instead of fresh corn you may substitute 1 c. canned corn or frozen cooked corn.



FIND FREE RECIPES

Looking for more fresh and healthy recipes to try? Find free recipes tailored to heart health, diabetes and lowering cholesterol on the American Heart Association website, [americanheart.org](https://www.heart.org), by searching for “healthy recipes.”

A great place to be born.

 **Affinity**
BIRTHCARE CENTER

[AffinityMedicalCenter.com](https://www.affinitymedicalcenter.com)

For more information on The Birthing Center at Affinity, please visit [AffinityMedicalCenter.com](https://www.affinitymedicalcenter.com), or call 330.830.3400.



KEEP TABS ON

Heart Health: Look to the Sea

For those at risk for cardiovascular disease, fish may become your new best friend. A new report in the *Journal of the American College of Cardiology* suggests that the omega-3 fatty acids in certain fish not only may help prevent heart disease but also treat it.

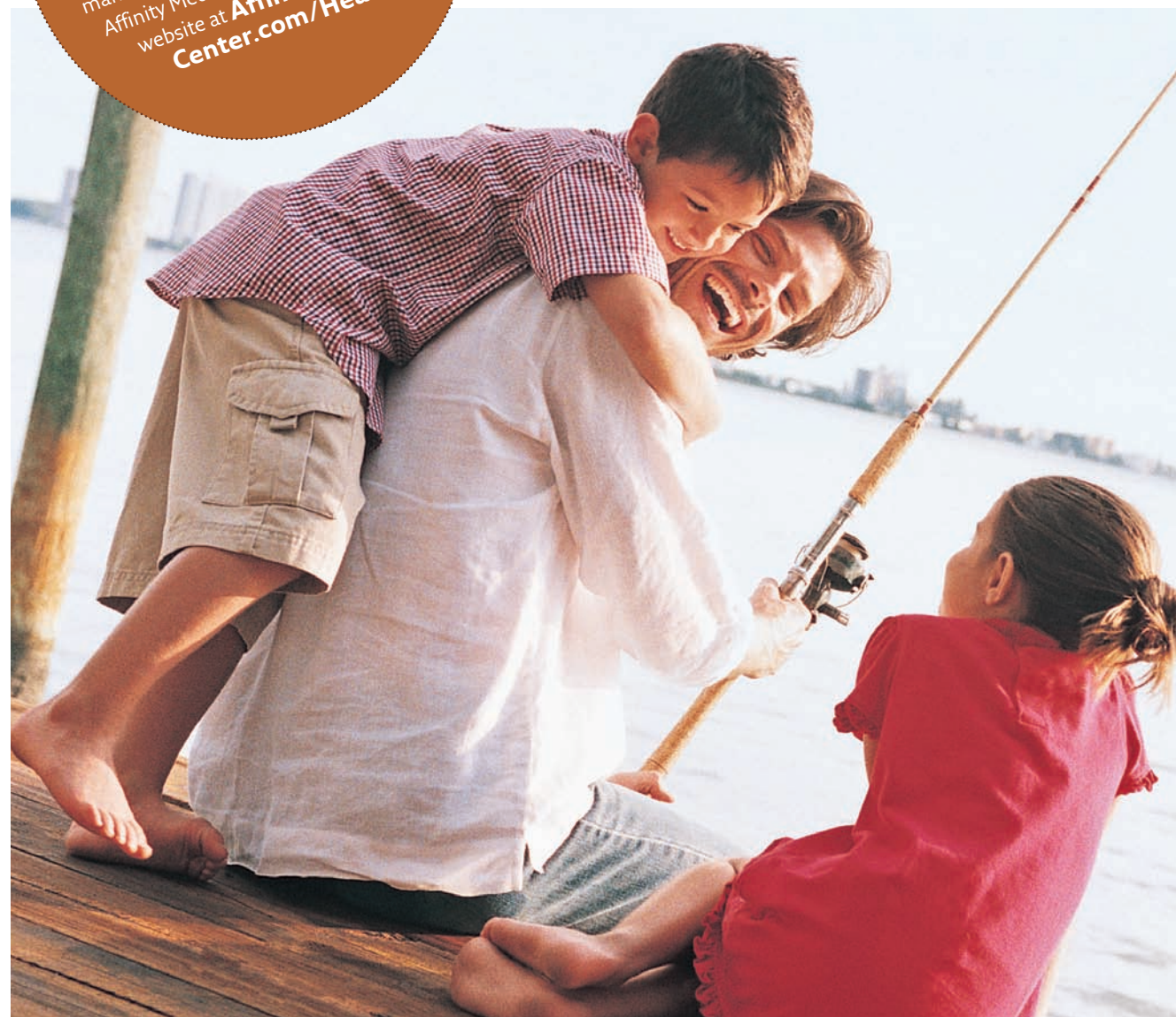
The research reviewed four clinical trials involving nearly 40,000 people. The trials showed that omega-3 fatty acids were of benefit in prevention of cardiovascular disease, in treatment after a heart attack, and in patients who have experienced heart failure.

The lead researcher, Carl Lavie, M.D., suggests that people with known coronary artery disease or heart failure should increase their daily intake of omega-3, but some doctors aren't convinced. Consult with your own physician on what's best for you.

Omega-3 can be found in oily species of fish, such as mackerel, redfish, lake trout, herring, albacore tuna and salmon—not, as some may hope, in a plate of greasy catfish at the Friday night fish fry.

YOUR HEART HEALTH

To locate heart health resources, such as risk assessments, heart-healthy recipes, heart disease risk factors and ways to manage your blood pressure, please visit Affinity Medical Center's Heart Center website at AffinityMedicalCenter.com/Heart.



NEED TO KNOW



(L to R) Jeffrey A. Duffey, M.D.,
Joseph Alan Cook, D.O.

Small Doses

Experienced Physicians— Personalized Care

Jeffery A. Duffey, M.D., received his degree from The Ohio State University in Columbus. He completed his residency in family practice at Aultman Hospital in Canton, Ohio. Dr. Duffey also attended the U.S. Air Force School of Aerospace Medicine at Brooks Air Force Base in Texas, rating as the Chief Flight Surgeon. Dr. Duffey is board-certified in family medicine by the American Board of Family Medicine.

Joseph Allan Cook, D.O., received his degree from the Ohio University College of Osteopathic Medicine in Athens. He completed an internship and residency in family medicine at the St. Joseph Health Center in Warren, Ohio. Following his residency, he performed a Diabetes Fellowship at Comwell Cardiovascular and Diabetes Center at O'Bleness Memorial Hospital in Athens. Dr. Cook is board-certified by the American Osteopathic Board of Family Physicians.

Affinity Family Physicians in Massillon is open Monday, Tuesday, Thursday and Friday from 8 a.m. to 5 p.m., and on Wednesday from 8 a.m. until 7 p.m. Appointments for both adults and children can be made by calling the office at **330.834.4725**. Both physicians are currently accepting new patients. For more information regarding the services at Affinity Medical Center, visit AffinityMedicalCenter.com.



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**.

Keep It

You're probably sick of hearing about what you're doing wrong for your health ... for a change, here's what you've been doing right

It seems as though every time you turn around, you're being told you're not being healthy enough. *Exercise more! Drink more water! Lose weight!*

Well, it's time to take a break and concentrate on some things you're probably doing right—or, at least, most Americans are doing right. So pat yourself on the back! (But you might need to go to yoga class to be able to do that.)

You're Making Better Mealtime Choices

"Today, consumers appear to be making healthier food choices," says Harry Balzer, author of *Eating Patterns in America* and vice president of the consumer and retail research organization The NPD Group.

For example, the number of consumers in an NPD study who reported trying to eat more foods with omega-3 fatty acids rose from 36 percent in 2005 to 46 percent in 2008. Products including other nutritional "buzzfood" elements, like antioxidants or probiotics, also were in higher demand.

In another NPD survey, adults reported that "eating healthy" outranked "saving money" as the primary consideration when they chose household foods and beverages—even if they thought themselves worse off financially than in previous years.

TIP: Now that you're eating more of the right things, make sure you're eating the right amount. Even foods like whole-grain breakfast cereal can lead to weight gain if you regularly exceed the portion size (usually less than 1 cup).

You're Eating Less Fat

Fats are an essential part of a healthy diet, but the U.S. Dietary Guidelines recommend they be a source of no more than 35 percent of daily calories. Chances are, you're already there! On average, total fat makes up 33 percent of the calories people consume, according to the Centers for Disease Control's last "Healthy People" report in 2004. Its target for 2010 is to drop that level to 30 percent.

The bad news: In its 2007 update, the CDC reported "little or no progress" so far in decreasing the U.S. consumption of fats.

TIP: If you consume 2,000 calories a day, your saturated fat intake should be 20 grams or less. Try to make most of those fats come from sources with poly- or monounsaturated fatty acids, like fish, nuts and vegetable oils.

You're Keeping Your Gym Membership

In a January 2009 survey by the International Health, Racquet and Sportsclub Association, most clubs

reported attendance at the same, or even higher, level as the previous year. Nearly 200 member clubs said they "met or surpassed expectations" for revenue and membership.

And as an added bonus, during the economic downturn many gyms began offering incentives—whether lower membership rates or additional services such as personal training—to keep members.

TIP: Check to see if your employer offers discounts at nearby fitness facilities. And ask your local gym if you can negotiate a lower rate or some extra perks.

You're Getting Enough Sleep

For a while, Americans wore their fatigue like a badge of honor. Big-city businessmen and suburban soccer moms each engaged in their own kind of one-upmanship about how jampacked their schedules were, while celebrities like Martha Stewart made lack of sleep seem like a good thing.

"I find that when you have a real interest in life ... that sleep is not the most important thing," Stewart told the Academy of Achievement back in 1995. "More important is the discovery. And I'm really trying to discover everyday good things." But by 2009, she

was dedicating time on her television program and space in her publications to sleep, calling it "a vital, restorative function."

The average American agrees—and reported getting an average 8.6 hours of sleep a day in 2008, according to the U.S. Bureau of Labor Statistics. The National Sleep Foundation, however, says the amount of sleep Americans get has been declining for years and averages 6.7 hours on a weeknight. Different ways of compiling and presenting statistics may explain the disparity.

TIP: A calming routine every night before bedtime can train your body that it's time for sleep. Try listening to soft music, practicing relaxation techniques, reading quietly or taking a warm bath.

You're Less Likely to Be a Smoker

The number of Americans who regularly smoke is declining—down 1 percentage point from 2006 to 19.8 percent in 2007, according to the most recent CDC report. (For college graduates, the numbers dropped to as low as 8.4 percent.)

TIP: If you need help quitting, visit 1800quitnow.cancer.gov or call **800-QUIT-NOW (800-784-8669)**. ●
By Sam Mittelsteadt



NO EXCUSES

If arthritis is your reason for avoiding a workout, consider the Arthritis Foundation's Let's Move Together podcast series for new motivation. Visit arthritis.org and search "podcast."



Be a Healthy Woman

Healthy Woman is Affinity Medical Center's new, comprehensive health and wellness program. It's open to women of all ages and includes monthly e-newsletters, health education programs and much more! It is designed to improve the emotional, physical and fiscal well-being of women and their families.

Don't miss the kick-off event on Thursday, May 13, at the The University Center, at Kent State Stark Campus. There will be a FREE Women's Health Expo from 4 to 6 p.m., which will include exhibits providing screenings, relaxation, entertainment, health and more. Following the expo will be dinner with guest speaker Alison "Ali" Vincent, America's first female "Biggest Loser," from 6 to 8:30 p.m.

For more information or to become a member of Affinity Medical Center's Healthy Woman program, please visit AffinityMedicalCenter.com or call **330.830.1650**.



HEART'S DESIRE

Making these heart-healthy twists on your favorite foods is easier than you may think

When I walk into the grocery store, open a restaurant menu or rummage through my fridge, I always start off with the best of intentions running through my head: I'm going to pick something healthy that will benefit my body. I must remember that food is fuel. Oooh, ice cream!

And then my good intentions fly right out the window.

Poor food choices don't just make you feel bad or gain weight—they also affect your heart's health. "The heart is the most important organ in the body," explains Bethany Thayer, a registered dietitian and a spokeswoman for the American Dietetic Association. "And diet plays a big part in heart health."

While there's no need to avoid your favorite indulgences, we suggest you take the following three changes into consideration:

Heart Hurter

Hamburgers on the grill and fried chicken wings.

Healthy Twist

Hamburgers on the grill—but made with lean ground beef or ground turkey—and chicken kabobs skewered with veggies.

The Payoff

Because saturated fat is the main dietary cause of high cholesterol, the American Heart Association (AHA) recommends limiting your intake to less than 7 percent of your total daily calories. Thayer says that just by choosing 95 percent lean ground beef over 85 percent, you'll save 2 grams of saturated fat per 3.5-ounce serving. Plus, a skinless, nonbreaded chicken breast averages about 1.4 grams of fat, but keeping the skin on adds 9 more grams of fat, and that's before the breading.

Heart Hurter

Pasta with cream sauce, and cheese and crackers for an evening snack.

Healthy Twist

Whole-wheat pasta with marinara sauce, a whole-grain roll and air-popped popcorn later on.

The Payoff

Whole grains are not only low in fat and cholesterol, but they're also high in fiber, which has been associated with a decreased risk for cardiovascular disease. Therefore, the AHA recommends that at least half your grain intake come from whole-grain foods. "Most people are surprised to learn popcorn is a whole grain," says Thayer. Additionally, opt for the red sauce over white sauce—it's typically lower in fat and calories.

Heart Hurter

Chicken and vegetable stir-fry seasoned with soy sauce.

Healthy Twist

Lemony chicken and vegetable stir-fry seasoned with rosemary and basil.

The Payoff

Is your mouth watering yet? There's nothing quite like the wafting scent of freshly chopped herbs to really make a meal pop. Learn to bring out the flavor in your food without adding salt, soy sauce, steak sauce, Worcestershire sauce or flavored seasoning salts. Why? According to the AHA, a reduction in salt intake by 3 grams a day (about 1,200 milligrams of sodium) would result in 6 percent fewer new cases of heart disease. Instead, the AHA suggests adding your favorite herbs and spices—try planting an indoor herb garden of rosemary, basil, cilantro, dill and oregano. Or experiment with lemon juice, citrus zest, hot chilies or salt-free seasoning mixes.

● *By Jill Schildhouse*



Deciphering Labels

Once you've committed to eating a more heart-healthy diet, you shouldn't let anything stop you from achieving your goal—especially confusing ingredients. "Always look at food labels," says Bethany Thayer, a registered dietitian and a spokeswoman for the American Dietetic Association. Something like trans fat, she explains, can be listed as zero on the label, but the ingredients may include partially hydrogenated oil. "Trans fat is far and away the worst," she declares, echoing the American Heart Association's warning that trans fat can raise your cholesterol. "And it all comes down to serving sizes—a product may have 'zero' grams of trans fats for the suggested serving size, but if you consume more than that amount, the trans fat grams start adding up."



STAY HEALTHY ON-THE-GO

For an Affinity Fast Food Nutrition Guide, please visit AffinityMedicalCenter.com/ContactUs and provide your name and address where the pocket guide can be sent. Supplies are limited.

In Your Genes

Will breast cancer gene mutations affect you?

We carry all sorts of good things in our genes—our great cheekbones, our sparkly eyes, our book smarts. But sometimes we can have not-so-pleasant things lurking there, too. Things that could cause us to get sick down the road. For instance, there are two gene mutations that we now know indicate an increased risk for getting breast and ovarian cancers. Debbie Saslow, Ph.D., director of breast and gynecologic cancer at the American Cancer Society, explains what carrying this mutation means to you.

• *By Abigail Buttle*



“Gene mutations” sounds like something out of a sci-fi movie. What are they and how are they linked to breast cancer?

All women—and men—carry the BRCA1 and 2 genes, which stands for breast cancer gene 1 and breast cancer gene 2. But only some people carry the gene mutations that could indicate an increased risk of developing breast and ovarian cancer.

“Women who have no family history of breast or ovarian cancer rarely have mutations in these genes,” Saslow says. “Women, and men, who have a mutation in one of these genes have almost always inherited the mutated gene from their mother or father. These genes normally suppress the growth of tumors, but when they are mutated, they are unable to do their job, which could lead to cancer.”



How can women find out if they have a gene mutation?

First off, it’s important to remember that less than 1 percent of women have this gene mutation, according to Saslow.

Women who have a strong family history of breast or ovarian cancer can talk to a genetic counselor or a clinician trained in medical genetics to find out whether they might benefit from genetic testing.

“Genetic testing, performed from a blood sample, does not identify all possible mutations, and can identify mutations that may not increase cancer risk,” Saslow says. “For these reasons, someone in the family who has already been diagnosed with breast or ovarian cancer should be tested first. If a mutation is found, then other family members who may be at risk for cancer can be tested for that mutation.”



How worried should someone be if they are carrying the gene mutation? What, if any, steps might the individual take?

Finding out you have these gene mutations is definitely a scary discovery, and there is a potential psychological impact of knowing. Only a trained genetic counselor can help a woman decide whether testing is right for her.

For those who do find out, there are a variety of options. “It is not possible to know which women who are found to be carrying a BRCA gene mutation will develop cancer, or at what age they might develop cancer.

“The American Cancer Society recommends that women who have a BRCA1 or BRCA2 mutation begin screening with both breast MRI and mammography at age 30,” Saslow says. She adds that some women who find out they are carrying a mutation choose to take drugs, such as tamoxifen, that can lower their risk of developing cancer. Others may elect to have prophylactic surgery—the removal of healthy breasts or ovaries—to reduce, but not eliminate, cancer risk.

Q & A



BETTER MAMMOGRAPHY FOR YOU

Affinity Medical Center now offers digital mammography with our new Hologic Selenia digital mammography system. This new 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**.

What's Happening

Affinity Medical Center's Calendar of Events



Healthy Woman Kick Off Event

- Thursday, May 13, 2010, 4 to 6 p.m.

FREE Women's Health Expo at The University Center, Kent State Stark Campus. Exhibits include screenings, relaxation, entertainment, health and more. Followed by dinner with guest speaker Alison "Ali" Vincent, America's first female "Biggest Loser," 6 to 8:30 p.m. For more information or to make reservations and purchase tickets for dinner, call **330.830.1650**.

Glucose and Cholesterol Screenings

- May 18, June 15, July 20, 8:30 to 11 a.m.
- Affinity Medical Center—Conference Room 1 off of the Eighth Street Lobby

Lipid profiles, \$15. For a screening, call **330.830.3258**.

Diabetes Support Group

- May 25, June 22, July 27, 6 p.m.
- Affinity Medical Center—Conference Room 1 off of the Eighth Street Lobby

Led by a nurse educator or dietitian, the diabetes support group features various guest speakers on important health and lifestyle issues that have an impact on individuals with diabetes. Call **330.837.6815** for more information.

Does Birth Control Put Women At Risk?

- Thursday, June 10, noon
- Presented by Vincent Perkowski, D.O.
- Towpath Trail YMCA, 1226 Market St., Navarre

Women who educate themselves are poised to make the best decisions about their health. Dr. Perkowski will explore the possible side effects of venous disease linked to birth control and some of the other risks associated with birth control. Lunch will be provided. Call **330.837.6887** to register.

Childbirth Classes

For more information or to register for any childbirth classes, please call **330.830.3400**.

Breastfeeding

- May 4, 6 to 7:30 p.m.
- July 6, 1 to 2:30 p.m.

Designed for moms and moms-to-be considering breastfeeding, this class covers the basics and benefits of breastfeeding.

Baby Basics

- May 13, 1 to 3 p.m.
- July 8, 6 to 8 p.m.

Since babies do not come with instructions, we offer the basics for every mom and her support person.

Big Brothers/Big Sisters

- May 14, 6 to 7:30 p.m.
- July 9, 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

- May 25, 9 a.m. to noon
- July 27, 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.

Infant CPR

- June 1, 1 to 3 p.m.

The Infant CPR childbirth class is a single session that provides instruction on performing CPR techniques on children from birth to 8 years.

Weekend Wonder

- June 4, 7 to 9 p.m., and June 5, 9 a.m. to 2 p.m.

This is a two-day extensive class that offers a variety of birthing methods and offers a more comprehensive approach to childbirth.



REGISTER TODAY

To learn more about events and community education programs at Affinity Medical Center, or to register for a program, please call **330.837.6887** or visit **AffinityMedicalCenter.com**. For more information or to register for the Childbirth Classes, please call **330.830.3400**.



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 healthcare authorities. If you have any concerns about specific items that appear in *SmartHealth*, please consult your personal physician. Richard Fuller, D.O., Chairman, Affinity Board of Trustees; Ron Bierman, CEO, Affinity Medical Center; Susan Koosh,

Vice President, Marketing & Community Relations; Kristen White, Writer © McMurry 2010. You have the right to request that we not send you any future marketing materials by calling the Marketing Department at 330.837.6887 and leaving your name, address and request to be removed from our mailing lists, or by sending your name and address to Affinity Medical Center, Marketing Department, 875 Eighth St. NE, Massillon, OH 44646,

with your request to be removed from our mailing lists. Volume 3, Number 1. **19**

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

