


Community Focus

FROM YOUR FRIENDS AT
CHESTERFIELD GENERAL HOSPITAL

Heart trouble?
Get rehab here

**Go Red
For Women**
Check out
your heart
disease risk

**Have a healthy
lifestyle with CGH**

 **Chesterfield
General Hospital**

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Keep your PROSTATE HEALTHY

Sens. Bob Dole and John Kerry, baseball team manager Joe Torre—what do all these men have in common? They're all prostate cancer survivors.

Cancer of the prostate—a walnut-shaped gland located below the bladder—is one of the most common cancers found in men. It may be slow growing and require little or no treatment, or it may be aggressive and spread quickly to other parts of the body.

THE PREVENTIVE APPROACH

While prostate cancer isn't completely avoidable, certain measures may help reduce your risk:

- **Stay active.** Daily exercise improves your overall health and helps keep your weight in check. Some research has shown that men who exercise regularly have a lower incidence of prostate cancer compared to men who don't.
- **Watch your weight.** A sobering fact: Men who are obese when diagnosed with prostate cancer are more likely to have advanced cases, which are more difficult to treat. But eating right and exercising can help you keep off excess pounds.
- **Talk with your physician.** Discuss any risk factors you have—being older than age 65, African-American or

obese, or having a family history of prostate cancer. Also, learn about the pros and cons of screening tests. A digital rectal exam and the prostate-specific antigen (PSA) test are two ways to identify cancer cases, but they can't tell a physician about the aggressiveness of the cancer. And prostate cancer treatments can have unpleasant side effects such as impotence and incontinence.

The American Cancer Society (ACS) recently revised its prostate cancer screening guidelines, encouraging more patient involvement in decisions about screenings:

- The ACS recommends that men at high risk of prostate cancer, including men with a family history of the disease, talk with their physicians sooner—as early as age 40.
- Men who do not have prostate cancer symptoms (trouble urinating, problems with urine stream, blood in urine or semen, leg swelling, pelvic discomfort, bone pain) and who are in relatively good health and are expected to live at least 10 more years should have the screening conversation with their physicians beginning at age 50.
- Men without symptoms who aren't expected to live 10 more years because of age or poor health shouldn't be offered the screening because the risks likely outweigh the benefits.

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Daily exercise improves your overall health and helps keep your weight in check.
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What to ask your physician about prostate health

Be prepared to ask some key questions at your next appointment:

- What is my risk of developing prostate cancer?
- Do you recommend I be tested?
- What is my PSA level (if you've had the test)?
- Will I need more tests? If so, which ones will I need?
- What do the test results mean?
- If I have cancer, what are my treatment options, and what are the pros and cons of each?

Mammogram confusion

Information on new screening guidelines



We've all heard that early detection of breast cancer with mammograms saves lives. So it was surprising when in 2009, the U.S. Preventive Services Task Force (USPSTF)—an independent panel that makes recommendations about which preventive services should routinely be offered and to whom—recommended against routine mammograms for women ages 40 to 49 who weren't at increased risk for breast cancer. Traditionally, all women ages 40 and older were encouraged to get the screening.

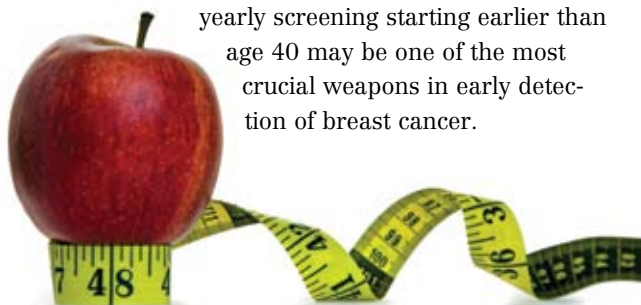
THE FLIP SIDE

In disagreement with the USPSTF's recommendations were major professional health care organizations including the American Cancer Society. "I have tremendous difficulty in not recommending an intervention [mammography]," says Otis Brawley, M.D., chief medical officer of the American Cancer Society. "Women ages 40 and older should have a mammogram every year."

NOW WHAT DO I DO?

Amid the confusion, you may be wondering about how to approach your own mammogram. Some words of advice: Talk with your physician.

The USPSTF's recommendations were just that—recommendations, not rules. Discuss your personal and family health history and how frequently you should get mammograms with your physician. And, if you're at high risk—see *Are you at risk?* at right—a yearly screening starting earlier than age 40 may be one of the most crucial weapons in early detection of breast cancer.



Mammogram comfort

Try these tips for a more comfortable mammogram, courtesy of the Centers for Disease Control and Prevention:

- Don't schedule your mammogram for the week before or during your period, which is when your breasts are likely to be tender or swollen, making mammograms less comfortable.
- Skip the deodorant, perfume and powder on the day of your mammogram. These may show up as white spots on the X-ray.
- For ease of undressing from the waist up, wear a blouse with a skirt or pants, instead of a dress.

Are you at risk?

According to the National Institutes of Health, breast cancer will affect one in eight women in their lifetime. Why breast cancer affects some women and not others isn't known; however, several known risk factors for the disease include:

- increasing age
- having the BRCA1 or BRCA2 genes; if your family members have had breast or ovarian cancer, talk with your physician about getting tested
- starting your period before age 12 or going through menopause after age 55
- being overweight
- using menopausal hormone therapy
- taking birth control pills
- drinking alcohol
- not having children or having your first child after age 35
- having dense breasts

Caring for your heart

Get back to life with CGH



Sonny Usher, R.N.

If you've been diagnosed with cardiac or lung disease, Chesterfield General Hospital's (CGH) cardiopulmonary rehabilitation program is designed for you. This customized program can help you recover after a cardiac event or surgery, including myocardial infarction (heart attack), coronary bypass surgery, coronary stent placement or heart valve replacement.

Also known as cardiac rehab, the program is a state-certified multi-interventional process that offers education, exercise and support to patients with coronary artery disease, chronic obstructive pulmonary disease (COPD) and restrictive lung disease. Cardiac rehab helps patients recover quickly and improve their overall physical, mental and social functions. The goal is to stabilize, slow or even reverse the progression of cardiovascular and pulmonary disease, thereby reducing the risk of another cardiac event or death. Director and board-certified registered nurse Sonny Usher closely manages CGH's 12-week exercise regimen. "Patients generally feel better and see improvement within four weeks," says Usher.

A DEDICATED GUIDE

Usher has created a relaxed atmosphere where patients can watch TV, listen to music or laugh at his jokes as they exercise. But don't let his casual demeanor fool you: With more than 11 years of experience, Usher continues his education to keep his credentials up to date and provide patients with advanced care. He also gives his time to community groups, speaking at several Healthy Woman events. "Our Get Fit & Win! fitness challenge was a success thanks to Sonny's motivation, encouragement and education," says Healthy Woman coordinator Wendy Wagner.

! Feel better soon

If you or a loved one needs cardiopulmonary rehabilitation, call the CGH cardiac rehab team at (843) 320-3378.



Our program can help!

The CGH cardiopulmonary rehab program includes:

- nutritional counseling
- a caring staff that helps patients understand and manage heart and pulmonary disease
- lifestyle modification to manage risk factors, including high blood pressure, smoking, high cholesterol, physical inactivity, obesity and diabetes
- vocational guidance to help patients return to work
- instruction on appropriate use of prescribed medications

Patients are admitted to rehab by physician referral after having their condition and medical records reviewed. Those with or who have had the following are candidates:

- heart attack
- heart valve replacement
- coronary artery bypass graft surgery
- restrictive lung disease
- stable angina
- angioplasty with stent placement
- heart and lung transplant
- COPD, including chronic asthma, chronic bronchitis or emphysema

After the 12-week program is completed, CGH offers patients a health maintenance exercise program and nutrition evaluation to inform and educate them about continuing their newly acquired healthy lifestyle. Medicare/Medicaid, most private insurance companies and South Carolina Vocational Rehabilitation cover rehab.

Create your healthy lifestyle

Tired of diets that leave you wanting more? Not sure how to begin an exercise program? Want a program that will work specifically for you and your personal health resolutions? Then you need Chesterfield General Hospital's (CGH) healthy lifestyle program.

CGH's customized nutrition and exercise program can help you get fit and maintain healthy behaviors. For \$50 a month, a nurse will meet with you individually to discuss your goals, current health, eating habits and exercise behaviors, and then provide you with a specialized plan. Your progress will be monitored through follow-up visits, and recommendations will be made to keep you on track toward meeting your goals.

The program includes:

- **complete evaluation** of body fat and body mass index (BMI), blood pressure and heart rate

- **an individualized nutrition plan** that recommends daily total caloric intake and breakdown of carbohydrate, fat and protein
- **meal preparation and food shopping tips**
- **recommendations and modifications**
- **a fitness program with exercise recommendations**, total calories expended per day and duration and frequency of exercise
- **follow-up sessions** to monitor progress and provide feedback on the nutrition and exercise program



See a new you soon!

To sign up and get a customized plan with motivation from clinical specialists, call (843) 320-3378 today.

LADIES: GO RED!

Learn about your risks



Did you know that heart disease remains the No. 1 killer of women in the United States? The American Heart Association's (AHA) Go Red For Women movement helps educate women about this statistic and much more about their risks for heart disease.

But it's not enough to be aware of the risks: We need to take action to prevent heart disease. That's why Go Red For Women offers the Go Red Heart CheckUp, an online tool that provides a 10-year, personal heart disease risk assessment, available at www.GoRedForWomen.org. Once you complete the assessment, share your results with your health care provider, who can help develop a personal plan that matches your individual needs.

SHOW YOUR SUPPORT

In 2010, the AHA set a goal of "reducing death and disability from cardiovascular disease and strokes by 20 percent, while improving the cardiovascular health of all Americans by 20 percent by the year 2020." Join Chesterfield General Hospital on Friday, Feb. 4, by wearing red to show your support for Go Red For Women's National Wear Red Day.



CGH staff proudly wears red to raise awareness.

Heart stats

- **Almost 65 percent of American adults are overweight or obese.**
- **Today, people are less active due to transportation and technology.**
- **Sedentary jobs have increased 83 percent since 1950.**
- **Adults gain two hours of life expectancy for each hour of regular exercise.**
- **Physically active people can save \$500 per year in health care costs.**



Stay heart-healthy!

Visit www.ChesterfieldGeneral.com and click on "Health Resources" to learn more about your heart health.

HEALTHWISE QUIZ

How much do you know about **high blood pressure**?

Take this quiz to find out.

- 1** How many American adults have high blood pressure?
 - a. one in three
 - b. one in five
 - c. one in 10
 - d. one in 20
- 2** Most people with high blood pressure experience:
 - a. nausea
 - b. weakness
 - c. trouble concentrating
 - d. no symptoms
- 3** Healthy adults with no history of high blood pressure should have their blood pressure checked every:
 - a. six months
 - b. year
 - c. two years
 - d. 10 years
- 4** High blood pressure can increase your risk for:
 - a. dementia
 - b. eye damage
 - c. bone loss
 - d. all of the above
- 5** Which of the following statements is true?
 - a. After age 65, more women than men have high blood pressure.
 - b. After age 65, more men than women have high blood pressure.
 - c. After age 65, an equal number of men and women have high blood pressure.
 - d. After age 65, the number of men and women suffering from high blood pressure is unknown.

ANSWERS: 1. (a) 2. (b) 3. (d) 4. (d) 5. (a)

Show your heart a little love

Your heart works hard for you, pumping day in and day out to supply your body with the oxygen-rich blood you need for survival. So what are you doing to nurture it? Try these five tips to ensure better heart health:

➔ Choose good-for-you foods. Follow a diet such as Dietary Approaches to Stop Hypertension (DASH). This eating plan is centered on foods low in fat, cholesterol and salt; and rich in fruits and vegetables (aim for five to 10 servings a day), whole grains and low-fat dairy products. Foods that are good for the heart also include those with high levels of omega-3 fatty acids, a type of polyunsaturated fat, found in fish such as salmon, mackerel and sardines.

➔ Give your heart a workout. You don't need a gym membership to keep your heart in tip-top shape. Get the recommended 30 to 60 minutes of physical activity daily by walking, jogging or biking—and remember that everyday tasks such as gardening, vacuuming and taking the stairs count toward your activity goals. Activity, along with eating healthy foods, can help you maintain a healthy weight, which is another way that you can boost heart health.

➔ Consider aspirin therapy. A daily aspirin can benefit many people, but not everyone, so talk with your physician first about the risks and benefits. For example, aspirin can help prevent first and second heart attacks in older women and men of all ages, but only second heart attacks in women younger than age 65. Aspirin also may prevent certain types of strokes.

➔ Quit smoking. Tobacco smoke contains thousands of chemicals that damage the heart and blood vessels, including nicotine, which narrows blood vessels and makes your heart work harder. Within one year of quitting, you can expect to see your heart-disease risk drop dramatically.

➔ Get checked. Have your blood pressure and cholesterol checked regularly. Ask your physician how frequently you should be tested based on your health history.





CLEAN UP your health

It's easy to focus on all the bad things we breathe in the air outside, such as pollen and pollutants. But what about what's lurking inside our houses? Household dust, mold and various chemicals can make breathing difficult. Here's what might be stirring up trouble at home:

Dust mites. In dust around the home lie dust mites—microscopic insects that are the most common cause of dust allergies. They can also trigger asthma and flu-like symptoms.

Combat them: Wipe dusty surfaces with a damp cloth, and vacuum once a week. Wash bedding once a week in hot water, and cover mattresses, box springs and pillows in mite-proof covers.

Mold. Mold spores thrive in damp areas such as basements and bathrooms. Along with dust mites, mold is considered a biological pollutant and can also trigger allergies and asthma.

Combat it: Use ventilation fans and dehumidifiers to keep humidity at 30 percent to 50 percent. Treat moldy bathrooms, basement walls and furniture with diluted bleach or other disinfectants.

Volatile organic compounds (VOCs): These gases are emitted from products such as paints and cleaning supplies. Health effects range from ear, nose and throat irritation to central nervous system damage.

Combat them: Use chemicals only in well-ventilated areas. Consider purchasing low-VOC paint.

Don't let the bedbugs bite!



Bedbugs are one souvenir you don't want to take home with you from vacation. But these flat, little reddish-brown pests, which are more common in places such as hotels, may find a way into your home by hitching a ride in your suitcase. Waiting to strike, they hide out in beds, box springs, headboards and bed frames. When they do bite, they can cause red, itchy, clustered bite marks on the face, neck, arms and hands. The best way to eliminate them is with a professional exterminator.

DOUBTING diet soda

Diet soda: It's sugar and calorie free, so it must not be bad for you, right? Some recent research suggests otherwise. While most of these health concerns need further investigation, now might be a good time to either limit your diet-soda intake to the occasional indulgence, or switch to water, skim milk or diluted 100-percent fruit juice. Here's why:

Tough on teeth. Diet soda is just as acidic as regular soda, which can damage tooth enamel and promote decay.

Wicked to waistlines. Some studies have found that drinking diet soda regularly may be connected to obesity and type 2 diabetes. Researchers are unsure if diet soda actually causes obesity, but one study found that those who drank three or more of the beverages daily were more likely to gain weight than those who didn't.

Unkind to kidneys. One major study found that women who consumed two or more artificially sweetened sodas a day doubled their risk for kidney function decline. Drinking regular soda or only one diet soda daily did not decrease kidney function more than normal. However, for those prone to kidney stones, a separate study discovered that citrus-flavored diet sodas contain high levels of a compound that may inhibit stone formation.

Bad to the bones. According to the National Institutes of Health, people may be replacing bone-friendly, calcium-rich milk with soda, which may lead to decreased bone mass and an increased risk of fracture.



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GET HEALTHY with Senior Circle

Get active and stay healthy! Join **Chesterfield General Hospital's** Senior Circle program for just \$15 a year, and get more out of life with health talks; hospital benefits; local business bargains; prescription, vision care and home health security discounts; and more. Members also enjoy a full calendar of social events, exercise programs and travel opportunities. If you're age 50 or better, live life to the fullest. Visit www.ChesterfieldGeneral.com or www.SeniorCircle.com to join today.



It's never too late to quit

CGH can help you become smoke-free

Many people blame lung cancer and breathing problems on cigarette smoking. But smoking is also a major cause of heart disease for both women and men. About 20 percent of all heart disease deaths in the United States are directly related to cigarette smoking. And, your risk of heart attack increases significantly when you increase the number of cigarettes you smoke. One-pack-a-day smokers have more than twice the risk of heart attack than nonsmokers.

SO, HOW DO YOU QUIT?

Here are a few ideas to get you started:

- Pick a stop-smoking date and stick to it.
- Write down your reasons for quitting and read them every day.
- Come up with a list of activities to replace smoking.
- Stop smoking in specific situations, like after dinner, before giving it up full time.
- Ask your physician about nicotine gum or patches or other alternatives.
- Join Chesterfield General Hospital's (CGH) smoking-cessation program to help you make the commitment to quit smoking. The cost is \$25 and includes instructional materials.



! Kick the habit!

For more information or to sign up for CGH's smoking-cessation program, call Sonny Usher, R.N., director of cardiopulmonary services, at (843) 320-3378.