

Health Matters

FROM YOUR FRIENDS AT LAKE WALES MEDICAL CENTER

Growing with our community

Our surgery
expansion
is underway

First-aid foresight

How to handle
an emergency

7 steps to a healthier you

Classes, discounts
and more—
just for seniors!

Preparing for outpatient surgery

Thanks to the miracle of science, surgeries that once required a hospital stay can now be done on an outpatient basis. That's good news for those who recover better in the comfort of home, but it also means that any necessary arrangements must be made before the surgery date. If you or a loved one is facing outpatient surgery, try the suggestions below to help make the experience as smooth as possible.

PLAN AHEAD

As surgery day draws closer, you'll find it helpful to have certain things taken care of. Once you know your surgery date and time, ask yourself these questions:

- **Do I need to make any changes in my house's setup?** You may have to set up a temporary bedroom on the first floor if you think you'll have difficulty climbing stairs, for instance.
- **Do I have enough food in the house?** Stock up on meals in the freezer (either homemade or store-bought) so you

won't have to worry about food preparation. Ask your doctor about dietary restrictions or recommendations.

- **Will I need help in the house?** Plan to have a friend or a family member drive you home from the hospital. It's also a good idea to have someone stay with you during the first 24 hours. After that, schedule your visitors. They'll brighten your mood but may also cut into your resting time. Be sure to limit visits based on how you feel.
- **Is there anyone I'm responsible for?** If you have baby-sitting or caretaking responsibilities, remember to make other arrangements for your recovery period.

THE DAY BEFORE

Your doctor will probably instruct you not to eat or drink within eight hours of surgery. Ask your doctor whether you should abstain from taking medication or bring a day's dosage with you to the hospital.

If you're recovering from or coming down with a cold, tell your doctor. Your surgery may be postponed until you feel healthy.

Because skin-tone changes can sometimes be a sign of postsurgery problems, don't wear any makeup the day of surgery, including eye makeup and nail polish. Also, plan to wear loose clothing to the hospital.

AFTER SURGERY

Tell your healthcare team about any discomfort, irritation or pain you feel. How long you stay at the hospital will depend on your ability to drink fluids, walk and urinate. The amount of pain you're in will also affect your discharge. Before you leave, get a written list of postoperative instructions, symptoms to monitor and in-case-of-emergency phone numbers.





A strong, stable core helps reduce your risk of injury and prevent back pain.

At the core of fitness

postures that focus on building flexibility, balance and strength.

- **Tai chi.** This Chinese ritual involves precise, relaxed exercises to increase both agility and balance.

- **Pilates.** It's the latest craze, involving the use of certain exercises to create longer and stronger muscles without the bulk.

- **Weight training.** Focus on exercises that target your core muscles. Start light and increase the intensity of your workout over time. You may want to consult with a personal trainer to develop a program tailored to your needs.

- **Stability ball.** Sometimes

Head of core conditioning? It's the "apple-a-day" way for you to ensure that your body stays strong and steady. Simply put, core conditioning is a series of exercises that target your core—the body's center of power that starts just below your shoulders and ends just below your hips. You work out to gain strength in the muscles that control your trunk and spine while improving balance, agility and flexibility. Adding core strength helps you perform daily functions like lifting grocery bags, playing with your kids and getting in and out of your car. A strong, stable core also helps reduce your risk of injury and prevent back pain.

Try these exercises to build the back, abdominal, thigh and buttock muscles associated with a strong core. Check with your physician first to be sure you're starting at a fitness level that's right for you.

- **Yoga.** This ancient practice involves stretching and holding

called a Swiss ball or a resist-a-ball, this large, rubber exercise ball is one of the best ways to actively target and stabilize your core. Start with the ball slightly deflated or secure it against a wall until you're ready to add more challenge to your balance. Choose a ball that comes with a video of basic exercises.

- **BOSU ball.** Shaped like a stability ball cut in half—flat on one side, domed on the other—the BOSU ball is designed to activate and strengthen your core as you perform exercises on it. Many gyms offer BOSU ball classes, and you can also buy video and DVD workouts to use with the BOSU at home.

- **Stability equipment.** Other light equipment ranging from foam rollers, balance pads and discs and mini-trampolines (ideal for beginners) to balance and wobble boards (for the more advanced) can help you improve core strength and stability.

Join the circle!

The Senior Circle Association is a national nonprofit organization with more than 70 chapters. Membership in the Lake Wales Senior Circle chapter provides access to valuable discounts, benefits and services. Members also experience fun and fellowship while enjoying a full calendar of social events, exercise programs and travel opportunities.

EXCITING INCENTIVES

Call your local chapter to obtain a copy of Senior Circle's newsletter, *Circle News*. Inside you'll find a listing of fun, entertaining and educational activities, such as:

- arts and crafts
- book clubs and computer classes
- birthday, holiday and theme parties
- lunch clubs and dinner theaters
- shopping, casino and sports excursions
- holiday sightseeing
- tours and cruises throughout the United States and abroad
- historic and special interest tours

In addition, Senior Circle provides a full schedule of programs that encourage healthy, active lifestyles, as well as members-only discounts and benefits, such as:


- health fairs and screenings
- walking clubs, dancing and bowling
- health talks by physicians and other experts
- nutrition and cooking classes
- support groups
- yoga, tai chi, stretching and strength classes
- discounts on prescriptions, vision care and personal emergency response systems
- in-hospital benefits, such as complimentary private room upgrades, complimentary meals for spouses or caregivers, cafeteria discounts, free local TV and telephone and more

JOIN TODAY!

Membership is only \$15 a year, and the benefits can be priceless to your health and happiness. We're so sure you'll find Senior Circle an outstanding value that we offer a 45-day money-back guarantee. Get more out of life—and save money while you do it.

[Learn more!](#)

For more information on joining the Lake Wales Senior Circle chapter, call Judy Casingal at (863) 679-6823.



MEMBERSHIP APPLICATION

Today's Date: _____ Referred By: _____

LAKE WALES CHAPTER		<input type="checkbox"/> New <input type="checkbox"/> Renewal
Last Name	Middle I.	<input type="checkbox"/> Mrs. <input type="checkbox"/> Ms. <input type="checkbox"/> Mr. <input type="checkbox"/> Dr.
First Name	Sex <input type="checkbox"/> M <input type="checkbox"/> F	<input type="checkbox"/> Dr.
Phone Number ()	Birthday Mo. _____ Day _____ Yr. _____	
Address		APT #
City	State	Zip
E-mail		
I authorize <input type="checkbox"/> do not authorize <input type="checkbox"/> that a Senior Circle representative may be notified of my admittance to participating hospitals and may contact me while in the hospital to ensure my needs are being met.		
Signature: _____		
COMPLETE SECTION BELOW FOR SECOND MEMBER, SAME HOUSEHOLD ONLY		
Last Name	Middle I.	<input type="checkbox"/> Mrs. <input type="checkbox"/> Ms. <input type="checkbox"/> Mr. <input type="checkbox"/> Dr.
First Name	Sex <input type="checkbox"/> M <input type="checkbox"/> F	<input type="checkbox"/> Dr.
Phone Number ()	Birthday Mo. _____ Day _____ Yr. _____	
E-mail		
I authorize <input type="checkbox"/> do not authorize <input type="checkbox"/> that a Senior Circle representative may be notified of my admittance to participating hospitals and may contact me while in the hospital to ensure my needs are being met.		
Signature: _____		
PAY BY CHECK ONLY		
<input type="checkbox"/> One Year Membership \$15.00 (SC1) <input type="checkbox"/> Two - One Year Memberships \$27.00 (TW1) (you save 10% - Same Household only) <input type="checkbox"/> Two Year Membership \$27.00 (SC2) (you save 10% compared to a one year membership)		
Return your completed application and check or money order to: Lake Wales Medical Center 410 South 11th Street Lake Wales, FL 33853		
A membership to Senior Circle is a great gift idea!		

Breaking ground for our *future*



Groundbreakers included (left to right): John Bateman, M.D.; Roy Z. Braunstein, M.D.; Chris Potter, project manager/engineer; Katy Sheesley, project manager; Lee Clack, R.N., C.N.O.; Scott M. Smith, A.C.E.O.; Joey Mathews, project superintendent; James A. Nelson, M.D.; Rep. Adam Putnam, congressman, 12th District Florida; Michael J. Yungmann, C.E.O.; Vicente Verzosa, M.D.; Caroline Honculada, M.D.; Linda Kimbrough, chair, board of trustees; Kenneth Spearman, board of trustees; James Armstrong, board of trustees; Nancy Kovencz, director, surgical services; William Hardman, M.D.; and Jay McClendon, board of trustees.

October 12, 2006 was an important day in the history of Lake Wales Medical Center. Construction on our new surgical services department officially began that day at 9 a.m.

Having provided excellent healthcare to the community for more than 75 years, we are excited to offer our patients expanded services in the new surgical facility, which is expected to open this summer. Our patients will enjoy easier access to the department, which will be located behind the current emergency department on the first floor.

The surgery expansion will double our operating room capacity with the addition of two operating rooms, two endoscopy suites and work room, 12 pre- and postoperative rooms with a nurses station, a six-bay post-anesthesia care unit with a nurses station, a dedicated surgery entrance adjacent to the existing emergency department entrance, surgery dressing rooms and dedicated surgery waiting, registration, preoperative testing and counseling spaces. This \$6.9 million expansion project, coupled with

our new \$1.5 million cardiac catheterization lab, provides community access to the latest technologically advanced services.

Over the next few months, we will keep you informed of our construction progress. The future of healthcare for Lake Wales and our surrounding communities is here and we couldn't be more excited.

Michael J. Yungmann, C.H.E.
Chief Executive Officer
Lake Wales Medical Center

Lake Wales
MEDICAL CENTER
Quality Care... Right Here

HEALTHWISE QUIZ

How much do you know about **menopause**?

Take this quiz to find out.

1 The average age when women in the United States reach menopause is:

- a. 51
- b. 55
- c. 48
- d. 64

2 The single biggest risk factor for osteoporosis, or brittle bone disease, is menopause. All of the following are signs that you may have osteoporosis except which one?

- a. height loss
- b. tooth loss
- c. joint pain
- d. backaches

3 One of the few reasons you should consider using hormone therapy is to:

- a. prevent ovarian cancer
- b. relieve severe menopausal symptoms such as hot flashes
- c. protect against heart disease
- d. lower your risk of breast cancer

4 The transitional period of two to 10 years before menopause, characterized by hormone fluctuations that can cause menopausal symptoms, is called:

- a. premature menopause
- b. premenopause
- c. perimenopause
- d. postmenopause

5 Of the following remedies, which is the only one approved by the U.S. Food and Drug Administration to relieve hot flashes?

- a. soy
- b. black cohosh
- c. phytoestrogens
- d. hormone therapy

Take control!

7 steps to healthy blood pressure and cholesterol

Heat disease and stroke kill millions of Americans each year. Unless you take steps to control your blood pressure and cholesterol levels, you may be at risk for these diseases. Get on the road to better health today with these seven simple steps:

- 1 Take a walk.** Exercise helps control your blood pressure and improves your cholesterol. Choose activities you enjoy and strive for at least 30 minutes of moderate-intensity physical activity on most days of the week.
- 2 Manage your weight.** Reducing your weight by just 10 pounds may help lower your blood pressure and reduce bad cholesterol. Since dropping pounds may be easier when working with a group, ask your healthcare provider to refer you to experts, groups or classes that can help.
- 3 Toss the cigarettes.** Smoking causes blood vessels to narrow and blood pressure to rise. It also makes it easier for cholesterol-rich plaque to stick to artery walls. A smoking cessation class can offer extra support.
- 4 Eat well.** Enjoy vegetables, fruits, whole grains, beans and legumes, along with moderate amounts of lean protein and healthy fats like those in salmon and olive oil. Avoid foods high in saturated fat, cholesterol, sodium, sugar and trans fatty acids.
- 5 Try soy.** A recent study shows that two servings a day of uncooked soy protein—found in tofu, soy milk or soy powder—lowers cholesterol levels by as much as 9 percent.
- 6 Limit your liquor.** Women should consume no more than one drink a day and men no more than two drinks a day.
- 7 Get screened.** Routinely checking your blood pressure and cholesterol levels keeps you on top of your cardiovascular disease risks. If your blood pressure's high, ask your doctor about buying a blood pressure monitor for home use.





First-aid foresight

Would you know what to do?

Sooner or later, we all face a medical problem that calls for immediate first aid and clear thinking. Knowing what to do next is a health skill everyone needs.

Bleeding. Apply pressure to the wound with a thick, clean cloth and raise the wound above the heart. If bleeding is severe or isn't controlled in five minutes or if the wound is very dirty, longer than an inch or gaping, get immediate medical care.

Puncture wounds. Don't self-treat deep puncture wounds since they can result in deep-tissue injury or infection.

Burns. Run cool water over minor burns, immerse in cold water or wrap the burned area in a cold, wet cloth for about 10 minutes or until pain subsides. Apply an antibiotic ointment and cover with a bandage. Call your doctor if blisters form.

Poisoning. Before doing anything, call the National Poison Control Hotline at 1-800-222-1222. Induce vomiting only if instructed.

Shock. Shock may cause cold, clammy skin; weakness; confusion; a rapid heartbeat; or deep, shallow or irregular breathing. Keep the victim warm and lying down on his or her back until help arrives. Don't give the victim anything to drink.

Electrical injuries. Do not touch someone who has just been electrocuted—the current may pass through you. While waiting for help to arrive, try to turn off the source of electricity.

Sprains and strains. To treat sprains and strains, follow the RICE method: rest, ice, compression and elevation. Apply ice packs or cold-water compresses to relieve swelling. Wrap the injury in an elastic bandage and keep it elevated above the heart.

Broken bones. Quickly call for emergency assistance. It's best not to move the person or attempt to straighten a broken bone.

Dine the Greek way

Although many of their meals consist of 40 percent fat, residents of the Greek isle of Crete who eat a traditional diet live longer than most other ethnic groups. In fact, Greeks who haven't succumbed to Western-style meals are 20 percent less likely to die of coronary artery disease and about 30 percent less likely to die of cancer than Americans are.

These stats make nutritionists take note, and what they've found is that the traditional Greek diet is one of the healthiest eating styles you can choose. The diet focuses on:

- vegetables, fruits, fish, grains, beans, nuts and legumes like chickpeas
- olive oil as the sole source of added fat
- only a few weekly servings of poultry, eggs and sweets
- daily, small to moderate amounts of cheese and yogurt
- red meats saved for special occasions only

What's more, the Greek diet is tasty—a sign that you don't have to give up good food to stay healthy.

BEWARE OF TROJAN HORSES

But be cautious: Some Greek foods found in the United States don't fit the heart-healthy profile of traditional



Greek cuisine. The nonprofit Center for Science in the Public Interest analyzed typical restaurant-size portions of some popular Greek meals. What they found could stop your heart. For example, spanakopita (spinach pie in phyllo dough) has 410 calories and 24 grams of fat, beef or lamb gyro (sandwich) has 760 calories and 20 grams of fat and moussaka (a meat and eggplant casserole) has 830 calories and 48 grams of fat!



Michael J. Yungmann, C.H.E.
Chief Executive Officer

Dear friends,

I recently received the highest compliment about our hospital from a patient in the hallway.

I was apologizing for the inconvenience the ongoing renovations were posing for our visitors and outpatients when the woman saw my name badge and said, "Everyone is hearing about the positive changes around here." As I elaborated on the lobby renovation, the second- and

third-floor nursing unit and patient room renovations, and the cardiac catheterization lab and surgical services expansions, she stopped me and said, "All of that is wonderful, but the thing I have noticed most is the

change in the people. They seem happier, more pleasant and more caring." Truly, a lot is changing—and people are noticing.

Receiving comments like that one inspires us to work even harder to become No. 1 in patient satisfaction. How are we going to accomplish our goal? It's simple, really—we will strive to ensure that all patients treated in our hospital are very satisfied with their care and service. I am excited about the opportunity to provide healthcare that exceeds the expectations of the community we serve.

MICHAEL J. YUNGMANN, C.H.E.
Chief Executive Officer
Lake Wales Medical Center

A healthy day, just for you!



On February 14, Lake Wales Medical Center's Healthy Woman program will host a health fair at Lake Wales Country Club from 9 a.m. to 1 p.m. Free screenings and discounted laboratory tests will be offered to the community and physicians will be on hand to review results. All lab work must be completed by Friday, February 9 (results will be shared with

participants at the fair). For pricing or to schedule an appointment for lab tests, call **(863) 678-2214**.

The Healthy Woman program provides resources designed to empower women with the knowledge to make informed healthcare decisions. For more information, visit our Web site at www.lakewalesmedicalcenter.com or call **(863) 678-2214**.

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WINTER 2007

Health Matters

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