

healthwords^{PM} FOR WOMEN[®]

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5 Ways to get your workout in—even in the cold, dark winter

6 Tips to help banish germs and keep them away for good

Zintz to lead nursing unit



Jill Zintz, R.N.

Jill Zintz, R.N., has been named manager of the medical-surgical department at Mercy Medical Center where she will provide leadership for the hospital's largest department. Zintz is no stranger to the Mercy organization, having worked

at the hospital for the past 26 years in a variety of nursing roles including long-term care, medical-surgical care, home care, obstetrics and in the emergency room.

Jill brings an enthusiasm and a passion for nursing that's contagious. She's personally driven by excellence in her work and is excited about fostering the continued development of the department to ensure a positive experience and outcome for every patient. ✨

High-quality care

Jill Zintz, R.N., is committed to a positive experience and outcome for every patient.

Wintry ways to get your fruits and veggies

ARE YOU GETTING ENOUGH fruits and veggies? Most adults need to eat seven to 13 servings of fruits and vegetables daily, according to the Produce for Better Health Foundation. You may find it hard to meet those requirements during the winter when your produce options may not excite you as much as they do in the summer. Fortunately, with a bit of creativity, there are plenty of tasty ways to get a variety of delicious fruits and veggies all year, and you can even do it without busting your budget:

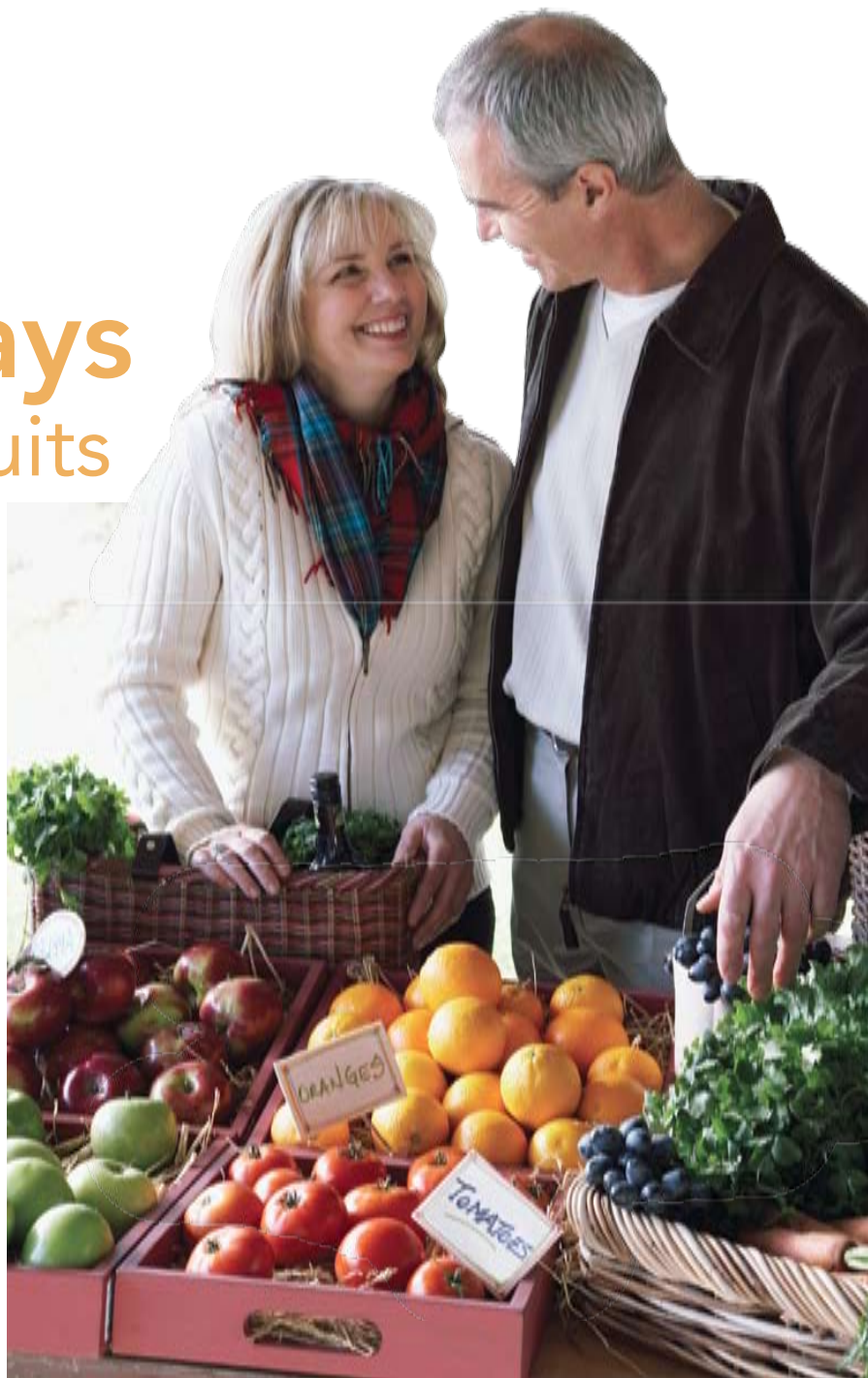


► **Think beyond the produce aisle.** Any form of fruits and vegetables counts as a serving: Try canned pineapple or beets, frozen peas or blueberries, dried apricots or roasted soybeans, or peach nectar or carrot juice. (Just beware that some canned and frozen fruits have added sugars such as high fructose corn syrup.)

► **Make it easy to munch.** Purchase pre-made fruit salads or carrot-and-celery-stick platters to nibble on whenever you're craving a snack. Or to save money, cut everything up yourself, ensuring that healthy finger foods are always within reach.



► **Create veggie-heavy dishes.** Reduce the amount of meat in your favorite casserole recipe while doubling its vegetables. The dish will have the same delicious, recognizable flavor from the spices and sauce, but there will be much more fiber, vitamins and antioxidants and less fat.



► **Stir up a double-can dinner.** Making canned soup? Dump a can of mixed vegetables into the pot, too—they'll blend right in and increase your produce intake.

► **Introduce produce to veggie-free dishes.** Spruce up basic macaroni and cheese with sautéed spinach, or add some eggplant to your ziti.

► **Add fruit to dessert dishes.** Mix raisins into your cherry pie recipe. Serve fresh or dried fruit with chocolate fondue. *



Is it lupus?

YOU'VE BEEN FEELING TIRED, your joints ache and your fingertips have been turning white since the mercury dipped. You've been wondering if this mysterious combination of symptoms is lupus. But you've heard that it's a disease that mainly strikes younger women.

Lupus is an autoimmune disease where the body mistakenly attacks its own tissue, causing pain and inflammation. More than 1.5 million Americans are affected. And while it's true that most newly diagnosed patients are women ages 15 to 44, men, older women and children are also affected. About 15 percent of lupus patients are diagnosed after age 55, according to the Lupus Foundation of America. Late-onset lupus is eight times more common in women than men.

Lupus is often confused with other conditions, including rheumatoid arthritis and Lyme disease, because their symptoms are so similar. You may have lupus if you experience headaches, fatigue, painful or inflamed joints, swollen hands or feet, anemia, fever, pain in the

chest when you take deep breaths, hair loss, a butterfly-shaped rash on your face or Raynaud's phenomenon (fingers turning blue or white in cold weather). Sometimes it takes years to get an accurate diagnosis because no single test proves that someone has the disease.

RISK FACTORS

There are a few risk factors for lupus. About 90 percent of patients are women. African-Americans, Hispanics, Asian-Americans and Native Americans are more likely to get the disease, as are people with a family history of lupus. Lupus patients are most commonly treated by rheumatologists (joint and muscle specialists) because the disease mainly affects the joints. However, lupus can affect the skin, nervous system, heart or other organs, so patients may see an array of doctors such as dermatologists, neurologists or cardiologists.

Physicians prescribe various medications to help lupus patients suppress their body's overactive immune system; control pain and inflammation; and reduce the number of flare-ups.

Sometimes older patients get medication-induced lupus. Unlike the most common variety of the disease, known as systemic lupus erythematosus, drug-induced lupus is a milder form of the disease. It often disappears when a patient stops taking the offending medication. ✱



Lupus is often confused with other conditions because their symptoms are so similar.

Cold-weather workouts

JUST BECAUSE IT'S CHILLY OUTSIDE DOESN'T mean you have to give up exercising completely. Plenty of calorie-burning, muscle-building workout options exist that are season-appropriate. See what works best for you and get moving.

INDOORS

Don't like the cold? Move your favorite activities inside. Instead of walking in your neighborhood, do it at the mall before the stores open. Or convert your bike into a stationary version.

- ▶ **Aerobics classes** are often offered at gyms and community centers, or you can rent a video or DVD. *Burns 240 calories**
- ▶ **Swim indoors** and winter will seem more summery. Your knees will thank you, since swimming puts less stress on your joints than running or walking. *Burns 300 calories*
- ▶ **Hit the gym.** Exercising with dumbbells and weight machines improves balance and coordination. *Burns 220 calories*

Or try that yoga class you've been curious about. *Burns 180 calories*

OUTDOORS

Yes, you'll need to bundle up, but by exercising in daylight, you may boost your mood while staying in shape. Dress in warm layers and be sure to warm up and stretch before your workout; your muscles are tighter and at greater risk of injury when your body is cold.

- ▶ **Walk briskly to stay warm.** Head into the wind so it won't blow in your face on the way home when you're colder. *Burns 200 calories*
- ▶ **Go running along your usual route,** but watch for icy patches and slippery, wet roadways. Keep a slower pace; run too fast and you'll create a chilling breeze. *Burns 340 calories*
- ▶ **Ski if snow hits your area.** Cross-country skiing is an excellent endurance sport. *Burns 275 calories*

- ▶ **Go snowshoeing,** if you can in your climate. You'll get a new take on walking, with beautiful scenery to boot. *Burns 200 calories*

* All figures are for a 150-pound woman exercising for 30 minutes. ✨



A healthier you in 2011

by Heather McKelvey, health promotion manager

A new year! How can this one be healthier for you?

According to the Harvard Nurses' Health Study, exercising regularly, eating healthfully and stopping smoking can cut your risk of heart disease by 80 percent, your risk of diabetes by 90 percent and your risk of cancer by 50 percent.

Here are some healthy ways to get started:

- **Invest in a pedometer and wear it daily.**

Aim for 30 minutes of brisk activity and a total of 10,000 steps on most days.

- **Learn how to do strength training.**

Practice it two to three times per week to build and maintain muscle mass in your upper and lower body.

- **Focus on eating healthfully,** NOT dieting.

- **Stay hydrated.** Aim for a total of 64 ounces per day. Drink a glass of water before meals to help decrease your appetite if you're trying to lose weight.

- **Don't drink too many calories.** Pop is loaded with sugar and calories. Change to diet pop, or better yet, drink water or low-fat milk.

- **Fill your plate with color.** Fruits and veggies are full of fiber and antioxidants. They help decrease your cancer risk and fill you up when you're trying to lose weight.

- **Eat breakfast.** Get your body's engine running and prevent binge eating later in the day.

- **Quit smoking.** Join a smoking cessation group, use nicotine-replacement therapies, consult with your doctor and QUIT!

- **Manage your stress.** Stress wreaks havoc on our bodies, not just our minds. Try a massage, music, breathing exercises, aromatherapy—the choices are endless.

Make a conscious decision to make this the year of a healthier you! ✨

healthwords FOR WOMEN®

Your complimentary issue is presented by
Mercy Medical Center—
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Say goodbye to germs

YOU DON'T NEED TO BECOME A germ-phobe to stay healthy during cold and flu season. Reduce your risk of getting sick this winter with these tips:

- **Scrub those hands.** Wash your hands frequently to keep germs you pick up from objects or other people from getting into your system. When soap and warm water aren't available, use an alcohol-based sanitizer.

- **Disinfect.** Use a bleach solution or another disinfectant on countertops, tables and other surfaces to keep your home germ free. Clean the kitchen and bathroom—which get the most use—often.

- **Keep your hands away from your face.** Many people get sick by inadvertently touching germs, then rubbing them into their eyes, noses or mouths. Avoid touching your face without squeaky-clean hands.

- **Avoid the sick.** The more you keep your distance from sick people, the better. Cancel a lunch date with a friend or stop water cooler chats with your co-worker for a day or two, if necessary.

- **Do unto others.** Cover your mouth and nose with a tissue or the crook of your arm when you sneeze or cough to avoid spreading germs. And stay home from work if your illness is severe enough to get others sick.

- **Get a flu shot.** Different strains of the flu are spread each flu season. Lessen your chances of getting the flu—or suffer from a milder case if you do get it—by receiving a new vaccine every year. *



Memory tricks that work



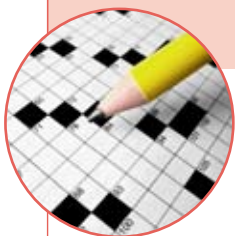
WHERE DID I PUT THOSE keys? What's my neighbor's daughter's name? To improve your memory, try these strategies:

▶ **Keep running lists.** You're more likely to buy what you need at the store or call everyone you want to invite to a party if you write everything down.

▶ **Stop multitasking.** You may have trouble remembering things because you're not fully paying attention. Focus on one activity at a time, so you're more likely to remember it.

▶ **Use mnemonic devices.** If you're heading to the supermarket for milk, apples and paper towels, it's easier to remember the items if you make a word out of their first initials: MAP. To remember the names of the newest members in your book club, try to make a word out of their first initials: For example, Sue, Anne, Louise and Tonya are SALT.

▶ **Follow routines.** Always take your pills when you wake up, and you'll be apt to remember every day. Or hang your keys on the same hook and you'll always know where to look for them. Keep an inexpensive pair of reading glasses in the same spot in each room where you curl up with a book. You'll always know where they are, and you won't have to run to a different room whenever you feel like reading. *



Boost your brainpower

Q: I've heard that crossword puzzles or other brain teasers might help slow the decline in memory as you age. Does that claim have any validity?

A: Yes! Researchers have found that people who participate frequently in activities that stimulate the mind—like reading, playing cards, doing crosswords or visiting museums—reduce the rate of decline in thinking and memory that comes with normal aging. (Unfortunately, the activities did not seem to benefit those already showing symptoms of Alzheimer's disease). You can also help your memory by:

- taking a class to learn a new skill or hobby
- socializing often with friends or family
- getting new eyeglasses or hearing aids (making it easier to recall what you see and hear)

healthquiz

Do you know what's best for your body? Take this quiz to test your knowledge of health, nutrition and fitness.

1 Nonsmokers exposed to secondhand smoke increase their lung cancer risk by up to:

- A. 5 percent
- B. 15 percent
- C. 30 percent
- D. There is no measurable increase in lung cancer risk.

2 According to the National Institutes of Health, research has shown that the herb St. John's wort seems to be beneficial in treating:

- A. mild depression
- B. adult acne
- C. obesity
- D. pregnancy-related symptoms

3 Which of the following is not a risk factor for breast cancer?

- A. beginning your period before age 12
- B. drinking alcohol
- C. having your first child before age 30
- D. not having children

4 Hair loss can be caused by:

- A. low levels of iron and protein in your diet
- B. hair treatments such as coloring and perming
- C. depression medications
- D. all of the above

5 According to FDA guidelines, any product that claims to be "low fat" must have, per serving:

- A. less than 0.5 grams (g) of fat
- B. 3 g of fat or less
- C. 6 g of fat or less
- D. 10 g of fat or less

ANSWERS: 1. (C), 2. (A), 3. (C), 4. (D), 5. (B)

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A centennial celebration

More than 500 people participated in centennial events at Mercy in September. Highlights of the occasion included an evening of memories, mass of celebration, luncheon, rededication of the building, reception, historical displays and hospital tours. Everyone in attendance at the events received a copy of *One Solid Comfort*, the commemorative history book published for the occasion. Additional copies are available for sale by calling **641-437-3411**. *



▲ Jill Zintz, R.N. (left), receives a copy of the hospital history book from Mary Jo DenHartog.



▲ Sr. Jeanne Christensen speaks at the dedication.

▼ Harold and Elavohnne Wright enjoy the reception.



▲ Retirees, former and current physicians, board members and management enjoy the evening of memories.