

Health Link

A PUBLICATION OF FALLBROOK HOSPITAL

**Good news
for bad knees**

**Women—it's time
to get healthy!**

**Real-world
strategies to
control your
weight**

**8 easy ways to
get more exercise**

**The right doctors
for you—look inside!**



FALLBROOK
HOSPITAL

SURGERY 101:

A manual for peace of mind

Did you take your Girl Scout or Boy Scout oath seriously as a child? If so, to this day you're probably sure to pack what you need before a hike: a map, compass, first-aid kit, water and healthy snacks. You ask what the terrain is and where the trail ends so you can get home on schedule.

When it comes to surgery, studies have shown that this same "be prepared" principle can ease pre-op anxiety, reduce your hospital stay and speed recovery.

If you're about to undergo surgery, ask your doctor to describe the procedure completely. Knowing what to expect can defuse stress and help you approach surgery day with a calm head.

Here are some other ways you can make the time before, during and after surgery run more smoothly:

BEFORE YOUR PROCEDURE

- Follow your physician's instructions about refraining from smoking, eating and drinking before the procedure.
- Ask your physician about taking aspirin or other anti-inflammatory drugs before surgery. Because they're blood thinners, these medications may cause excessive blood loss.
- Tell your doctor which prescription and over-the-counter drugs you take. This goes for vitamins and herbs, too, as certain herbal remedies, such as St. John's wort and kava, may extend the effects of anesthesia or create other complications.
- You won't be allowed to drive after the procedure, so make reliable transportation arrangements.
- Organize your home. Make sure you have groceries or frozen meals on hand. If climbing stairs will be a problem, make sleeping arrangements downstairs.

- Practice relaxation techniques such as meditation or yoga. These will help calm you and speed post-op healing.

DURING YOUR HOSPITAL STAY

Your cozy robe or a favorite photo will warm your surroundings and soothe you. Having family and friends visit will bolster you, but don't be afraid to set limits: You'll need some time to rest and recuperate without interruptions.

HOME AGAIN

A little help from friends can be useful. If worries about housework or bills are nagging at you, ask someone to take care of these chores. In the meantime, the relaxation methods you used before surgery can help you feel better now, too. Imagine yourself in the near future doing something you enjoy, such as taking an invigorating hike.



PROTECTING AGAINST FEMALE CANCERS

What every woman should know

Gynecologic cancer is the fourth most common type of cancer in women. Here's a rundown of the gynecologic cancers and facts that can help reduce your risk:

UTERINE CANCER

Uterine cancer—also known as endometrial cancer—is the most common type of reproductive cancer that strikes American women and occurs most often after menopause. Symptoms include unusual vaginal discharge, pelvic pain, pain during intercourse, unexplained weight change and difficult or painful urination.

Obesity, high blood pressure, diabetes and tamoxifen or hormone replacement therapy use may increase risk.

OVARIAN CANCER

Ovarian cancer is the deadliest cancer and often shows no obvious signs until late in its development. But when caught early, most cases can be successfully treated.

Symptoms include abdominal discomfort or pain, nausea, diarrhea, constipation, frequent urination, appetite loss, feelings of fullness, weight change with no known reason and abnormal vaginal bleeding.

An important risk factor is a family history of ovarian cancer. Fertility drugs, hormone replacement therapy, increasing age, infertility, having had no children and a family history of breast cancer may also increase risk.

CERVICAL CANCER

Thanks to Pap tests, deaths from cervical cancer are decreasing. Common symptoms are abnormal bleeding and bloody or discolored vaginal discharge.

The sexually transmitted human papillomavirus (HPV) causes most cervical cancers. The U.S. Food and Drug Administration recently approved a vaccine that protects against HPV. A federal panel recommends females ages 11 to 26 receive the vaccine.

Other risk factors linked to cervical cancer can be avoided, such as smoking and poor diet.

CANCERS OF THE VAGINA, VULVA AND FALLOPIAN TUBES

These cancers tend to be rare. Women should alert their

doctors to symptoms that include unusual bleeding or discharge, persistent itching of the vulva, pain in the pelvic region, difficult or painful urination, unusual pain or pressure in the abdomen, pain during intercourse and a lump or sore on the vulva that won't heal.

Women may be at risk for vaginal and vulvar cancers if they've had genital warts, chronic vulvar irritations, abnormal Pap tests or intercourse at an early age or with many partners. Women who smoke or whose mothers took DES (diethylstilbestrol) when they were pregnant may also be at risk. Risk factors for tubal cancer are unknown, but it tends to strike women after menopause.

WHAT YOU CAN DO

Regular screenings and an annual pelvic exam can detect and even prevent some gynecologic cancers. Keep your doctor informed of any risk factors, especially family history, that you may have.



Building for a healthy future

For those of you who have visited Fallbrook Hospital in the past several months, you probably have noticed some construction occurring.

We are in the process of expanding our facility, including a new endoscopy suite, renovating the surgery suites and other areas and completing a seismic retrofit. This \$10 million project is scheduled to be finished by summer 2007.



Larry W. Payton
Chief Executive Officer

The first phase includes a new endoscopy suite addition on the south side of the building, which is scheduled to be completed this fall. These suites will be used as surgery suites while the seismic work and renovation is being done on the existing surgery area. Eleven parking spaces that were blocked during this phase of the construction will become available.

The next phase is to upgrade our building to withstand a large earthquake as mandated by the State. To meet this requirement, we will be beginning a seismic retrofit of our facility around the first of the year. We have also completed renovation of our front lobby area, which includes a new handicap-accessible restroom and remodeled cafeteria.

We appreciate your continued patience as we improve our facility to better serve your needs.

LARRY W. PAYTON
Chief Executive Officer
Fallbrook Hospital

We'd like to introduce you to four of our experienced, dedicated physicians.



JEFFREY CHUNG, M.D.
Cardiology

Temecula Valley Cardiology Medical Group
589 E. Elder St., Fallbrook • (760) 723-3600
25405 Hancock Ave., Suite 216,
Murrieta • (951) 698-4600

Medical degree: University of Minnesota, Minneapolis, Minn.
Residency: Allina Family Medicine, St. Paul, Minn.



ARNOLD S. KREMER, D.O.
Emergency Medicine

Primary Critical Care Medical Group
624 E. Elder St., Fallbrook • (760) 728-1191

Medical degree: Philadelphia College of Osteopathic Medicine, Philadelphia, Pa.
Residency: Parkview Hospital, Philadelphia, Pa.



CHRISTOPHER F. DEL RIEGO, M.D.
Emergency Medicine

Primary Critical Care Medical Group
624 E. Elder St., Fallbrook • (760) 728-1191

Medical degree: Tulane University School of Medicine, New Orleans, La.
Residency: East Jefferson General Hospital, Metairie, La.



BARBARA DODD, D.O.
Emergency Medicine

Primary Critical Care Medical Group
624 E. Elder St., Fallbrook • (760) 728-1191

Medical degree: New York College of Osteopathic Medicine, Old Westbury, N.Y.
Residency: Altoona Hospital, Altoona, Pa.

Women—it's time to get healthy!

Healthy Woman is Fallbrook Hospital's newest program for the women in our community. The program will feature a monthly series of free seminars, health fairs, educational programs and interactive events that focus on the emotional, physical and fiscal well-being of women. The mission of the program is to empower women with the knowl-

edge and confidence to make informed healthcare and well-being decisions for themselves and their loved ones.

Join us for the Healthy Woman Kickoff Event to be held in early 2007. The event will begin with a free health fair followed by a dinner with a nationally noted motivational speaker. For more information, call (760) 728-1191, ext. 432.





Community Events 2006

FALLBROOK HOSPITAL

HEALTHY LIVING

Diabetic Educational Series

This four-week course provides an intensive review of specific diabetes care and is designed to assist the patient with diabetes and family members in understanding and managing diabetes. Good blood sugar control is essential for health maintenance and prolonged life, and Janine Loescher, our certified diabetic educator and registered dietitian, will assist attendees in reaching this objective.

Call: (760) 728-1191, ext. 246



Prepared Childbirth Classes

Childbirth Education classes include a six-week course (usually for first-time parents), a three-week refresher

course and/or a breastfeeding class. For more information or for a flyer with specific class dates and registration information, please contact Fallbrook Hospital's Women's Center.

Call: (760) 728-1191, ext. 481

Health Screenings

Free blood pressure and blood sugar screenings.

When: Second Wednesday of each month, 9:30–10:30 a.m.

Where: Joselyn Senior Center, 399 Heald Lane, Fallbrook

Call: (760) 728-1191, ext. 311

SUPPORT GROUPS

Bereavement Support Group

Individuals who have experienced

the loss of a loved one are invited to attend for emotional support through the grieving process.

When: Every Tuesday, 3 p.m.

Where: Silvergate Fallbrook, 420 E. Elbrook Drive

Call: (760) 728-1435

Depression and Bipolar Support Alliance (DBSA) Support Group

Individuals coping with depression and bipolar disorder are invited to attend to share experiences and receive support.

When: Every Wednesday, 7 p.m.

Call: (760) 728-2006

Diabetic Support Group

People with diabetes and their loved ones and caregivers are invited to attend to obtain education on diabetes treatment, management and health promotion.

When: Fourth Wednesday of each month, 1 p.m.

Call: (760) 728-1191, ext. 377

Parkinson's Support Group

Individuals coping with Parkinson's disease, their loved ones and caregivers are invited to attend to share experiences and receive support.

When: Fourth Sunday of each month, 2 p.m.

Call: (760) 728-1191 for more information

FOR SENIORS

Senior Circle

Fallbrook Senior Circle is a program for adults ages 50 and older that offers in-hospital benefits, activities, educational lectures, a monthly event, national travel discounts and more. Senior Circle's mission is to support a healthy and active lifestyle by providing programs that encourage continued learning, wellness, health and volunteering coupled with social activities.

Call: (760) 728-1191, ext. 433 for more details and a complete list of benefits



Senior Fitness Classes

These fun classes include stretching and range-of-motion exercises and are available through the Fallbrook Hospital Cardiac Rehabilitation Department.

When: Every Monday, Wednesday and Friday

Where: The Wellness Center

Call: (760) 728-1191, ext. 377 to register or obtain more information



HEALTHWISE QUIZ

How much do you know about arthritis?

Test your knowledge and learn more about arthritis.

1

What does the word arthritis mean?

- a. Sore joint
- b. Joint irritation
- c. Joint inflammation
- d. Rigid joint

2

Which of the following statements about arthritis is true?

- a. Using artificial sweeteners like Equal and Nutrasweet that contain aspartame increases your risk of developing arthritis.
- b. Arthritis is the leading cause of disability in Americans over age 15.
- c. Arthritis is more prevalent in women than in men.
- d. Most people with arthritis will need minor surgery to lessen the pain.

3

Osteoarthritis is caused by the breakdown/loss of _____ in the joints.

- a. bursa
- b. cartilage
- c. air
- d. synovial fluid

4

How is rheumatoid arthritis different from other forms of arthritis?

- a. It occurs in joints on both sides of the body.
- b. Doctors recommend people with it sleep on a waterbed to alleviate pressure on joints.
- c. Pain is felt only early in the morning or late at night.
- d. It occurs when crystals build up in the joints.

5

Older adults aren't the only ones affected by arthritis; it can affect any age group. How many children are estimated to have arthritis?

- a. 35,000
- b. 150,000
- c. 300,000
- d. 500,000

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

8

easy ways to get more exercise

Fitting exercise into your schedule doesn't have

to involve a large bank account or even a lot of time.

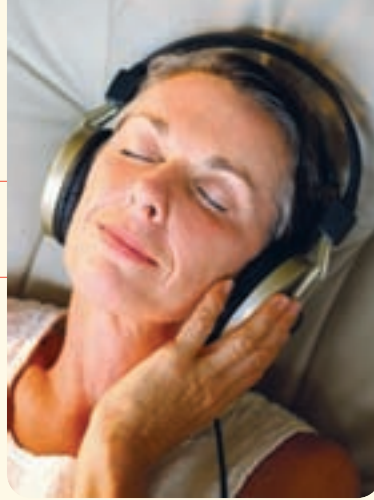
The following list of ways to make

physical activity a habit was created for even the busiest people.

- 1 **Take the stairs instead of the elevator.** This alternative burns calories and tones muscles.
- 2 **Avoid the phone.** At work, walk down the hallway instead of using the telephone or e-mail to communicate with a co-worker.
- 3 **Walk instead of drive.** It may not be the speediest mode of transportation, but it's effective when you want to visit a neighbor down the street, take your child to a nearby park or pick up a few items at the corner market.
- 4 **Walk during lunch.** Take a friend for company or listen to a book on tape to make your walk mentally as well as physically productive.
- 5 **Clean the house.** You'll have to do more than load the dishwasher to get your heart pumping, but a vigorous cleaning that takes two to three hours may be just what the doctor ordered.
- 6 **Ride your bike.** It's quicker than walking, cheaper than driving and it burns calories.
- 7 **Break activity down into small time increments.** If you don't have the time or energy for 30 minutes of continuous exercise, spread it out. Start with 10 minutes of activity, then do it again and again—for a total of 30 minutes.
- 8 **Vary your activities.** Boredom is one of the biggest commitment killers, so find several activities you enjoy and pick and choose depending on the weather and your mood.



Banish caregiver burnout



If you're caring for someone who depends on you, you need to be healthy and energetic. Yet the sheer amount of time and thought involved in providing care may mean you've put yourself at the bottom of your priority list—making you ripe for stress and burnout. Try these steps to protect your health:

1 Get regular medical checkups. Tell your doctor about your caregiving commitment—he or she may suggest resources to make your life easier.

2 Get plenty of rest. Sleep deprivation contributes to depression. Have a family member pinch-hit (or hire a respite worker) so you can get to bed at a reasonable hour or sneak in a nap.

3 Eat a nutritious diet. A poor diet can lead to malnutrition and fatigue. Regular, well-balanced meals boost energy. Ask family members to help with shopping and meal preparation.

4 Get regular exercise. Moderate exercise combats stress, increases energy and provides a mental-health break.

5 Manage stress. Meditate or learn relaxation techniques. Share your feelings with friends and family members. Ask your doctor for advice or referral to a counselor.

6 Ask for help. Don't try to be a superhero! Ask family

members to help pick up prescriptions, do laundry or drive to doctors' appointments. Ask your doctor about local resources like transportation to medical checkups, home-delivered meals, respite care or adult day-care services.

7 Schedule time for yourself. Schedule time to enjoy your hobbies. Spend time with friends. Try a change of scenery—take a short drive or see a play or concert.

8 Be realistic and flexible. Accept that your loved one's illness may change from week to week. Be flexible as you plan for the future. Acknowledge the many good things you've done and don't be hard on yourself for not being able to do everything on your own.

Real-world strategies to control your weight



Visit the diet and nutrition section of any bookstore and you'll be amazed by the number of books offering the latest miracle diet. Low carb, no carb, high protein, low calorie—but do any work?

Fad diets tend to be tough to stick with. Even worse, people often feel deprived and pile unwanted pounds back on once they're off the diets.

The best way to take off fat is slowly and steadily. That means a weight loss of no more than one to two

pounds a week. Many fad diets drastically reduce your food intake and put your body into “starvation” mode, slowing your metabolism to conserve calories. That's the

exact opposite of what you want. Similarly, restricting certain foods—such as carbohydrates—can lead to cravings that will derail your efforts.

THE TRIED AND TRUE

The following are real-life tips to help you look and feel your best:

- **Rebalance your diet.** If your diet is heavy on foods like crackers, bagels, white rice, low-fiber cereal and pasta, substitute them with whole grains like brown rice, multi-grain breads and pasta enriched with soy. To feel satisfied longer, combine carbs with protein.

- **Count calories.** Simply put, to lose weight you have to ingest fewer calories than you expend.

- **Spread out meals.** Eating small amounts throughout the day boosts your metabolism. Aim for three equal-sized meals, plus nutritious snacks in between.

- **Ditch self-denial.** Instead of avoiding any one food group, make wise choices. Whole-wheat crackers with peanut butter are a smarter snack than a bag of chips.

- **Emphasize weight training.** Add strength training to your exercise program. Resistance exercises build muscle, which burns more calories by increasing your metabolism.



Good news for bad knees

Less invasive surgery speeds recovery

A Fallbrook orthopaedic group is among a select number of specially trained surgeons cleared to use an innovative, less invasive knee prosthesis to help

patients recover quickly. Fallbrook-Temecula Valley Orthopaedic Associates physicians received special training to use a partial joint replacement from Biomet Orthopedics called Oxford[®] Unicompartmental Knee. One of the surgeons, Robert Pace, M.D., has performed a number of these procedures at Fallbrook Hospital since November 2005 and is pleased with the results. "Our results, so far, show that the patients in this area who are candidates for the prosthesis will greatly benefit from this procedure," Dr. Pace says.

Traditional total knee joint replacement requires a 6- to 8-inch incision to resurface the cartilage in all three compartments of the knee. The Oxford Knee procedure resurfaces one arthritic compartment of

the knee through a shorter (approximately 4 inches), minimally invasive incision.

Not all patients will be candidates for minimally invasive joint replacement. This procedure is intended for patients with osteoarthritis (degenerative joint disease) or wearing limited to the medial (inner-thigh side of the leg) compartment of the knee (bowleg).

For more than a decade, the Oxford Unicompartmental Knee has been utilized in more than 16,000 cases annually throughout Europe. The device received FDA approval in the United States in April 2004, and has shown excellent long-term published clinical results. For more information, visit www.biomet.com.

Please consult with your orthopedic surgeon to determine if this procedure is appropriate for you.



Total knee
replacement



Oxford knee
replacement

Learn more!

For more information about knee replacement surgery, contact Fallbrook-Temecula Valley Orthopaedic Associates at (760) 728-5851 or (951) 698-4660.



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