

SPRING 2006

# Health Link

A PUBLICATION OF FALLBROOK HOSPITAL

Help for  
chronic pain  
and injuries

The right  
doctors  
for you

Healthy programs  
in your community

10 play-safe tips  
for your kids

Good day,  
sunshine!

Greet the day  
with an SPF



FALLBROOK  
HOSPITAL

# Good day, sunshine!

## Greet the day with an SPF

**Y**ou don't have to be a sun worshipper to take sun protection seriously—even limited exposure can cause damage. Skin cancer is the most common kind of cancer in the United States, affecting nearly half of all Americans who live to age 65. Although most cancers don't appear until after age 50, skin cancer results from years of accumulated sun damage. However, you can avoid sun damage and enjoy your favorite outdoor activities by taking sensible precautions and using a sunscreen that protects your skin from damaging ultraviolet rays.

### THE ABCS OF SPFS

Sunscreen products are rated according to their sun protection factor (SPF)—the length of time a product will protect you from sunburn caused by ultraviolet B (UVB) rays. But sunscreens don't provide complete protection. You still need to be cautious about timing and limiting your sun exposure.

Your best bet when shopping for a sunscreen is to choose a product with an SPF of at least 15, according to the American Cancer Society. Check the label to make sure it provides “broad-spectrum” protection, which protects against UVB rays and ultraviolet A (UVA) rays. UVB rays cause sunburns that can lead to superficial skin cancers known as basal cell carcinomas and squamous cell carcinomas. They can also lead to the more deadly skin cancer, melanoma. UVA rays penetrate even more deeply into the skin, damaging connective tissue.

### SAVE-YOUR-SKIN TIPS

If you'll be outside, slather on sunscreen and find a shady spot, but keep in mind that sunlight reflects off surfaces such as water, sand and pavement. Avoid the sun between 10 a.m. and 4 p.m., when rays are strongest. To block sunlight,



wear sunglasses, a broad-brimmed hat and clothing made from tightly woven fabric, preferably long-sleeved shirts and pants. For your sunscreen to be most effective:

- Apply about 30 minutes before going outdoors.
- Use liberally. Apply 1 ounce of sunscreen to cover all exposed areas of your body, including your neck, ears and scalp.
- Reapply every 90 minutes—more often if you sweat heavily or go swimming.
- Use even on cloudy days—UV rays can still reach you.

Harmful UV rays can pass through car windows, too, so apply sunscreen to exposed skin if you'll be driving during peak sun hours.

Make applying sunscreen a habit—like brushing your teeth—but don't rely on sunscreen for full protection against skin cancer. Be sure to examine your skin each month for unusual changes and see your dermatologist if you spot any irregularities.

**“When outside, apply sunscreen liberally every 90 minutes.”**



# Bouncing back from joint pain

**W**ith all the wear and tear we place on our joints, it's no wonder that almost 639,000 people underwent hip or knee replacement surgery in 2003, according to the Centers for Disease Control and Prevention. Knees and hips, in particular, are prone to problems—largely because they play a part in almost everything we do—but shoulder, finger, ankle and elbow joints can need replacement as well.

## WHY ARE JOINT REPLACEMENTS NEEDED?

Joint replacement surgery, also known as arthroplasty, becomes necessary when conditions such as arthritis destroy the cartilage that cushions and separates bones. Over time, the friction of bone against bone wears away the joint, causing it to become stiff and painful.

Additionally, sports-related injuries and falls can create the need for surgery. Generally, arthroplasty becomes an option when joint pain disrupts your daily routine.

## GETTING NEW PARTS

Surgeons can create a new joint, relieving your pain and providing greater freedom of movement. During the procedure, destroyed bone and tissue are removed and replaced with prosthetics, or artificial parts. The parts are made from durable metal, plastic or ceramic and can last up to 20 years.

Newer minimally invasive techniques are being performed more often, using smaller incisions—just 3 to 5 inches, compared with 6 to 12 inches in standard procedures—and reducing recovery time. Your hospital stay may be reduced to one or two days from four or three, and some patients go home the same day as surgery. However, minimally invasive surgery is not for everyone; patients who are overweight, elderly or frail or who have bone abnormalities do not make good candidates.

With hip or knee replacement surgery, expect to use a walker, crutches or a cane initially after the procedure. As you recuperate, a physical therapist will help you perform exercises to strengthen the joint, guiding your movements so you don't accidentally dislocate the replacement. Barring the unforeseen, you should be walking unassisted two to six weeks later. And though grueling workouts like 10-mile runs may still be too tough for artificial hips or knees, make plans to resume long-lost activities like dancing or strolling on the beach within six months.



## Do you need joint replacement surgery?

**Y**our overall health and age and the condition of your joints will help you and your healthcare provider decide whether you're suitable for joint replacement. If you can answer yes to any of the following questions, you may want to consider surgery.

- Are you still in pain even after losing excess weight?
- Does your pain keep you awake nights?
- Does your pain interfere with your ability to earn a living?
- Has your quality of life suffered because of your pain—your ability to travel, perform household chores or visit with friends or family?
- Have you exhausted all other options, including anti-inflammatory drugs to relieve joint pain, walking with a cane, power-walking or swimming instead of jogging?

## LETTER FROM THE CEO



Larry W. Payton, CEO

**A**t Fallbrook Hospital, we're committed not only to the health of area residents, but to the growth and success of our entire community. Every year, we treat thousands of people from Fallbrook and surrounding areas. While patients benefit from us being nearby, ultimately it's the whole community that prospers

from our presence.

In 2005, Fallbrook Hospital had 35,599 patient visits, and the hospital spent \$3,337,000 on charity and uncompensated care. We provided free health information at the annual health fair, prostate screenings and influenza vaccines in the fall, and blood pressure and glucose screenings throughout the year. This year, we'll launch a Healthy Woman program, which will focus on educating women about health, communication, relationships and balance of life.

We're one of the largest employers in Fallbrook with 402 employees, whose compensation and benefits in 2005 totaled \$20,283,000. We recruited several new physicians in 2005, including internal medicine and family practice physicians, obstetricians/gynecologists and an orthopedic surgeon. Additionally, we began construction of new endoscopy and surgery suites and started an extensive renovation of the hospital. Finally, we spent about \$1 million on capital improvements.

Our local area benefited from \$255,000 we paid in property and sales taxes, \$1,396,000 paid to local merchants and \$67,000 in donations and support.

We put our hearts into helping our patients and put our lives into helping the Fallbrook area. Whether it's through the people we employ, the local businesses we use or the charities we support, we're committed to making the Fallbrook area a better place to live and work—and that's the best benefit of all.

LARRY W. PAYTON  
Chief Executive Officer

## MEET OUR NEW DOCTORS



**HANH LE, M.D.**  
Obstetrics/Gynecology

585 E. Elder St., Fallbrook  
(760) 728-2777

**Medical degree:** University of Texas Medical Branch, Galveston  
**Residency:** University of Texas Medical Branch, Galveston



**NIZAR SALEK, M.D.**  
Internal Medicine

Fallbrook Medical Associates  
521 E. Elder St., Suite 206, Fallbrook  
(760) 723-1101

**Medical degree:** Damascus University  
**Residency:** St. Francis Hospital, Evanston, Ill.



**TIMOTHY COEN, M.D.**  
Family Medicine

Mission Family Care  
1434 S. Mission Road, Fallbrook  
(760) 451-3500

**Medical degree:** State University of New York at Buffalo  
**Residency:** Merced Community Medical Center, Merced, Calif.



**SELMIRA TELLECHEA-SANCHEZ, M.D.**  
Pediatrics

1107 S. Mission Road, Fallbrook  
(760) 451-0070

**Medical degree:** University of California, San Diego  
**Residency:** University of Arizona Medical Center, Tucson



**HAI TRAN, D.P.M.**  
Podiatry

50100 Golsh Road, Valley Center  
(760) 749-1410

**Medical degree:** Scholl College of Podiatric Medicine at Rosalind Franklin University, Chicago, Ill.  
**Residency:** Cabrini Medical Center, New York, N.Y.  
MedPremises, San Diego, Calif.



# 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 diabetic patient and family members in understanding and managing diabetes. Good blood sugar control is essential for health maintenance and prolonged life, and Janine Loescher, R.D., C.D.E., our certified diabetic educator and registered dietitian, will emphasize and assist attendees in reaching this objective.

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



### Health Screenings

Free blood pressure screenings

**When:** Tuesdays, 1–2 p.m.

**Where:** Fallbrook Hospital

Wellness Center

**Call:** (760) 728-1191, ext. 209

Free blood sugar screenings

**When:** Every second Wednesday, 9:30–10:30 a.m.

**Where:** Joselyn Senior Center  
399 Heald Lane, Fallbrook

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

### 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

### Laughter Therapy

Learn how to laugh for the pure joy of

laughing. This unusual class introduces you to laughing as an alternative healing strategy.

**When:** Third Wednesday of each month, 4–5 p.m.

**Call:** (760) 728-1191, ext. 388

## SUPPORT GROUPS

### 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:** Last 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

### Depression and Bipolar Support Association (DBSA) Support Group

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

**When:** Every Wednesday, 6:30 p.m.

**Call:** (760) 728-2006

### Bereavement Support Group

Individuals who have experienced a loss

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

**When:** Every Tuesday, 3 p.m.

**Call:** (760) 728-1435

## FOR SENIORS

### 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

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

### Senior Circle

Fallbrook Senior Circle is a program for adults ages 50 and older that offers in-hospital benefits, activities, educational lectures, a monthly get-together, 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

## VOLUNTEERING—CAN YOU HELP?

Learn how rewarding volunteering can be. Opportunities are available for as little as four hours per month.

**Fallbrook Hospital Auxiliary** needs volunteers to assist in the following areas:

- Admitting—greet patients and provide information and directions
- Gift shop—sell flowers, candy, cards and gifts
- Direct patient care—provide wheelchair assistance and deliver ice, water, menus and newspapers to patients
- Medical Surgical Unit—provide general clerical assistance
- Courier service—provide driving assistance for patients in need of transportation to doctor appointments

**Call:** Lis Woelke, Auxiliary Membership Chairman at (760) 723-4763

**Fallbrook Hospice** needs volunteers to provide companionship and perform simple caregiving tasks for hospice patients.

**Call:** (760) 728-1435 for more information



## HEALTHWISE QUIZ

### How much do you know about ADHD?

Take this quiz to find out how much you know about attention deficit hyperactivity disorder (ADHD).

- 1 Which of the following is *not* a symptom of attention deficit hyperactivity disorder?
  - a. hyperactivity
  - b. obsession
  - c. impulsivity
  - d. inattention
- 2 ADHD is thought to be caused by:
  - a. poor parenting
  - b. a genetic disorder
  - c. rheumatic fever
  - d. all of the above
- 3 Other disorders may accompany ADHD in as many as one in three cases. These include:
  - a. Tourette's syndrome
  - b. learning disabilities
  - c. bipolar disorder
  - d. all of the above
- 4 Most children who have ADHD begin to show signs and symptoms of the disorder between ages:
  - a. 1 and 2 years
  - b. 4 and 6 years
  - c. 9 and 12 years
  - d. 13 and 15 years
- 5 Adults can also suffer from ADHD. To be diagnosed with the disorder, a person must:
  - a. have shown symptoms of ADHD in childhood
  - b. have suffered from a serious illness as a child
  - c. have trouble holding down a job
  - d. be a reckless driver

ANSWERS: 1. B; 2. B; 3. D; 4. B; 5. A



## STROKE SMARTS

### How to spot a stroke

A stroke is similar to a lightning strike—it can happen suddenly and without warning. However, there are sometimes warning signs that lightning is imminent, such as storm clouds, rain and thunder.

Warning signs can signal a stroke, too. If you spot them and act quickly, you may prevent severe disability or death. If you or someone around you show any of these symptoms, seek emergency medical treatment immediately:

- sudden numbness or weakness in the face, arm or leg, especially on one side of the body
- sudden confusion, trouble speaking or understanding
- sudden trouble seeing in one or both eyes
- sudden trouble walking, dizziness, loss of balance or coordination
- sudden, severe headache with no known cause

These signs point to a stroke in progress. Blood and oxygen are not getting to a part of the brain as a result of a burst blood vessel or a blood clot, and that portion of the brain begins to die. Speedy medical care may minimize brain damage.

#### RISK FACTORS

Lifestyle factors and other health conditions that weaken blood vessels or contribute to blood clots increase your risk for stroke. You can control or treat some of them, such as high blood pressure, smoking, diabetes, carotid or other artery disease, abnormal heart rhythm, transient ischemic attacks (mini-strokes), certain blood disorders, sickle cell disease, high blood cholesterol, high triglycerides, physical inactivity, obesity and substance abuse.

Factors you can't change include increasing age, gender (more men suffer strokes), family history, race (African-Americans face greater risk) and having had a prior stroke or heart attack. Talk to your doctor about ways to reduce your risk for stroke and be prepared to act quickly if warning signs appear.

# Outward bound

## 10 play-safe tips for your kids

**W**hat's one of the best things to say to your child? Go outside and play! Close supervision, proper protective gear and these simple precautions will help your kids safely enjoy the great outdoors:

- 1 Apply a sunscreen with an SPF of at least 15 every day—even on cloudy days—and reapply every 90 minutes, especially after swimming or sweating.
- 2 Outfit kids with brimmed hats and don't forget the sunglasses.
- 3 Keep babies under age 6 months out of direct sunlight and in the shade.
- 4 Avoid using swimming aids such as "floaties." They don't substitute for a life vest and can give kids a false sense of security.
- 5 When kids are swimming, keep a portable phone and rescue equipment like a shepherd's hook and life preserver nearby.
- 6 Supervise kids at all times near water and stay within arm's length of babies and toddlers. If you have to step



away even for a moment, get everyone out of the pool area and take little ones with you.

- 7 Insist kids wear proper protective equipment, especially a helmet, wrist guards and knee and elbow pads when bicycle riding, skateboarding and in-line skating.
- 8 Teach kids to bike skillfully. Enroll your children in a class to practice basic skills, such as balance and braking, on a smooth surface away from traffic.
- 9 Visit playgrounds that have soft surfaces like wood mulch or chips, shredded rubber tires or sand to lessen the impact of falls. Avoid play equipment on asphalt, concrete, packed dirt and grass.
- 10 Don't let kids wear helmets, necklaces, backpacks, scarves or clothing with drawstrings while on playgrounds.



## Fire up the grill!

### But read these food-safety tips first

**F**or many people, summertime fare means fresh, fast, no-fuss meals cooked outdoors. However, warm temperatures can set the stage for a nasty bout of food poisoning. Take these

precautions to make sure your meals are safe:

- **Defrost thoroughly.** Place frozen foods in the refrigerator for safe thawing. If meats are out too long, bacteria can produce illness-causing toxins that remain active even during cooking.
- **Marinate right.** Keep foods refrigerated while marinating.
- **Transport safely.** When traveling, use an insulated cooler with enough ice or cold packs to maintain a temperature of at least 40° F. Wait until you're ready to leave to

pack refrigerated foods in the cooler. Then place it in the coolest part of the car—not the trunk. When you arrive at your destination, move the cooler into the shade, avoid opening it frequently and replenish ice as needed.

- **Bring extra plates and tools.** Use one

platter and spatula, tongs and sauce brush for raw foods and a different platter and utensils for cooked foods.

Don't use a fork to turn meats since puncturing can introduce surface bacteria into the meat.

- **Keep clean.** Bring paper towels and disposable wipes or a sanitizing gel for convenient hand washing and surface cleanup.

- **Prepare the grill.** Light the coals and allow the cooking surface to heat up to kill microorganisms before putting on the food.

### Is it done?

Use an instant-read meat thermometer to test meat's doneness. Grill precooked meats such as hot dogs to 165° F until steaming hot. Refer to the chart at right to determine when cooked meat is safe to eat.

Meat product	Safe temperature
poultry	180° F
pork	160° F
beef, ground	160° F
beef, steaks or roasts	145° F
veal	145° F
lamb	145° F

# Help for chronic pain and injuries

**A**t Fallbrook Hospital's newly relocated Outpatient Therapy Department, physical therapist Bill Bolinger uses a technique in his treatment sessions called Strain and Counterstrain, which helps patients suffering from muscle pain or injuries.

Developed by Lawrence Jones, D.O., F.A.A.O., Strain and Counterstrain is an osteopathic system for treatment of musculoskeletal and myofascial pain. The technique is one of the most gentle manual therapies and has a broad application for many physical dysfunctions like acute injuries from motor vehicle accidents or sports. Counterstrain is also very effective for chronic pain problems such as headaches and back and neck pain.

With more than 30 years experience in physical therapy, Bolinger has focused on this technique for the past 12 years and became certified by the Jones Institute in Carlsbad, Calif., in 2003. "People treated with this technique are always surprised by just how gentle and effective it is," says Bolinger. "It's ideal for both acute and geriatric patients."

A treatment session of Strain and Counterstrain involves a palpation examination to assess areas of dysfunction and a physical therapy test for motion, strength and posture. "For most problems, three to six sessions of about one hour are often enough," says Bolinger. An exercise or stretching program is developed as needed to help patients remain free of pain.

Rehabilitative services include physical, occupa-



Bill Bolinger, physical therapist at Fallbrook Hospital, examines patient Jane Maldonado.

tional and speech therapy for orthopedic, neurological, cardiac, pulmonary and other medical conditions. The therapists continue to provide hands-on, one-to-one therapy, and embrace a holistic approach to patient care. In addition to traditional therapies, therapeutic massage, stress management and relaxation techniques are offered.

**We've moved!**

The Outpatient Therapy Department's new location is at 407 Potter St., Suite C.

Ample parking is available!

**Learn more!**

For more information about Strain and Counterstrain, visit [www.jscs.com](http://www.jscs.com) or call the Outpatient Therapy Department at (760) 723-2233.

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## Health Link

*Health Link* is published as a community service of Fallbrook Hospital. There is no fee to subscribe.

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