

# Health Link

A PUBLICATION OF FALLBROOK HOSPITAL

**Join the Healthy  
Woman kickoff!**

**Community events  
to keep you healthy**

**Preparing for  
outpatient surgery**

**How healthwise  
are you?**

Find out inside!

**Improve your  
balance and strength**

Try core conditioning



FALLBROOK  
HOSPITAL

# Preparing for outpatient surgery

**T**hanks 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

**H**ead 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.

## LETTER FROM THE CEO



Larry W. Payton  
Chief Executive Officer

### Quality care, close to home

**M**ost people refer to us as a small community hospital—which we are—but most would be amazed at the caliber of our medical staff and their capabilities. The staff includes 110 practitioners, 88 percent of whom are board certified. Our physicians are

trained in contemporary techniques for procedures such as cryoablation and green light laser for prostate cancer treatment; partial and total joint replacements, including knees, hips, shoulders and elbows; laparoscopic hysterectomies; and ear, nose and throat (ENT) procedures for treatment of chronic sinusitis and sleep apnea.

While small, Fallbrook Hospital maintains the high-quality standards set by the Joint Commission on Accreditation of Healthcare Organizations and the American Heart Association's Get With The Guidelines Program. Our most recent satisfaction survey performed by an independent company resulted in a 97 percent satisfaction rate for emergency care and 88 percent for inpatient care.

We are proud of the quality of our staff and the technologies utilized to meet our community's medical needs and look forward to serving you this new year.

LARRY W. PAYTON  
Chief Executive Officer  
Fallbrook Hospital

## MEET OUR NEW DOCTORS

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



**KRIS GHOSH, M.D.**  
Gynecology

Escondido OB/GYN Medical  
488 E. Valley Pkwy., Suite 311  
Escondido  
(760) 294-1089

#### Medical school

Indiana University School of Medicine, Indianapolis, Ind.

#### Residency

UCLA Medical Center, Los Angeles, Calif.

#### Fellowship

Gynecology and oncology at the University of Minnesota Medical Center, Minneapolis, Minn.

#### Certification

Board certified in obstetrics/gynecology



**GORDON APPELBAUM, M.D.**  
Internal Medicine

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

#### Medical school

Medical University of Ohio,  
Toledo, Ohio

#### Residency

Scripps Mercy Hospital,  
San Diego, Calif.

#### Certification

Board certified in internal medicine

## Did you know?

**T**he Fallbrook Hospital laboratory and cardiopulmonary laboratory both recently received the COLA Laboratory Excellence Award. This award signifies that our labs have met all the criteria for laboratory accreditation by COLA, a national healthcare accreditation organization.



# Community Events 2007

FALLBROOK HOSPITAL

## HEALTHY LIVING

### Diabetic Educational Series

This four-week course is designed to assist people with diabetes and their family members in understanding and managing the disease. 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 to 10:30 a.m.

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

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

### Celebrate Your Health Fair

The sixth annual Celebrate Your Health Fair will feature free health information and services, including screenings for diabetes, cholesterol, body fat, blood pressure, skin and bone density, as well as vision and dental. Entertainment will include musical performances, demonstrations and children's recreation.

The event is sponsored by Fallbrook Hospital, Fallbrook Healthcare District and the San Diego County Parks Department.

**When:** Saturday, May 12, 9 a.m. to 1 p.m.

**Where:** Fallbrook Community Center

**Call:** (760) 731-9187

### Laugh for Your Health

This class introduces laughing as an alternative healing strategy.

**When:** Dates to be announced

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

## 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

## 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

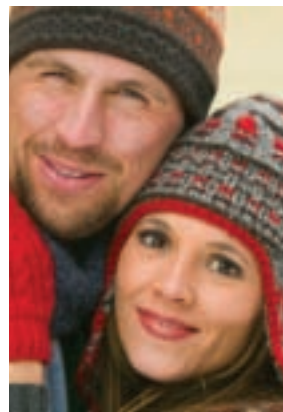
### Senior Fitness Classes

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 for more information



## 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

**H**eat 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?

**S**ooner 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

**A**lthough 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

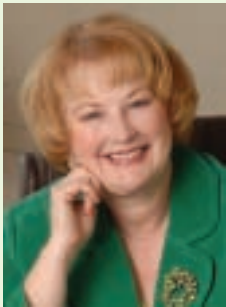


Greek cuisine. The nonprofit Center for Science in the Public Interest analyzed typical restaurant-size portions of some popular Greek meals. What they found could stop your heart. For example, spanakopita (spinach pie in phyllo dough) has 410 calories and 24 grams of fat, beef or lamb gyro (sandwich)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

# Celebrate the kickoff of Healthy Woman!

Join Fallbrook Hospital for the kickoff of Healthy Woman, a free community resource featuring a series of monthly 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 knowledge and confidence to make informed healthcare and well-being decisions for themselves and their loved ones.

## MEET OUR KEYNOTE SPEAKER



Suzanne Metzger, Ph.D.

The kickoff will feature speaker Suzanne Metzger, Ph.D. For more than 15 years, Dr. Metzger's humorous yet provocative keynote speeches have been captivating audiences. She knows the importance of having the right attitude and the power of "soft skills" in building a healthy and happy approach to life.

Author of "Learning Through Living ... Some Assembly Required" and co-author of "The Complete Idiot's Guide to Living with Breast Cancer," Dr. Metzger leads workshops and writes columns on self-motivation, hoping to help others get themselves on the right track. Her story will inspire you to gain self acceptance and learn the value of a positive attitude.



Join us for the kickoff!

Tuesday, May 22

The Golf Club of California  
3742 Flowerwood Lane

6 to 8:30 p.m. | Fee: \$20

Dinner and special presentation:  
**Gaining Self Acceptance**



PRESENTING PARTNER

To register for this event, visit  
[www.fallbrookhospital.com](http://www.fallbrookhospital.com) or call  
(760) 728-1191, ext. 432 by Tuesday, May 15.

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WINTER 2007

# Health Link

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

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