

Health Connection

FROM YOUR FRIENDS AT
LOCK HAVEN HOSPITAL

**Enjoy a healthy
pregnancy**

**Are you
exercise savvy?**
Find out inside!

**Be wise—
immunize!**

**Start your
day off right**
Why breakfast is your
most important meal

Avoid UTIs

**A daily dose
of safety**

Take care with
your prescriptions



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Mind your medicine

Smart strategies to stay well



Adults over age 65 who have adverse drug reactions account for more than 177,000 emergency room visits each year. One-third of these visits are related to three drugs: warfarin (a blood thinner), insulin (for diabetes) and digoxin (a heart medicine). Many of these reactions can be avoided with better communication between patient and physician. Follow this advice to help you avoid becoming a statistic:

- **Tell your physician about all the medicine you're taking.** That

includes prescription medications and over-the-counter drugs and supplements. Your physician will want to make sure you're not taking anything that can cause a reaction or affect a drug's potency. For example, Ginkgo biloba, garlic, ginger and ginseng can all interact with warfarin, as can medications taken for headaches and joint pain, such as aspirin and ibuprofen. Iron and calcium supplements can interfere with thyroid medication absorption.

- **Ask questions.** Don't be afraid to ask your physician to clarify a medication's purpose and common side effects. Also make sure you know when and how often you should take it and what to do if you miss a dose. Learn both the medicine's brand name and generic name and its shape, size and color.
- **Write it down.** Keep a list of all the medications you take in your wallet in case you do end up in the ER. This will allow physicians and nurses to avoid giving you medicine that could cause a dangerous interaction.
- **Take your medication as prescribed.** Don't stop your treatment because you think it's not working, you have side effects or you think your pill-taking regimen is hard to stick with. Instead, call your physician. He or she may be able to prescribe a different medicine or dosage to minimize side effects or simplify your regimen.

Also let your physician know if you've stopped taking a prescribed medicine. Otherwise, he or she may assume the drug isn't working and give you a higher dosage or different medication.

- **Go to follow-up appointments.** Some medications, such as blood thinners and drugs for diabetes, seizures and heart problems, require regular blood tests and monitoring by your physician. Regular visits are crucial to ensure you're getting a safe and effective dose.



Snap, crackle, pop!

What are your joints telling you?

Your body is a symphony of sounds—that cracking in your ankles, the popping in your knee. What causes these noises? Sometimes, it's just ligaments or tendons tightening and moving with a joint. For the most part, these sounds are normal and don't require any treatment.

But sometimes these noises can signal a more serious problem. A loud pop and locking of a joint can mean that torn cartilage, a piece of bone or something else has gotten caught between joint surfaces. Cracking and grinding may be a sign of arthritis. A loss of smooth cartilage and roughening of the joint surface is to blame for these noises.

JUST MAKING NOISE?

To find out whether your popping and cracking should be of concern, look for the following signs. See your physician if you have any of these symptoms:

- pain accompanying the popping
- swelling of the joint
- locking or sticking of the joint
- loss of motion or function

A JOINT EFFORT

The Arthritis Foundation and the American Academy of Orthopaedic Surgeons suggest following these tips to keep your joints healthy:

- Maintain a healthy weight.
- Stretch to increase your flexibility. Ask your physician to help you develop a regular stretching program.
- Stand up straight, shoulders back.
- When you lift heavy objects, use your legs instead of using your back. If you can't lift something yourself, ask for help.



- Alternate heavy activity such as housework, brisk walking or strenuous yardwork with rest periods.
- Wear protective gear, such as wrist, elbow or knee pads, if you're engaging in an activity where you could fall.
- Pay attention to your body. Pain may be a sign you're overworking your joints.
- Eat a well-balanced diet that includes plenty of calcium (1,200 mg a day for those over age 50; 1,000 mg for those ages 19 to 50).

Knuckle cracking: Bad to the bone?

Some people just can't resist cracking their knuckles. The cracking sound you hear is the "popping" of air bubbles when the joint is pushed or pulled a certain way. Knuckle cracking can certainly be annoying to others, but does it really make your knuckles larger? That old wives' tale hasn't been proven, but this is still a habit you should try to break, as studies point to possible soft-tissue damage in joints, a weak grip and hand swelling as a result of repeated cracking.





Urinary tract infections: Avoid the burn

By Rayford A. Petroski, M.D.
Board-certified Urologist

Urinary tract infections (UTIs) are the second most common type of infection in the body. A bladder infection is a type of UTI, affecting the urethra and bladder in the lower urinary tract. Serious consequences may occur if a bladder infection goes untreated and spreads to the kidneys.

UNDERSTANDING UTI

The kidneys, ureters, bladder and urethra make up the urinary tract, and all play a role in removing urine from the body. When bacteria enter the urinary tract through the urethra, they cause infection. UTIs are usually caused by *Escherichia coli* (*E. coli*) bacteria typically found in the gastrointestinal tract. Some UTIs are caused by chlamydia and gonorrhea, sexually transmitted diseases.

Call your physician if you experience any of these common UTI symptoms:

- frequent urge to urinate
- pain and burning with urination
- inability to produce more than a small amount of urine at a time
- cloudy, unusual-smelling urine
- bloody urine
- pelvic pressure

Some people are more likely than others to develop

Serious consequences may occur
if a bladder infection goes untreated.

UTIs. Risk factors include:

- **Being sexually active.** Sexually active women tend to develop more UTIs. Sexual intercourse may irritate the urethra, allowing bacteria to travel through the urethra to the bladder.
- **Using certain types of birth control.** Women who use spermicides or diaphragms as a birth control method may be at a higher risk.
- **Aging.** It's common for women to develop UTIs after menopause.
- **Kidney stones.** Anything that obstructs the urinary tract may cause an infection.
- **Prolonged use of urinary catheters.**

AN OUNCE OF PREVENTION

UTIs may be preventable. Take these steps to help reduce your risk of infection:

- **Drink plenty of fluids, especially water.**
- **Urinate as soon as the urge arises.** Avoid holding urine for a prolonged time.
- **Wipe from front to back.** This helps prevent bacteria from spreading to the urethra.
- **Urinate immediately after intercourse.**

• **Avoid scented feminine products.** These products may irritate the urethra.

Most UTIs improve in a couple of days, but one to two weeks of antibiotics may be prescribed to prevent further infections. Over-the-counter pain relievers may also help relieve discomfort. Drink plenty of fluids to help cleanse bacteria from the urinary tract, and avoid coffee, alcohol and smoking.

If you have frequent UTIs, talk with your physician about a longer course of antibiotics or other treatment options.

Urology care, close to home

Lock Haven Hospital's board-certified urologist **Rayford A. Petroski, M.D.**, offers comprehensive urological services and performs laser surgery for prostate disorders and kidney stones.

He also performs laparoscopic surgery and surgery for infertility, bladder disorders and kidney problems.

Dr. Petroski, a Pennsylvania native and U.S. Army veteran, graduated from Georgetown University School of Medicine. His U.S. Army service included tours of duty as chief of urology at Landstuhl Regional Medical Center in Germany; Martin Army Community Hospital at Fort Benning, Ga.; the 86th Combat Support Hospital in Iraq; and Umatilla Chemical Depot in Hermiston, Ore. Dr. Petroski lives in Lock Haven with his wife, Anne, and their three sons, Joseph, Andrew and Jack.



Rayford A. Petroski, M.D.
Urologist

A fresh start

As the new year brings new challenges in health-care, we've implemented additional quality initiatives at Lock Haven Hospital to improve our standard of care and ensure patient comfort. We'll be introducing new and enhanced services throughout the year.



Cindy Segar-Miller,
R.N., M.S.
Chief Executive Officer

BUILDING UPGRADES

The multi-million dollar intensive care unit construction project is progressing. The ventilation and plumbing systems are installed and the interior framework is completed. The parking lots have been repaved and painted and new sidewalks installed. As long as the weather cooperates, we look forward to the south entrance being completed soon. Many other upgrades are in process, including high efficiency heating and cooling systems, new exterior door installation and new exterior signs. We look forward to topping off the building with a new roof, replacing the boiler and landscaping the grounds this spring.

The new look and advanced equipment will help Lock Haven Hospital and its medical staff continue to serve the community and deliver quality healthcare, right here in Clinton County. On behalf of everyone at Lock Haven Hospital, I wish you and your family happy and healthy times in 2009.

Sincerely,

CINDY SEGAR-MILLER, R.N., M.S.
Chief Executive Officer
Lock Haven Hospital

HEALTHWISE QUIZ

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

Take this quiz to find out.

1 To lose one pound, you need to burn how many calories?

- a. 500
- b. 1,500
- c. 2,500
- d. 3,500

2 A good way to measure the intensity of an exercise is to keep track of your:

- a. heart rate
- b. blood pressure
- c. sweat levels
- d. thirst intensity

3 Exercise can:

- a. reduce depression
- b. help manage type 2 diabetes
- c. boost good HDL cholesterol
- d. all of the above

4 The *minimum* amount of time you should be active every day is:

- a. 15 minutes
- b. 20 minutes
- c. 30 minutes
- d. there is no minimum

5 Which of the following exercises will *not* help you build stronger bones?

- a. running
- b. swimming
- c. lifting weights
- d. dancing

ANSWERS: 1. (d) 2. (a) 3. (d) 4. (c) 5. (b)

The kidney-heart connection

If you think kidney disease only affects your kidneys, think again. Though researchers can't fully explain the link, kidney disease is an independent risk factor for heart disease and greatly increases the risk of dying from heart problems. In fact, heart disease is the most common cause of death for the more than 20 million Americans with chronic kidney disease.

WHO GETS KIDNEY DISEASE?

Kidney disease is often called a "silent killer" because many people don't even know they have it until it reaches an advanced stage. Risk factors include being obese; smoking; and having high blood pressure, diabetes or a family history of kidney disease. Ask your physician about testing if you're at risk. If he or she suspects you may have chronic kidney disease, blood and urine samples can diagnose it.

KEEP YOUR KIDNEYS HEALTHY

If you already have kidney disease, early treatment can help keep it from getting worse. But the best method of attack is to prevent the problem in the first place. Take these steps to minimize your risk:

- **Maintain a healthy weight.** Eat healthful foods and be active every day.
- **Quit smoking.** Besides the damage it can do to your heart, smoking can interfere with medicine for high blood pressure.
- **Get your blood pressure level to 120/80 mm Hg or lower.**

Start by slashing salt from your diet and getting more potassium (found in bananas, apricots and broccoli). If changing your diet doesn't help, discuss medications with your physician.

- **Control your blood sugar if you have diabetes.** Dietary changes and medication may be needed.



'Brake' for breakfast



You wouldn't take off for a road trip with no fuel in your car, so it doesn't make much sense to send your body out for the day with nothing to run on. Your tank needs breakfast.

Studies have shown that those who eat this most important meal of the day are less tired and irritable, have better concentration and are more likely to maintain a healthy weight. Not a bacon-and-eggs person? No problem. Try these

out-of-the-cereal-box suggestions from the American Dietetic Association:

- one cup of vanilla low-fat yogurt topped with whole-grain cereal and berries
- leftover veggie pizza with a piece of fruit and a glass of milk
- whole-grain toast topped with a little peanut butter and apple slices
- whole-grain waffles or pancakes topped with fresh banana
- a super-fast smoothie, made from frozen fruit and yogurt, whipped up in a blender
- a breakfast wrap (try low-sodium deli turkey, low-fat cheese and spinach in a tortilla)
- oatmeal sprinkled with cinnamon and walnuts



Ready, aim, vaccinate!

Vaccines aren't just for babies. If your child hasn't been to the pediatrician in a while, he or she may have missed some important shots. And don't forget that adults need vaccines, too! Talk

with your pediatrician about your child's specific needs and whether he or she is at high risk. And ask your own physician about *your* needs. Use this handy chart as your guide.

IMMUNIZATION	BIRTH TO AGE 6	AGES 7-18	AGES 19+
Diphtheria, tetanus, pertussis (DTap, Td/Tdap)	4 doses by 18 months; final dose at age 6	Kids need a booster at ages 11-12. For teens, ask your pediatrician if your child is up to date.	Get a Td booster every 10 years. If you're under age 65 and haven't been vaccinated with Tdap before, you need a single dose.
Haemophilus influenzae type b	4 doses by age 15 months		
Hepatitis A	2 doses between 12 and 23 months	High-risk kids and adults need a vaccination.	
Hepatitis B	3 doses within first 18 months of life	Ask your pediatrician if your child is up to date.	High-risk adults should be immunized.
Human papillomavirus (HPV)		3 doses are recommended for girls ages 11-12, or later if a young woman isn't up to date. Ask your physician about the pros and cons of vaccination.	
Inactivated polio virus	3 doses by 18 months	Ask your pediatrician if your child is up to date.	
Influenza	Yearly, for kids ages 6 months to 19 years		Anyone <i>can</i> get vaccinated; high-risk adults and those over age 50 <i>should</i> be.
Measles, mumps, rubella (MMR)	1 dose at 12-15 months; another at ages 4-6	Ask your pediatrician if your child is up to date.	If you haven't had this vaccine, you need it. High-risk adults need a second dose. If you were born before 1957, you're considered immune to measles and mumps.
Meningococcal (meningitis)	Ask your pediatrician if your child is high risk.	It's recommended for kids ages 11-12; otherwise, ask your pediatrician if your child is at high risk.	It's a must for high-risk groups.
Pneumococcal (pneumonia)	4 doses of pneumococcal conjugate by 15 months	High-risk kids and adults need the pneumococcal polysaccharide vaccine. Adults should get vaccinated at age 65; some older adults may need a booster.	
Rotavirus	3 doses by 6 months		
Varicella (chicken pox)	1 dose at 12-15 months; another at ages 4-6	Ask your pediatrician if your child is up to date.	If you aren't up to date and never had the chicken pox, speak with your physician.
Zoster (shingles)			Get it once, at age 60 or older.

Source: Centers for Disease Control and Prevention



Make smart pregnancy choices

By **Nicholas Viyuoh, M.D.**
Board-certified
Obstetrician/Gynecologist

Pregnancy can be an exciting time. To ensure that yours is healthy, take steps well before you conceive.

Start by avoiding tobacco, drugs and alcohol and taking a daily multivitamin with iron that contains at least 400 micrograms of folic acid.

DIETARY CHANGES

Some foods may carry certain bacteria; avoid ready-to-eat or undercooked meat, poultry or seafood. Skip unpasteurized milk products and soft cheeses (brie, feta and blue cheese), and pass on raw seafood. Avoid high-mercury seafood, including shark, swordfish, king mackerel and tilefish. Snapper, halibut, canned albacore tuna, tuna steaks, catfish, salmon, cod, pollock, mahi mahi, shellfish and canned light tuna are safe to eat occasionally.

STAY FIT

Continue to exercise unless your physician recommends otherwise. Active women often have an easier labor and shorter recovery time after birth, so continue walking and swimming but avoid high-impact activities or those that could lead to falling.

Keep these additional precautions in mind:

- Avoid using chemicals, such as hair dye.

- Avoid hot tubs and saunas.
- Avoid optional X-rays.
- Avoid cleaning out cat litter boxes.
- Get adequate rest.
- Consider getting a flu shot.
- Wear a seat belt correctly, with the lap belt across the hips, under the belly.

Sacrifices during pregnancy are worth the end result—a happy, healthy baby.

Care for a healthy pregnancy!

Nicholas Viyuoh, M.D., board certified in obstetrics and gynecology, joined the medical staff at Lock Haven Hospital in 2007. Before relocating to Lock Haven, Dr. Viyuoh practiced in Greenville, Miss. He earned his bachelor's degree and medical degree at the University of South Alabama (USA) College of Medicine in Mobile. Dr. Viyuoh also



Nicholas Viyuoh, M.D.
Obstetrician/
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completed his obstetrics and gynecology residency at USA. A U.S. Air Force veteran, Dr. Viyuoh served at Shaw Air Force Base in South Carolina and Eglin Air Force Base in Florida, and he received The Air Force Commendation Medal in 2002.

Dr. Viyuoh and his wife, Meshell, have four children, Anna-Marie, Nicholas, Denise and Curtilya.

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WINTER 2009

Health Connection

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