

Healthy you

Fall 2016

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St. Margaret's Health

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10 things you can do when **STRESS TAKES OVER**

Do you feel like you are running on empty and stretched to the max? Is life prompting you to worry a lot or feel overwhelmed? According to Mayo Clinic, "Stress is a normal psychological and physical reaction to the ever-increasing demands of life. Surveys show that many Americans experience challenges with stress at some point during the year."

In today's society, stress is a constant. There is pressure from work and its demands, tension from an overbooked schedule or relationship issues, stress over financial or health concerns, and worry from a world in turmoil, just to name a few. The world

constantly bombards us. Our bodies react to stress with a fight or flight response. Due to that constant state of fear, what was meant to be a temporary physical response to help one survive in dangerous situations is now a constant. In short, this means your body is wearing itself down. It was never meant to combat the effects of stress for so long. As with any machinery, if your body is not maintained properly and given time to rest, it will begin to not function properly or break down entirely. High levels of stress can cause not only physical discomfort and emotional struggles, but serious health problems as well.

Some common symptoms of stress are muscle tension, twitching, headaches, and back and stomach aches. Constant worry about your situation can also interfere with your sleep, causing you to feel tired and low on energy. It can trigger elevated blood pressure, palpitations, and chest pain. The pressure from stress can even impact your mood and prompt restlessness, anger, or depression. Some effects can also cause a lack of motivation or a change in sex drive. Stress can have a profound impact on your physical, mental, and emotional well being. If you think stress may be causing your symptoms, talk to your doctor about your concerns.

Here are some things to consider implementing to minimize the effects of stress and return your body to optimal functioning:

KEEP POSITIVE

Talk positively about yourself and your situation. Things may be difficult and challenging at the moment, but keep pushing through and moving forward and things will eventually change for the better. Remind yourself that you can work things out or find help to do so if you need it.

KEEP DOING WHAT YOU LOVE

Just because life seems hectic doesn't mean you should put off the things you enjoy. Those activities will help boost your mood and melt your stress. Whether it be art, reading, sports, hiking, music, or something else you love to do, set aside some time during the week to pursue those things. Even if it is just for a short time each day, it can help you combat the stress.

TAKE TIME TO REST

Rest and relaxation is imperative for your body to function. Be sure to get an adequate amount of sleep and take time during the day to relax. When stressed, deep breathing tends to be replaced by short breaths, so spending 5-10 minutes a day meditating or closing your eyes and breathing deeply can be relaxing and revitalizing. The extra oxygen from breathing deep will benefit your systems.

LAUGH - IT'S GOOD MEDICINE

A good laugh impacts your physical being as well as your emotions. Sometimes just remembering something that once made you laugh hard is all it takes. Don't let your circumstances steal your joy. Spend time with those who make you laugh, watch that comedy, and look for things in your day to day that make you want to laugh and smile.

TALK IT OUT

When life has you down, it helps to just say what you feel and share what you are going through. Write in a journal or talk to close friends or family about it – even talking to your pet about it while you pet them can be beneficial. Don't hold it all in; it will only add to your stress.

CLEAR THE CLUTTER

At times, just freeing up your home or office of clutter can help put you at ease. Whatever can be done to remove added stress is a good thing to do. There is nothing better than a freshly cleaned home. Don't be afraid to ask for or hire help if time is lacking.

GET MOVING

Physical activity can be relaxing and uplifting. Exercise, such as walking, swimming, and dancing, can improve how you feel. According to Mayo Clinic, "Physical activity helps bump up the production of your brain's feel-good neurotransmitters, called endorphins." So physical activity not only improves how you feel physically, but it boosts your mood as well.

**In today's
society, stress
is a constant.**

TAKE TIME OFF AND TIME OUT

Use your paid time off and clear some time in your schedule. If you don't have paid time, try to work out some time here and there that you can take off. All work and no play is tiring. Plan time to relax and refresh. Reconnect with friends and family and have some fun.

SING A SONG

Singing your favorite song can lift your spirits. Not only can it remind you of good times and happy days, but it increases the oxygen in your system by causing you to improve your posture and breathe deeply.

PRACTICE GRATITUDE AND GIVE BACK -

Remembering what you are grateful for helps the focus remain on the positives – instead of all the negatives. Similarly, volunteering and helping others in need will prompt you to not only recognize that other people are also under stress or struggling, but it will also take the focus off of your stress and cause you to feel good about doing something kind for someone else.

THE FLU & you

Staying Healthy During Flu Season

Let's face it – no one enjoys contracting the flu. Everyone tries to avoid it like the plague; yet it is one of the most easily transferrable illnesses and quickly spreads throughout an office or town. So how does one avoid this contagion that can keep a person ill for up to 2 weeks? There are several steps that improve your chances of staying healthy.

For the most part, the basics are a good start to keep the immune system at optimal function. It is important to maintain a healthy diet that includes foods rich in Vitamins E and C, such as almonds, peanuts, sunflower seeds, citrus, broccoli, and green peppers. Along with healthy eating, other essential practices include sufficient water intake, sleep, and exercise. These are good things to do year-round, but they are especially important to put into practice before cold and flu season begins to bombard your immune system.

In order to avoid the flu, it is also vital to maintain cleanliness. According to the Centers for Disease Control and Prevention, most experts believe that flu viruses are spread mainly by droplets that are made when contagious people cough, sneeze, or talk. Did you know that a person can still be contagious for several days after feeling better enough to return to work? Because of these things, washing hands and surfaces frequently are essential. Since the virus enters a person's system through the mouth, nose, and eyes, always avoid touching your face before washing your hands and if at all possible, avoid close contact with those who are sick.

“Routine annual influenza vaccination is recommended for all persons aged 6 months and older who do not have contraindications [allergies or other negative reactions to vaccines]. Ideally, vaccination should occur before onset of influenza activity in the community,”

– Lisa Clinton, St. Margaret's Director of Occupational Health and Safety, Infection Control

While the flu is a common and easily treatable disease, it can become serious. The flu can cause pneumonia or become severe enough that hospitalization is necessary. Since everyone is at risk, the CDC recommends that anyone 6 months of age or older get the flu vaccine; older people, young children, pregnant women, people with medical conditions or compromised immune systems are especially at risk and should get vaccinated.



EatingHEALTHY

Crustless Pumpkin Pie

Makes 6-8 slices

Ingredients:

TOPPING

1/4 c. packed brown sugar
1/4 c. quick-cooking oats
1 tbsb. margarine, softened

PIE

1 can (16 ounces) pumpkin
1 can (12 ounces)
evaporated skimmed milk
3 egg whites or 1/2 c. fat-free
cholesterol-free egg product
1/2 c. granulated sugar
1/2 c. all-purpose flour
1 1/2 tsp. pumpkin pie spice
3/4 tsp. baking powder
1/8 tsp. salt
2 tsp. grated orange peel

<http://www.bettycrocker.com/recipes/crustless-pumpkin-pie/17d8ce2e-930d-43b4-ac1d-223e1d78a8f8>

A healthy alternative to a popular fall favorite. Add a twist to pumpkin pie by using orange peel, skim milk and egg whites instead of whole eggs.

Directions:

Heat oven to 350°F. Spray pie plate, 10x1 1/2 inches, with nonstick cooking spray.

Mix In small bowl, all Brown Sugar Topping ingredients; set aside.

Place all Pumpkin Pie ingredients in blender or food processor in order listed.

Blend until smooth.

Pour into pie plate.

Sprinkle with topping.

Bake 50 to 55 minutes or until knife inserted in center comes out clean. Let it cool 15 minutes.

Refrigerate about 4 hours or until chilled

Add fresh orange slices for a fat-free garnish.



Recommended by St. Margaret's dietitians, Jennifer Scully, RD, LDN, and Katie Kaufman, MS, RD, LDN

THE WORLD NEEDS YOU

How to Increase Your Chances of Survival Against Breast Cancer

St. Margaret's Mammography Department is committed to providing patients with services to promote early detection of breast cancer, which means faster treatment and dramatically improved survival rates.

The world needs you – yes, you. If you could increase your chance of survival, wouldn't you do so? According to the Susan G. Komen website, "Breast cancer is the second-most common cancer among American women, with skin cancer being number one. One in 8 women will develop breast cancer in her lifetime. Many cancer deaths could be prevented by making healthy choices – like not smoking, staying at a healthy weight, eating right, keeping active, and getting recommended screening tests."

In the U.S. in 2016, there will be 246,660 new cases of invasive breast cancer, 61,000 new cases of non-invasive breast cancer, and 40,450 breast cancer deaths among women and approximately 2,600 new cases and 440 breast cancer deaths among men (Statistics from the Susan G. Komen Website).

Did you know that breast cancer isn't just limited to women? Some male patients are also seen for mammograms on occasion. Men generally are not diagnosed in the early stages because they do not tend to think about breast cancer as a male disease and they are less likely to get checked if they are experiencing symptoms.

The American College of Radiology suggests that women choosing yearly mammography beginning at age 40 to reduce the risk of death and increase the chance of early detection; they also suggest that high risk patients begin screening by the age of 30, but not before 25. Early detection is key in increasing survival rates.

Dr. Merle Piacenti, a radiologist at St. Margaret's, agrees that in cases of a strong family history of breast cancer, mammography screening should begin at

age 25-30, or ten years before the age of diagnosis of a first-degree relative with breast cancer. A strong family history would be considered if a mother, sister or daughter was affected. Women who are high risk for breast cancer (BRCA1 or BRCA2) may require an MRI every other year with a mammogram performed yearly. Dr. Piacenti adds, "In the majority of cases, curability is related to tumor size, which usually means the smaller, the better."

Increase your chances to be there for loved ones, accomplish your goals, impact the world, and live a long and fulfilling life by making your yearly mammogram appointment today.

WHAT YOU CAN EXPECT AT YOUR APPOINTMENT:

At St. Margaret's, mammography patients are first directed to a private dressing room and waiting room. Patients are scheduled every half hour – the actual test takes less than ten minutes. Next, paperwork is then processed while the radiologist looks at the images that were just taken. Since the images are digital, the doctor is able to access them immediately at his workstation.

The current images will then be compared to your previous two years of mammograms. If you will be coming to St. Margaret's from another medical facility, you will be asked to provide the prior 2 years of mammograms for this purpose. The radiologist will then look for any subtle changes in the breast tissue. A C.A.D. system is used to mark anything that may be suspicious. If there are any changes, the radiologist will request another image be taken of that area. A smaller paddle and

Women choose yearly mammography beginning at age 40 to reduce the risk of death and increase the chance of early detection.



at times, a magnification stand, will be used to examine the area more closely. If the doctor is unable to determine the spot, he will request a sonogram, which will identify the lesion as cystic or solid. If additional information is needed, the doctor will also ask for a biopsy of the lesion. The biopsy specimen will then be sent to the lab and results will be obtained within approximately a week. Additional tests, such as tomosynthesis and/or an MRI, are needed for women with dense breast tissue for further evaluation.

Most of the time, patients will be given a letter saying that the results of their mammogram came back normal. If a biopsy is performed, the patient's physician will notify you of the results. If a sonogram is ordered, the radiologist will tell the

patient if they saw normal or cystic tissue.

All of the procedures ordered are often scheduled on the same day, (if the test has been pre-approved by your insurance company) so that the patient is able to get the results while they are at St. Margaret's, which helps to lessen or alleviate the stress and anxiety associated with waiting for test results. St. Margaret's radiologists would like patients to have peace of mind and have the results as soon as possible.

In addition to providing quick test results, St. Margaret's provides mammograms at a reduced or free rate to those individuals who qualify. For Spanish speaking and bi-lingual patients, St. Margaret's also has two Spanish-speaking technologists available to help ensure you understand the process and feel at ease. **Call to schedule a digital mammogram today, 815-664-1359**



How to recognize a STROKE

Would you be able to recognize the warning signs of a stroke? A stroke, sometimes called a “brain attack,” occurs when a clot blocks the blood supply to the brain or when a blood vessel in the brain bursts. Strokes are the leading cause of serious long-term disability in the United States. According to the Center for Disease Control (CDC), every year more than 795,000 people in the U.S. have a stroke.

On average, one American dies from a stroke every 4 minutes – almost 130,000 people each year. When it comes to strokes, time is precious, as the chances of survival are greater when emergency treatment begins quickly. Knowing the warning signs and acting quickly can mean the difference of greater mobility and major disability or life and death. The CDC reports that patients who arrive at the emergency room within 3 hours of their first symptoms tend to have less disability 3 months after a stroke than those who received delayed care.

According to the Illinois Hospital Association (IHA), in May 2009, the General Assembly unanimously approved legislation allowing the creation of stroke systems of care in Illinois. Illinois' landmark stroke law helps ensure that stroke patients receive the right care at the right time in the most appropriate setting by identifying hospitals capable of providing emergent stroke care and directing EMS providers to transport possible acute stroke patients to these hospitals.

Following the recommendation of the IHA Board of Trustees, IHA staff successfully worked with the American Heart/Stroke Association, the Illinois Department of Public Health, EMS providers, and others, to incorporate member recommendations into the public act and the ensuing regulations. In January 2014, IDPH released the hospital stroke center designation form, allowing hospitals to voluntarily pursue stroke center designation.

St. Margaret's has recently been recognized by the Illinois Department of Public Health (IDPH) as an Emergent Stroke Ready Hospital within the state of Illinois.

"We have implemented a multi-disciplinary approach to the care of stroke patients that is based upon the latest evidence-based guidelines and follows the American Stroke Association guidelines for best practice," explains Jolene Woitynek, RN, BSN, Director of Critical Care Services at St. Margaret's. "This approach follows the patient from early detection of stroke symptoms to rapid diagnostics and treatment if a stroke is confirmed. This process for the care of stroke patients is consistent throughout our facility. Whether the patient is in the emergency department or on the inpatient unit, the level of care and response by the staff remains the same."

The IHA also points out that Emergent Stroke Ready Hospitals must annually attest to IDPH their continued compliance with criteria outlined in the statute and the regulation. The teamwork and dedication of many St. Margaret's departments to this project will save lives and impact the prognosis of stroke patients.

"The ultimate goal of our stroke program at St. Margaret's," continues Woitynek, "is to provide rapid assessment and treatment of patients experiencing stroke-like symptoms, in order to give them the best possible outcome. We are honored by this designation from IDPH and pleased to join this network of quality care hospitals."

You can't control some stroke risk factors, like heredity, age, gender, and ethnicity. Some medical conditions – including high blood pressure, high cholesterol, heart disease, diabetes, obesity, and previous stroke – can also raise your stroke risk. Avoiding smoking and drinking too much alcohol, eating a balanced diet, and getting exercise are all choices you can make to reduce your risk.

To recognize the signs and symptoms of a stroke, remember

..... F.A.S.T.

FACE - Face drooping on one side

ARM - One leg or arm is weak or numb

SPEECH - Slurred speech

TIME - Dial 9-1-1 and get to the ALL NEW St. Margaret's ER IMMEDIATELY

FALL HEALTH TIPS



December and the coming New Year are times most people are determined to exercise and get serious about their health. Why not make a fall resolution this year and get a jump-start on your health goals? Fall is the perfect time to start a fitness program for you to create good habits and goals that can carry you through the upcoming holiday season and winter months to come, when all you really feel like doing is splurging and hibernating.

When setting goals for the colder months, remember the 30-day rule. It takes roughly four weeks for the body and mind to adapt to any lifestyle change. If you can stick with your plan for roughly a month, it will become part of your routine. Physical activity will feel like a natural part of your week and not something you have to do.

Another important aspect of a fitness plan is to set attainable goals. Decide what it is you really want out of your plan, and then set smaller steps to get there. It could be fitting into a certain outfit, playing with the grandkids, running in a local 10K race, or just feeling healthier overall. Whatever your ultimate goal is, you are not going to get there overnight. So make sure to give yourself time and be realistic. Also, remember to choose a convenient exercise for you – a gym close to work or an activity that you enjoy. Small accomplishments celebrated throughout can create the momentum needed for you to succeed.

So you've got your goals set, but now what? It is important to embrace the cooler temperatures because exercising outside doesn't have to end with the first leaf dropping to the ground. Fall in Illinois is a beautiful season,

so get out and enjoy the foliage! Exercising outside can feel like a lot less work, especially if you're doing something you enjoy. Head to one of our many state and county parks and trek the trails. Plan a day trip out of town for a bike ride and a bite to eat. Even apple picking or pumpkin gathering is a fun activity that can burn some calories.

Activities around the house can be beneficial, too. While raking leaves may not be the most enjoyable outdoor activity, it is sure to tone some muscle and work your core. Pick up some hand weights or stretch bands to use at home for some resistance exercises. You can always knock out some reps while catching up on your favorite fall TV shows. In any standard hour-long network television show, there is almost 20 minutes of commercial time – don't fast forward through those! You could use that time doing lunges, bicep curls, or leg raises, and get in a nice mini strength training session. As the days begin to get shorter, finding ways to integrate exercise where you can is very beneficial. Be prepared for unexpected downtime with a fitness DVD or pull up a quick video on your phone or tablet and stream free tutorials!

As the weather does get cooler, remember to dress for outdoor activities. It's good to dress in breathable, moisture-wicking clothing. Though it will feel chilly at first, you will warm up once your blood gets pumping and you don't want to feel overdressed. Try to wear layers of clothing to keep you warm, with a waterproof outer layer to keep you dry. And always remember your warm hat.

Shorter days bring darker mornings and evenings, so be smart about your outdoor exercising. Wear reflective



clothing when walking, and try to walk with a partner. That's good for both motivation and safety! Clip a flashing light on your dog's collar when out for a stroll. Or take advantage of the local high school track or park. It is also beneficial to do a few warm-up exercises to prepare your body for the temperature change before heading out.

Be safe and smart as you start any new physical activity. Check with your doctor before you begin if you have heart problems, other health issues, or if you have not been active in a long time. Be sure to stop and call your doctor if you have chest pain or feel dizzy during any physical activity. If you have breathing problems like asthma or COPD, check with your doctor before being active in cold weather.

There are plenty of ways to be active in the fall and winter and still have fun doing it. Make your resolution now, so that by New Year's Day you already have a new healthy routine established!





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