

# Health Connection

THE MAGAZINE OF WESTERN ARIZONA  
REGIONAL MEDICAL CENTER

**Better health is  
just a click away!**

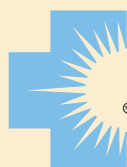
**How to spot—and  
stop—a stroke**

**Join our circle  
of friends**

Classes, discounts and  
more, just for seniors

**Just for women:**

Our free program can  
keep you healthy



WESTERN ARIZONA  
REGIONAL MEDICAL CENTER

# 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?



David Selman, CEO

## From the desk of WARMC's CEO

Summer is upon us. We hope it will be a safe one for everyone as we head to our river, lakes and family outings.

Once again, we are proud to bring you another issue of *Health Connection*. This publication keeps you up to date on healthcare information and provides useful information about the happenings at Western Arizona Regional Medical Center (WARMC). This issue is exciting for us as we share more specific news about our multimillion-dollar expansion projects.

Recently, we broke ground on an estimated \$17 million, three-story patient tower, which includes a tremendous expansion of our Emergency Department (ED).

The ED, slated for completion at the end of the year, will offer the region's largest ED to better serve and meet our communities' growing needs. The ED will be expanded from its current 12-bed capacity to 30 beds and will feature bedside registration, a patient tracking system and fast-track treatment area for minor illnesses and injuries.

In addition, the patient tower doubles the size of our second floor Intensive Care Unit. In 2007, tentative plans call for the opening of our third floor, which will house a 60-bed Medical/Surgical Unit. In addition to the patient tower, we'll soon be opening WARMC's Surgery Center, a \$3.6 million outpatient surgery center. The center will be located next door to WARMC's Outpatient Center on Hancock Road and will offer surgical and endoscopy services. It will promote quicker turnaround times on procedures and offer the same technology as our hospital, but in a doctor's office-like environment.

WARMC is also investing in our communities in other ways with the recruitment of new physicians to complement our current medical staff specialties. The hospital has an aggressive 2006 goal to bring several new physicians to the area. In addition, the hospital continues to recruit employees to meet its ever-growing needs.

We are committed to continuing our investment in our staff, facility and communities. We look forward to accomplishing many worthwhile projects in 2006 and the years to come.

Sincerely,

DAVID SELMAN  
Chief Executive Officer  
Western Arizona Regional Medical Center

Artist's rendering of the Emergency Department addition and renovation





# Better health is just a click away!

## Western Arizona Regional Medical Center partners with Discovery Hospital

Everyone's been there. You're concerned about a bad cough, a sore throat or a sick friend. Where can you turn to find complete and accurate information to your healthcare questions? Western Arizona Regional Medical Center's website, [www.warmc.com](http://www.warmc.com), where you can get the answers you need.

Western Arizona Regional Medical Center has launched Discovery Hospital on our website to provide you with the information and tools you need to manage your personal health and gain a greater understanding of health issues you may be confronting. Our partnership with Discovery Hospital aligns our communities with Discovery Communications, one of the world's most trusted media

sources, providing award-winning cable health programming to more than 60 million households via the Discovery Health Channel and [DiscoveryHealth.com](http://DiscoveryHealth.com).

### Visit us today!

Visit [www.warmc.com](http://www.warmc.com), and click on "Discovery Hospital/Health Information." There you'll find options to address your particular concerns. Our website also lists every member of our medical staff so you can find a doctor and discuss your concerns right away.



# Healthy Woman program celebrates first year

Over 500 women strong, the Healthy Woman program at Western Arizona Regional Medical Center (WARMC) continues to grow and benefit women of the tri-state area.

The program empowers women of all ages and walks of life with the knowledge and confidence to make informed healthcare decisions. Through seminars, health fairs and social activities, women gain information about health, communication, relationships and work/life balance.

Free monthly seminars discuss a wide range of topics. Past topics included breast cancer awareness, diet, cosmetic surgery, relationships and more.

"The first quarter of 2006 focused on a "New Year, New You." We served up a full course of seminars to local women on issues such as family and marriage, heart health and healthy cooking," says



Sarah Morga, of WARMC's marketing department. "The goal of these fun and engaging monthly meetings is to share relevant health information with women along the Colorado River."



Heidi Martin, right, of Wishing Well Counseling, speaks with local Healthy Woman members after her presentation on relationship communication.

Join us today!

HEALTHY WOMAN  
A WESTERN ARIZONA REGIONAL MEDICAL CENTER RESOURCE

For more information on WARMC's Healthy Woman program, log onto [www.warmc.com](http://www.warmc.com) or call (928) 763-0222.

## 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

# A circle of friends

## Senior program offers classes, discounts, activities and more!

**W**ith more retirees and empty-nesters finding the Colorado River area a desirable place to live, Western Arizona Regional Medical Center (WARMC) has committed to enriching the lives of these adults. Exercise, new adventure trips, healthcare programs and social activities are the heart of WARMC's Senior Circle program. More than 1,000 mature local residents belong to this national, non-profit organization.

Nearly 50 percent of the area's population—reportedly topping 70,000 people—are ages 45 and older, and nearly 20 percent of them are over 65. From Laughlin to Needles, our percentage of older residents is higher than the overall percentages for all of Arizona, Nevada and the United States.

For adults ages 50 and over, Senior Circle offers a chance to meet new people and learn about important health issues.

Senior Circle promotes a healthy and active lifestyle with programs that encourage continued learning, wellness, health and volunteering, coupled with social activities. Senior Circle, along with its advisory council, plan day trips for shopping, holidays and sightseeing; shows; potlucks; parties; cruises; and tours throughout the United States and abroad. There are monthly



medical presentations with doctors, specialists and WARMC medical staff. The medical team provides vital health education and informs members about WARMC's many services.

Senior Circle members also receive many discounts, including health and wellness products and local gym memberships. Membership fees are \$15 a year per person or \$27 for a couple.

**Join the circle today!**

**F**or more information or to join, call  
Diane Blythe at (928) 763-0282.

Senior Circle

70WAR



Western Arizona Regional Medical Center  
2735 Silver Creek Road  
Bullhead City, AZ 86442

PRSR STD  
U.S. POSTAGE  
PAID  
Lebanon Junction, KY  
Permit 19

SPRING 2006

# Health Connection

*Health Connection* is published as a community service of Western Arizona Regional Medical Center. There is no fee to subscribe.

The information contained in this publication is not intended as a substitute for professional medical advice. If you have medical concerns, please consult your healthcare provider.

Copyright © 2006 Western Arizona Regional Medical Center