

ST Anthony's
Medical Center
Advanced Medicine.
Compassionate Care.

YOUR HEALTH today

SUMMER 2010

FOR
CLASSES,
EVENTS,
SCREENINGS,
SEE CALENDAR
INSERT
INSIDE!

SHE ASKED!

PAGE 11

Fox High School cheerleader Andrea Buss learned how to make a healthy choice at the South County Mall food court. Learn more in this *ask the doctor* issue.



summer

YOUR HEALTH today



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SEE THE CLASSES AND EVENTS CALENDAR INSERT SECTION FOR YOUR GUIDE TO HEALTHY LIVING

WEB EXTRAS



Articles with this icon have more info on our Web site. Go to

stanthonysmedcenter.com and click on *Your Health Today*.

in good health



TREAD SAFELY IN THE WATER

Pools, sprinklers, lakes—just about any body of water is a welcome refuge from the heat. They are also danger zones. When children are near water, they must be supervised.

With the growing popularity of garden ponds, remember that young children can drown in the smallest amount of water—even a bucket. If you or your neighbors have a garden pond, make sure it is fenced off to keep wandering children from falling in.

When you're at the pool, don't rely solely on the lifeguards. Until your children are proficient swimmers, make sure they are always under the watchful eye of a responsible adult. Pools can be hectic places, and lifeguards are not capable of watching every child at every moment.

If you're at the beach, make sure you stay in designated swimming areas and keep a close eye on dangerous surf. Children can easily be pulled under by a wave or strong undertow.

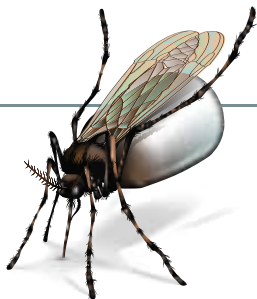
When boating, make sure everyone is wearing a properly fitted life jacket. The life jacket will be snug, and your child will probably complain, but do not relent.

Enroll your child in swimming lessons. Learning to swim is a valuable skill that can develop into participation in competitive swimming, become an excellent exercise option or simply provide for a lifetime of fun, safe water experiences.



A single water-filled bucket can produce **hundreds** of biting mosquitoes. Most spend their entire life within 300 feet of their breeding site.

tiny terrors



There's nothing like a lazy summer evening outside with your family. But you may need to protect your family from painful and possibly disease-carrying mosquito bites by applying an insect repellent containing DEET.

Concentrations of DEET vary in different products. Thirty percent is the maximum concentration recommended for infants and children. The concentration level affects the duration of a product's effectiveness. If you'll be outside for only two hours, a concentration of 10 percent works well. The 30 percent concentration provides about eight hours of protection. Select the product based on your family's specific needs.



Summer's here and the time is right for brushing up on your summer safety tips.

Go outside, get active, but don't forget to be safe.

Fun in the sun

You've waited through the cold winter and rainy spring. Now that the weather is nice and you can spend more time outside, don't forget to take safety precautions so you and your children avoid sun damage. Since most sun damage occurs before people reach the age of 20, parents must protect their young children and teach their older children sun safety. Follow these simple tips:

- ▶ Babies younger than 6 months should be kept out of direct sunlight.
- ▶ Use an SPF of at least 15.
- ▶ Apply sunscreen 30 minutes before going outside.
- ▶ Reapply sunscreen every two hours, or after swimming or sweating.
- ▶ Wear a wide-brimmed hat and sunglasses.
- ▶ Avoid the direct sun from 10 a.m. to 4 p.m.



Safety on wheels

BE BIKE SMART AND PEDAL SAFELY

Do bike reflectors and a reflective vest make it safe for a child to ride at night? That's a myth debunked by the American Academy of Pediatrics (AAP), which says it's never safe for a child to ride a bike at night. Another misconception is that it's OK to buy a bike your child can grow into. Not so—oversized bikes are especially dangerous. A bike is the correct size if a child can sit on the seat with both feet reaching the ground, straddle the bike and clear the center bar, and easily operate the hand brakes.

The AAP also recommends bicyclists:

- ▶ Wear a helmet
- ▶ Ride on the right side of the road, with traffic
- ▶ Use appropriate hand signals
- ▶ Respect traffic signals

Bike riding can be hazardous. According to the Centers for Disease Control, approximately 150,000 bicyclists are treated in U.S. hospitals for head injuries each year. That's why it's important to wear a bicycle helmet, even for a short ride—it can reduce the risk of head injury by 85 percent.

TIP: Buy a new helmet that has been tested and meets the uniform safety standard of the U.S. Consumer Product Safety Commission.



TRY IT ON! For a free bike helmet fitting, call **314-ANTHONY (268-4669)**.

See the calendar insert for the times and locations of helmet fittings.

hugs and paws for patients

New hospital gowns, socks provide comfort to surgery patients

Next time you or a loved one has surgery at St. Anthony's, ask for the "paws." To ensure that patients are comfortable both before and after surgery, St. Anthony's now offers special surgical gowns, along with socks, that help maintain a consistent temperature around a patient.

"It was wonderful," says Kellie Milby of Downs, Ill. "When I came in, I was cold and the gown and socks made me more comfortable. I could regulate the temperature, so I could keep it as warm or cool as I liked. It was very relaxing to have that."

Because of the advanced medical equipment needed in and around surgical suites, temperatures often are

kept in the low 60s. But that temperature isn't always ideal for patients. The Bair Hugger temperature management system includes warming units and disposable blankets that distribute warm or cool air that is controlled by the patient. Socks with little "bear paws" also are included.

Warmer patients may be faster healers, too. Some studies show forced-air warming can reduce the risk of heart problems, blood loss and infections as well as reduce patient anxiety. Eliminating post-surgical shivering can also conserve energy to promote healing. At St. Anthony's, then, the Bair Paws system is the very height of fashion sense—and medical sense.



fun day, great cause

Save the Date

2nd Annual St. Anthony's Charitable Foundation

Golf Tournament

Benefiting St. Anthony's Hospice Program and the Fern and Russell F. de Greeff Hospice House

Bill Wachter, *Tournament Chairman*

Monday, June 21, 2010

Sunset Country Club • \$400 per person

11:00 AM Drive Range, Lunch and Registration

12:00 PM Shotgun Start, Four Person Scramble

5:00 PM Cocktails, Dinner and Auction



The golf tournament cost is \$400 per person, or \$150 per person for the dinner/auction only. Space is limited and reservations are being accepted. Call 314-525-7369 to reserve your space.



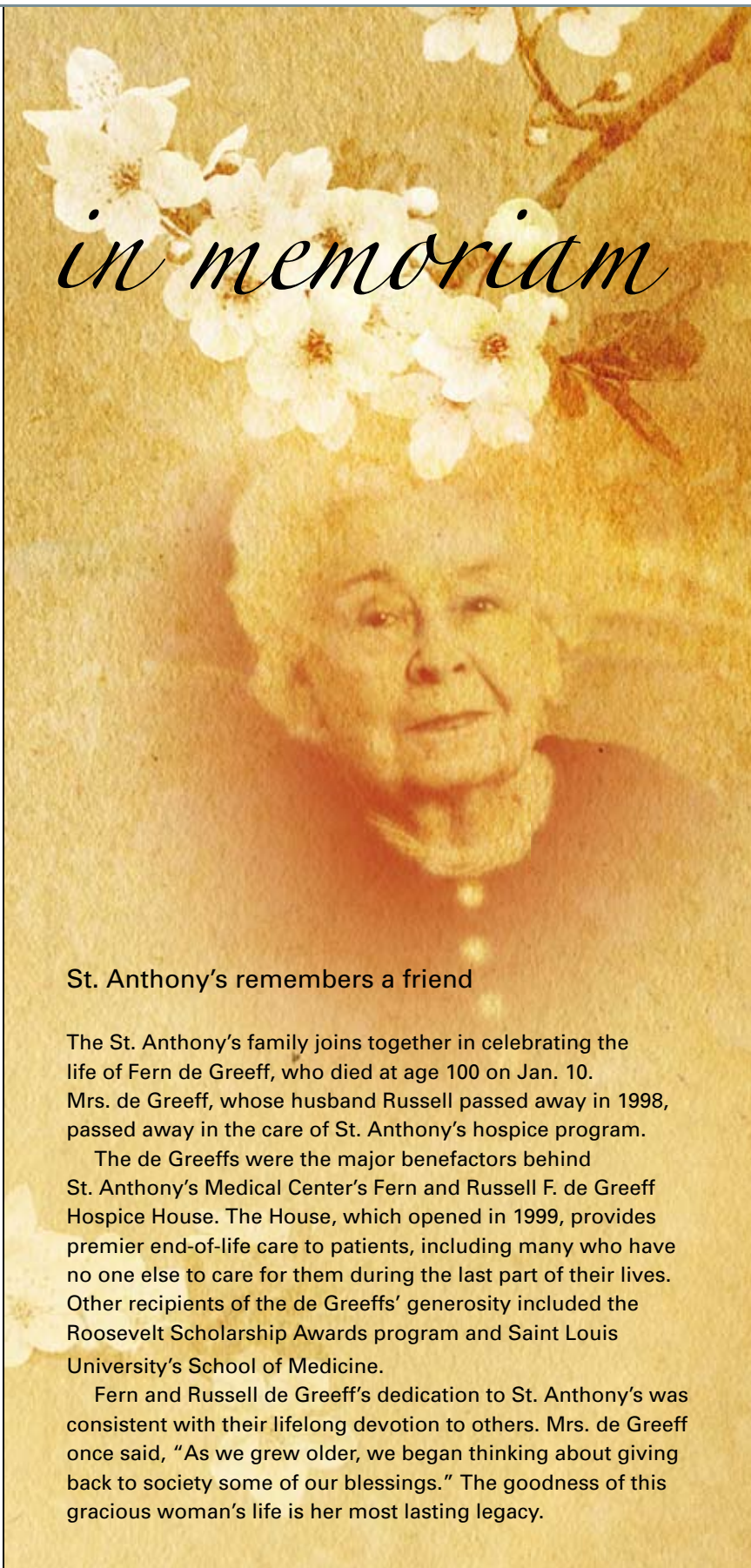


Kellie Milby from Downs, Ill., relaxes in the surgical pavilion before an arthroscopic hip procedure.

Enjoy a golf outing June 21 and support St. Anthony's hospice care

Celebrate the summer solstice by taking part in St. Anthony's Charitable Foundation's second annual golf tournament. Nearly 100 golfers chased that little white ball last year, raising \$36,000 for the Foundation. On Monday, June 21, you can participate in the second annual tournament, which benefits St. Anthony's Hospice Program and the Fern and Russell F. de Greeff Hospice House.

Join us at Sunset Country Club, 9555 S. Geyer Road in St. Louis. You can either form a foursome or become part of an open group. The day begins at 11 a.m. with a barbecue lunch and registration. Golfing begins with a shotgun start at noon. Cocktails, dinner and a charitable auction begin at 5 p.m.



St. Anthony's remembers a friend

The St. Anthony's family joins together in celebrating the life of Fern de Greeff, who died at age 100 on Jan. 10. Mrs. de Greeff, whose husband Russell passed away in 1998, passed away in the care of St. Anthony's hospice program.

The de Greeffs were the major benefactors behind St. Anthony's Medical Center's Fern and Russell F. de Greeff Hospice House. The House, which opened in 1999, provides premier end-of-life care to patients, including many who have no one else to care for them during the last part of their lives. Other recipients of the de Greeffs' generosity included the Roosevelt Scholarship Awards program and Saint Louis University's School of Medicine.

Fern and Russell de Greeff's dedication to St. Anthony's was consistent with their lifelong devotion to others. Mrs. de Greeff once said, "As we grew older, we began thinking about giving back to society some of our blessings." The goodness of this gracious woman's life is her most lasting legacy.

ask the doc

Got a question?
Primary care experts have your answers!

Alejandro, Christina, Victoria and Louis Ojascaastro, board-certified MDs, Our Family Healthcare

A: Many people are confused about the types of primary care physicians (PCPs). The truth is that there are several types of physicians who can serve as your partner in health. Some may be MDs (doctor of medicine) or DOs (doctor of osteopathic medicine), but medical and wellness issues can be handled by all, including:

Family practitioners care for adults and children, so one physician cares for the entire family.

Internal medicine specialists (internists) provide comprehensive care to adults.

Pediatricians care for infants and children.

Obstetricians/gynecologists focus specifically on women's health concerns and surgical issues.

Other PCPs can specialize in other medical fields, such as geriatrics. In a practice such as Our Family Healthcare in south St. Louis County,



several PCPs practice together, offering multiple options. The key is everyone should have a PCP to ensure regular screenings and exams are scheduled, in addition to office visits for illness or injury.

Q:

WHAT IS A
PRIMARY
CARE
PHYSICIAN
(PCP)?

John Garcia, MD, board-certified internal medicine, Premier Medical Associates

A: Anything. A regular and frank discussion with your doctor can identify early warning signs. I tell my patients to think in terms of "what, when, why and where," so that they can get the most out of their doctor's visit. That means putting any symptom into context. For example, if they feel fatigued, I may ask, when does it happen? A hectic schedule or when climbing a flight of stairs? Are there circumstances—work or home stress—that prompt the symptom? It could be stress, or it could be heart problems. Intimacy issues could be erectile dysfunction or a sign of diabetes. Thirst, tingling or numbness in legs or arms, weight loss

or gain, or frequent bathroom trips should be discussed with your doctor. Many serious health problems, such as heart disease, high blood pressure or cholesterol, and diabetes begin with mild symptoms. If caught early, effective treatments are available to minimize negative complications. If you think your symptoms can be linked to just being "out of shape" or stress, don't be too sure. See a physician.

Q:

WHAT
SYMPTOMS
SHOULD I
DISCUSS WITH
MY DOCTOR?

People with high blood pressure often have no signs or symptoms, even at dangerously high levels.



In this issue of *Your Health Today*, St. Anthony's Medical Center physicians respond to your questions on a variety of topics that affect your general health. Our primary care staff draws on extensive medical experience to highlight important practical tips to safeguard your health.



NEED A DOCTOR?

Call **314-ANTHONY (268-4669)** for more information.



These Ojascastro family members are all PCPs: Alejandro—Family Practice; Christina—Pediatrics; Victoria—Internal Medicine; Louis—Obstetrics/Gynecology.



Julie Busch, MD, answers questions about vitamins.

Julie Busch, MD, board-certified family practice, Kirkwood Family Medicine

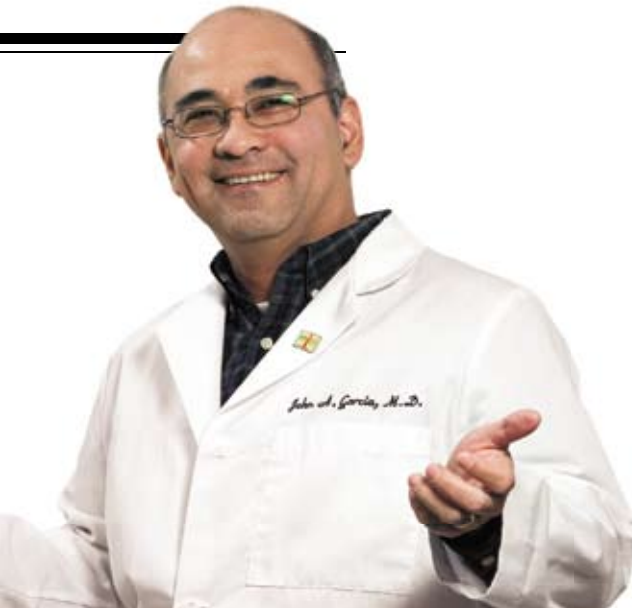
A: Maybe. If you eat a well-balanced diet, get regular sun exposure, and drink vitamin D-fortified dairy products, you may not need to take daily vitamins. Contrary to some claims, there is no strong evidence that vitamins prevent cancer or heart disease. However, some vitamins are highly beneficial, especially for those with specific medical concerns. Here are some recommendations:



DO I NEED A DAILY MULTIVITAMIN?

- ▶ **PREGNANT WOMEN**—All women of childbearing age or trying to conceive should take 4-8 mg of folic acid daily to decrease the risk of neural tube defects in babies.
- ▶ **OSTEOPOROSIS**—Those diagnosed with osteopenia or osteoporosis should take 800 IU of vitamin D daily with calcium to decrease the risk of fractures. Avoid vitamin A, which has the opposite effect.
- ▶ **ELDERLY**—Vitamin B-12 deficiency is common, so 2.4 mcg per day is recommended.
- ▶ **RESTRICTED DIETS**—Vegans, vegetarians and others should talk with their doctor about recommended levels of vitamin B-12 and D.
- ▶ **ILLNESS OR DISEASE**—Those on dialysis, those who have had gastric bypass surgery, or those who are alcoholics usually are vitamin deficient and require supplements.

Unless you have a specific recommendation from your physician, do not take high doses of any vitamin. A daily vitamin is safe for most people, but talk with your doctor about your individual needs.



GO ONLINE!

Download a free medical history form to fill out and take to your PCP.



TRUE OR FALSE?

Can vitamins also be bad for you? Visit www.stanthonyemedcenter.com for Dr. Busch's answer!

GREEN VEGGIES AND SOME FRUIT

contain vitamin K, which could interfere with the blood thinner Coumadin (warfarin). Don't eliminate these, but you should be consistent in the amounts you eat and be monitored regularly by a physician.

Q:

CAN CERTAIN FOODS INTERFERE WITH MY MEDICATIONS?

Elizabeth Ballard, MD, board-certified family practice, Arnold Family Health Care

A: Yes. Some foods interfere with absorption or cause adverse reactions with prescribed medications. In rare cases, it can be life-threatening. My top concerns are:

GRAPEFRUIT can cause an unsafe rise in the level of medicine in your body. The effect lingers for up to 72 hours, so taking your medication at a different time of day doesn't help. The long list of no-nos with grapefruit includes antibiotics, antihistamines, cough suppressants, cholesterol-lowering drugs, heart medications, Coumadin, calcium channel blockers, anti-anxiety medications, immunosuppressants, chemotherapy or hormone replacement drugs, pain medications and even erectile dysfunction pills.

GREEN TEA AND CAFFEINATED DRINKS have been shown to raise blood pressure, so both are not good choices for those taking high blood pressure medications or those trying to control blood pressure through diet and exercise. They are also not a good choice for those on blood thinners or daily aspirin.

BREAD, PASTA, RICE, POTATOES and other simple carbohydrates like these, as well as fruit juices, cause a fast increase in blood sugar levels, so they are not good choices for patients with diabetes.

MILK AND OTHER DAIRY PRODUCTS interfere with absorption so that medication levels may be too low or ineffective. Avoid taking medications at the same time as dairy products unless directed by your pharmacist.

Elizabeth Ballard, MD, identifies foods that can interact with some medications. In some cases this can cause an adverse reaction or affect absorption of the medication.

Q:

I'M CONFUSED ABOUT THE RECENT CHANGES IN MAMMOGRAM SCREENING AND PAP SMEAR GUIDELINES. WHAT SHOULD I DO?

Julia Lagow, DO, obstetrician/gynecologist, Premier Women's Health Care

A: Talk with your physician. A government task force created a flurry of controversy last year when it advised that routine mammograms in healthy women be scheduled every two years beginning at age 50. The American College of Obstetricians and Gynecologists (ACOG), however, states more evidence is needed. Until then, it stands by long-standing recommendations for screening mammograms to begin annually at age 40, and even younger in women at higher risk. Ob/Gyns also continue to advocate self-breast exams, which potentially can detect small abnormalities. For Pap smears, women can undergo screenings less frequently because of advances in screening technologies. For women ages 21–30 with no history of abnormal Pap smears, screenings every two years are recommended. For women older than 30, screenings can be done once every three years. You should discuss with your doctor any potential risk factors you may have that would warrant earlier or more frequent screenings. Yearly exams with a gynecologist are still recommended, as a Pap smear is only one aspect of this exam.



NEED A DOC?

Do you need your well-woman checkup but don't have a physician? Call **314-ANTHONY (268-4669)**.

your advanced care _____



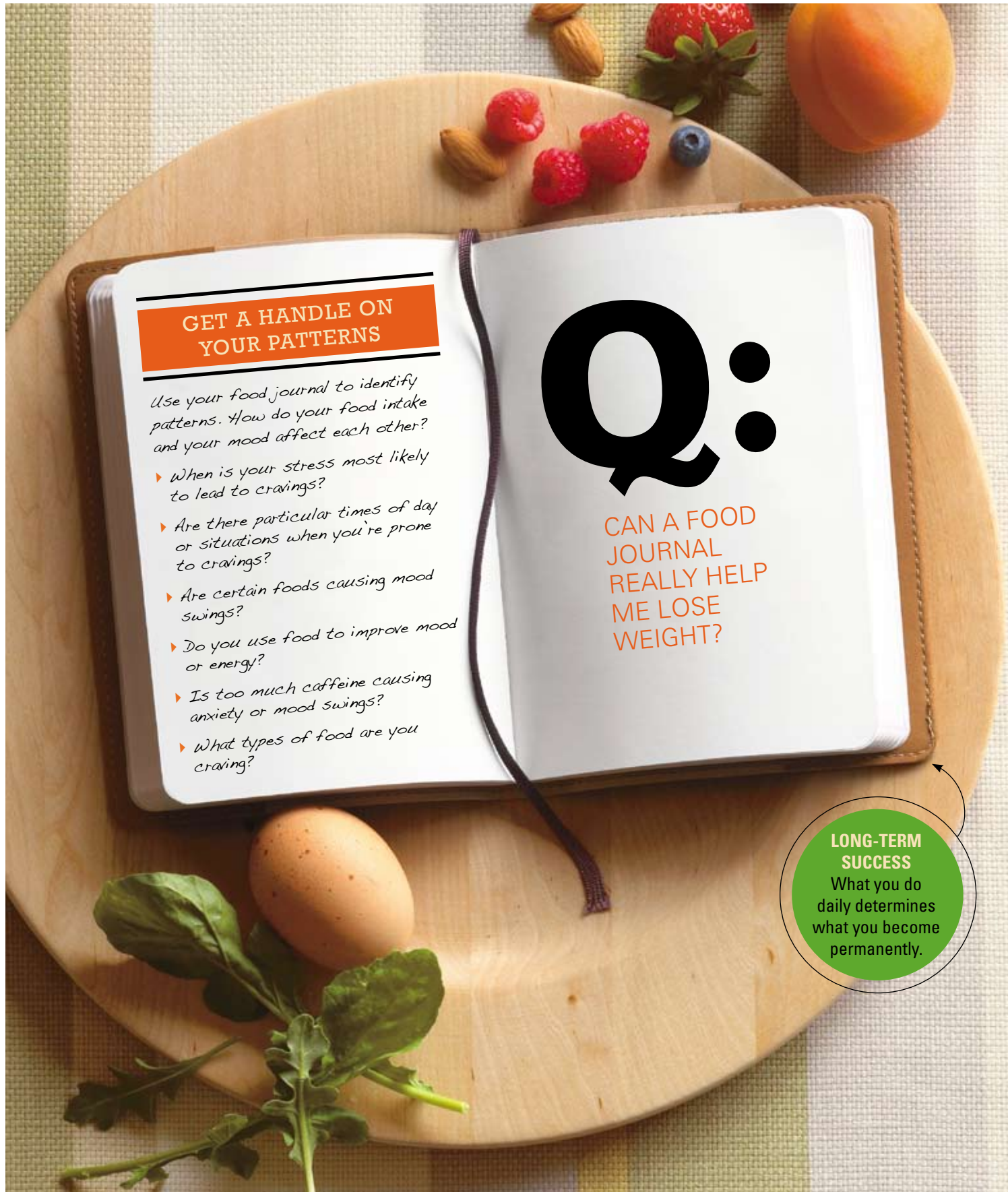
Q:

WHEN DOES
MY CHILD
GROW OUT
OF A
BOOSTER
SEAT?



VIDEO

See Dr. Glines explain
the use of booster seats
at [www.stanthonys
medcenter.com](http://www.stanthonysmedcenter.com).



GET A HANDLE ON YOUR PATTERNS

Use your food journal to identify patterns. How do your food intake and your mood affect each other?

- ▶ *When is your stress most likely to lead to cravings?*
- ▶ *Are there particular times of day or situations when you're prone to cravings?*
- ▶ *Are certain foods causing mood swings?*
- ▶ *Do you use food to improve mood or energy?*
- ▶ *Is too much caffeine causing anxiety or mood swings?*
- ▶ *What types of food are you craving?*

Q:

CAN A FOOD JOURNAL REALLY HELP ME LOSE WEIGHT?

LONG-TERM SUCCESS

What you do daily determines what you become permanently.

COOKIES FOR BREAKFAST? Jump-start your daily food journal with this recipe that combines your bowl of oatmeal, milk and fruit into a delicious cookie!

A: Yes, at a time when Americans spend \$35 billion a year on weight loss products, one of the most beneficial, accessible and affordable weight loss tools is pen and paper!

WHY KEEP A JOURNAL?

A food and exercise log will help determine if your diet is healthful and whether you are making progress toward your specific food and exercise goals. For safe and sustainable weight loss, it is generally recommended that individuals lose one to two pounds per week. To lose the minimum, you need to create a deficit of 500 calories per day. For example, you can achieve this goal by any combination such as eating 250 fewer calories a day (cut out that 20-ounce regular soda) and burning an extra 250 calories through physical activity (swimming laps for 30 minutes).

Experts agree the value of journaling lies in personal accountability, especially if you make adjustments as you review your logs daily or weekly. One of the largest and longest weight loss maintenance trials conducted by Kaiser Permanente's Center for Health Research found that those who kept an accurate (honest) food journal lost twice as much weight as their nonjournaling counterparts. Also, when physicians or dietitians review your journal, they can better assess what may be contributing to weight gain.

GET STARTED!

Your journal can be simple lists on paper or logs in your computer. Keep track of all food and beverages you eat as well as daily exercise. Write down the time you ate, location and how you were feeling, along with specifics about the item, amount and calorie intake. Labeled foods usually have that information. Try online calorie databases such as CalorieKing.com for information on produce or when trying to jot down restaurant food values.

BE MINDFUL

As you continue journaling, you may find yourself pausing before reaching for additional food, knowing you have to write it all down. To avoid triggers that push you toward unhealthy foods, develop coping strategies. Text or talk to a friend, listen to a favorite CD, or take a walk to get away from food temptations.

Even after you reach your targeted weight, long-term success is best sustained by continuing a journal, although you could focus future journals on problem times. For example, try journaling on the weekends if you tend to eat more in social settings. Or record weeknight meals, when time constraints and fast food temptations hit.



WANT HELP?

Download our free daily food and exercise journal pages at stanthonysmedcenter.com.

RECIPE MAKEOVER



LINDA'S BREAKFAST COOKIE

Preheat oven to 375°.

Coat nonstick cookie sheet with cooking spray.

INGREDIENTS AND DIRECTIONS:

1 cup oat bran (dry, uncooked)

¾ cup orange juice

Mix together in a small bowl and set aside to soak for 10 minutes.

This recipe makes a large quantity, so freeze the surplus for weeks of quick breakfasts, snacks or desserts.

1 cup + 1 Tbsp applesauce, **unsweetened**

2 Tbsp canola oil

1 cup honey

⅓ cup firmly packed brown sugar

3 large eggs

1 ½ Tbsp vanilla extract

1 Tbsp grated orange rind or 2 tsp orange extract

Combine in a large bowl, using an electric mixer, until smooth.

3 cups **whole-wheat pastry flour**

1 Tbsp baking powder

1 ½ tsp baking soda

Measure into a sifter and sift over applesauce mixture.

1 cup **nonfat dry milk**

2 ½ cups oats (quick-cooking or old-fashioned)

1 cup nuts (optional)

1 cup raisins

1 cup ground flax seed (optional)

Add the soaked oat bran and remaining ingredients to the large bowl and mix thoroughly with a strong wooden spoon. Drop slightly heaping tablespoons 1 inch apart.

Bake until lightly browned or for 12-14 minutes.

Makes 60 cookies.



For the nutritional analysis on this recipe, go online. We also have other great recipes at stanthonysmedcenter.com. Click on *Your Health Today*.



Nancy Houlihan, Charge RN, Cardiac Rehab, at St. Anthony's Medical Center

A: Keeping a log of your exercise is one of the main things you can do to help keep yourself on track. You are accountable when you write down when and how you work out. By writing it down, by keeping track of your progress, you accept ownership of it.

Maintaining a journal means making a commitment to fitness. It's also a way to set and measure long-term goals. It's a way to commit to doing positive things for better health and looking at the big picture: the changes you have successfully made.

DEFINING A BASELINE

A journal lets you measure progression. When you think, "I only did this," or "I only did that," it lets you see the progression, which helps keep you motivated. It also allows you to challenge

yourself to increase your efforts from workout to workout. It helps you remember what you did: what was the speed, what was the time, what was too difficult, and what was too easy.

Journaling helps you identify sticking points and look at the different variables. If you're doing a workout progression in a particular order, and you're having problems with it, sometimes changing your format or changing the sequence of what you're doing may make a difference. The journal helps you modify your workout.

And it also keeps it real, because most people overestimate the amount of work that they do. A fitness journal gives you a realistic view. The journal also can encourage you. It lets you see in black and white that you are doing more than you were doing a month ago.

WHAT TO WRITE IN YOUR JOURNAL

Record the date, how much time you spent working out, what you did, and how much time

GET STARTED!
Call 314-ANTHONY
(268-4669) to
register for one
of our fitness
classes.



JOURNALING
What you measure,
gets improved.
Keep a journal
of workouts and
fitness goals.

you spent on cardiac conditioning, aerobic exercise, and weight and resistance training. Be specific. Write things like, "I did the treadmill for 30 minutes at 3 miles an hour," or "I did the recumbent bike at Level 7 for 20 minutes." Record specific exercises, the number of repetitions per set, the amount of weight, etc. Rate the intensity of your workout. And build in rewards for success.

JOURNAL FORMATS

Journals can be all kinds of things. It can be as simple as a mini-spiral notebook or a daily calendar if it has enough space. You can use printed journals available at bookstores, or printable online journal formats. At St. Anthony's, we have home exercise logs.






Whether your goal is weight loss, reducing the risk of disease, just being healthier, or competing in a marathon—a fitness journal is appropriate for everybody. But always check with your physician before starting any new exercise program.

EXERCISE FOR WEIGHT LOSS

Exercise is an essential component for good health and weight loss or weight maintenance. When you're active, your body uses more energy (calories). And when you burn more calories than you consume, you lose weight.

As you can see in the table below, the more you weigh, the more calories you will burn during an activity. Remember to check with your physician or healthcare professional before beginning an exercise program.

CALORIES BURNED IN 30 MINUTES

		Weight in pounds		
		160	200	240
	BICYCLING <i>< 10 mph, leisure</i>	146	182	218
	HIKING	219	273	327
	RUNNING <i>8 mph</i>	493	615	736
	SWIMMING <i>laps</i>	256	319	382
	WEIGHTLIFTING <i>free weight, Nautilus or universal type</i>	110	137	164



See the expanded calorie burning chart at stanthonysmedcenter.com. Click on *Your Health Today*.



MISSION

St. Anthony's, a Catholic medical center, has the duty and the privilege to provide the best care to every patient, every day.

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VICE PRESIDENT OF MARKETING AND COMMUNICATIONS
Tess Niehaus

DIRECTOR OF COMMUNICATIONS AND COMMUNITY OUTREACH
Mary Sherfy



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STA-022



WE'RE ON CALL

New telephone number offers easy access to medical center

314-ANTHONY (268-4669). How easy is that?

Now, employees, volunteers and anyone in the community can dial **314-ANTHONY (268-4669)** to reach the medical center's Health Access Line to arrange for everything from physician referrals to classes, events, screenings and other information. We want people to know that if they need information or a referral, they simply need to "Ask ANTHONY"!

GET THE LATEST NEWS!

There's always something new happening at St. Anthony's Medical Center, and new ways for you to stay up-to-date with our current events.

You can become a Facebook fan at <http://www.facebook.com/SAMCstl>.

Follow us on Twitter at <http://www.twitter.com/SAMCstl>.

See us at <http://www.youtube.com/SAMCstl>.



LOOKING FOR A PHYSICIAN?
Call **314-ANTHONY (268-4669)** to request information for a physician referral.