



# About your *Health*

A Memorial Hospital Community Relations Publication

## Making the Grade

### Is Your Heart Failing?

*Garima Sharma, M.D.*

The term “heart failure” makes it sound like the heart is no longer working at all and there’s nothing that can be done. Actually, heart failure means that the heart isn’t pumping as well as it should be. With heart failure, the weakened heart can’t supply the cells with enough blood. This results in fatigue and shortness of breath. Everyday activities such as walking, climbing stairs or carrying groceries can become very difficult.

The left ventricle supplies most of the heart’s pumping power, so it’s larger than the other chambers and essential for normal function. In left-sided or left ventricular (LV) heart failure, the left side of the heart must work harder to pump the same amount of blood.

There are two types of left-sided heart failure. Drug treatments are different for the two types. Systolic failure is when the left ventricle loses its ability to contract normally. The heart can’t pump with enough force to push the needed amount of blood into circulation. Diastolic failure is when the left ventricle loses its ability to relax normally (because the muscle has become stiff). The heart can’t properly fill with blood during the resting period between each beat.

Congestive heart failure is another type of heart failure which requires seeking timely medical attention, although sometimes the two terms are used interchangeably. As blood flow out of the heart slows, blood returning to the heart through the veins backs up, causing congestion in the body’s tissues. Most often there’s swelling in the legs and ankles, but it can happen in other parts of the body, too.

Sometimes fluid collects in the lungs and interferes with breathing, causing shortness of breath, especially when a person is lying down. This is called pulmonary edema and if left untreated can cause respiratory distress. Heart failure also affects the kidneys’ ability to dispose of sodium and water. This retained water increases swelling in the body’s tissues.

There are many treatments for heart failure, which include:

- controlling risk factors
- restricting salt and fat from the diet
- stopping smoking and tobacco use
- controlling blood sugar (if diabetic)
- losing weight (if overweight)
- abstaining from alcohol
- getting proper rest and activity
- controlling blood pressure

Ultimately, patients who have a very complex heart failure may require artificial devices to pump blood to the body or a heart transplant if other conventional treatments, such as medication and bypass surgery, don’t help them.

*Dr. Garima Sharma, York’s first female cardiologist, has special training in heart failure. For more information, call York Heart and Vascular Specialists at 717-849-5576.*

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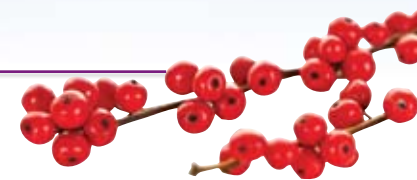
“OLDTIMER’S” DISEASE

SMOKELESS TOBACCO  
AND YOUTH

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# Holiday Survival Guide

## Healthy Eating During the Holidays

Jane Alleman, C.D.M., C.F.P.P.

The holiday season means socializing with family and friends, but how can you enjoy the parties without over indulging? Here are a few simple survival tips to help you make healthier choices.

- **Never go to a party hungry.** Eat a light snack like fresh vegetables, fruit, fat free yogurt or a granola bar.
- **Salad, please.** Try to eat a salad before most meals and eat plenty of fruits and vegetables daily. Avoid filling up on salty or sugary snacks.
- **Step away from the buffet.** Make sure you do not stand at the buffet to socialize; it is too tempting to go back for more.
- **Smaller plates.** Try to use a smaller plate for your food. If you use a large plate, you are bound to fill it up.
- **Sample size.** You can still sample a few of your favorite items, but just take a small portion.
- **Substitutions.** If preparing the food yourself, substitute items such as skim milk for whole milk or applesauce for oil in baked goods. There are even some sugar substitutes that can replace sugar in cooking.
- **Make wise choices when eating out.** Eat small portions and avoid foods high in fat. Select fruits, vegetables, lean meats and whole grains.
- **Limit alcohol.** Drink beverages such as diet soda, coffee, tea or water.
- **Focus on socializing.** Do not go to the buffet immediately. Find a friend or family member and engage in conversation.
- **Learn to say “no” politely.** Do not feel forced to eat food just because it is there.
- **Remember the reason for the season.** Celebrate the true meaning of the holidays by concentrating on family and friends and not the food.

Jane Alleman is the Food Service manager at Memorial Hospital.

# Taking Control

## Living with Chronic Illness

Sam Pisano, L.P.C.

When we are sick and go to our family physician, we are hoping they can give us medicine and we will feel better. What if medicine is not enough and you are faced with learning you have a chronic illness? Diabetes, Rheumatoid arthritis, high blood pressure and asthma are common examples of illnesses that require ongoing and lifelong treatment just to keep the symptoms from getting worse. Living with a chronic illness can be tiring and produce resentment. People who live with a chronic illness can experience a sense of loss and may actually go through stages of grief, almost as though they lost a loved one.

When an individual is first diagnosed they may experience denial that they have an illness. They may feel angry about the need to alter their daily routines. The first step in dealing with a chronic illness is to accept it and learn how to manage it. Here are some tips to help:

- Learn about your illness (i.e. symptoms, medications and factors that influence your illness). Partner with your physician and discuss the many facets of your illness. Do not assume that the information you find on the internet is correct.
- Engage family members or friends who you trust for support. Identify the people you can talk to about your frustrations and concerns who can help you with a healthy perspective.
- Consider attending a community support group where others are dealing with the same type of illness.
- Be aware that the potential for depression is high for people with chronic illness. Seek the help of a health care professional if you feel consistently sad, tearful or hopeless; have trouble sleeping or concentrating; experience changes in appetite; or start thinking in terms of suicide.
- Don't define yourself by your illness. For example, you are not a diabetic – you are a person with diabetes.
- Don't isolate yourself or become a recluse.
- Practice focusing on one day at a time.
- Continue to develop ways to have fun and get exercise despite your illness.

Sam Pisano is a licensed professional counselor. He is the Employee Assistance Program coordinator at Memorial Hospital. For more information, call 717-849-5744.



# Weighing in on Diabetes

## Managing Diabetes Through Weight Loss

Terri Epler, R.N., C.D.E.

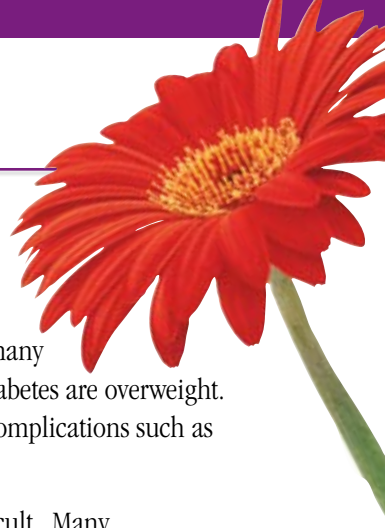
Millions of Americans struggle with being overweight. Obesity increases the risk for many health problems, particularly diabetes. Three out of every five people with type 2 diabetes are overweight. When you have diabetes, being overweight increases your risk for diabetes-related complications such as heart disease, kidney disease and circulation problems.

Losing weight with diabetes is beneficial in controlling blood sugar, but can be difficult. Many diabetes medications, including insulin, frequently cause weight gain. Weight loss can also be difficult because it means making changes in the way you eat and in your physical activity. It takes time and that can be frustrating. Yet, losing weight can help you prevent diabetes complications and help manage your blood sugar.

Recent studies suggest that weight loss (bariatric) surgeries can drastically improve blood sugars, often eliminating the need for diabetes medications. However, these surgeries are not without risk. You don't necessarily have to lose a lot of weight to improve your blood sugars. Even a loss of 10 to 15 pounds can make a big difference.

Reducing calories and increasing exercise are a great way to begin to see the pounds disappear. Learning how to lose weight in a healthy way and keep it off can improve diabetes control and make you feel better in general. Find the weight loss strategy that works best for you and start feeling better now.

Terri Epler, from the Diabetes Center at Memorial Hospital, is a registered nurse and certified diabetes educator. The Diabetes Center offers services for children and adults with diabetes. For more information, call 717-849-5461.



# Catching Your Breath

## What is C.O.P.D.?

Renata Tate, R.N., M.S.N., M.H.A., C.T.T.S.-M.

Chronic obstructive pulmonary disease (COPD) is the fourth leading cause of death in the United States. COPD is a group of respiratory diseases that include emphysema, chronic bronchitis and some cases of asthma. The primary cause of COPD is smoking, in addition to secondhand smoke, air pollution, chemical fumes, and environmental and workplace dust.

More than 12 million individuals have been diagnosed with COPD, while another 12 million have undiagnosed, yet recognizable symptoms of the disease, including constant cough or wheezing, shortness of breath while doing regular activities, increased mucus production and difficulty breathing.


Individuals with COPD have a decrease in lung and airway elasticity. With COPD, the walls of the airway become thick and swollen, causing excess mucus production. Over time, the airways become damaged making it more difficult for someone with COPD to breathe.

Individuals can manage COPD symptoms with physician prescribed medications (bronchodilators, antibiotics, steroids and immunizations) in conjunction with lifestyle changes. Examples of lifestyle changes are as follows:

- Stop smoking
- Avoid exposure to environmental pollutants
- Do your part to prevent infections
- Plan daily tasks
- Look for ways to conserve your energy
- Be an active partner in your health by seeing your physician regularly and complying with a medication regime

While there is no cure, effective management of COPD can improve lung health and slow disease progression. This allows people with the disease to feel better and live a more active lifestyle.

Renata Tate is a Tobacco Cessation educator at Memorial Hospital. For more information on Tobacco Cessation services offered at Memorial Hospital, call 717-849-5463.



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# “Oldtimer’s” Disease

## When to Worry

*K. Barry Wentland, D.O.*

For a fleeting moment, we worry that we have Alzheimer’s Disease (AD) every time we forget why we walked into a room or misplace the car keys. Fortunately, AD is a disease of older Americans so you don’t need to worry until you are over 60.

AD is the most common type of dementia. Dementia is a syndrome involving memory problems combined with difficulty with other cognitive functions, such as speaking, writing, recognizing, and planning and carrying out multiple step tasks. The trite answer is to never worry about something you can’t control. Unfortunately, AD is still a bit of a mystery in that we don’t know what causes it, how to prevent it, how to cure it or even a good way to treat it. You should be concerned when symptoms include difficulty with recent memory function like what you had for lunch a half hour ago and problems with your daily function like getting lost or not being able to complete complex tasks.

You should see your physician when symptoms interfere with your daily life. It could be that you are not suffering from AD, but instead a treatable cause of dementia like that caused by vitamin deficiencies or thyroid disease.

There is a form of Alzheimer’s that affects younger people, but there is almost always a known family history of early dementia. So don’t worry, but do live a healthy lifestyle by not smoking, eating a well-rounded diet high in fruits and vegetables, and exercising not only your muscles but your brain too.

*Dr. K. Barry Wentland is a physician with special training in geriatrics.*



# Smokeless Tobacco and Youth

## What You Need to Know

*Renata Tate, R.N., M.S.N., M.H.A., C.T.T.S.-M.*

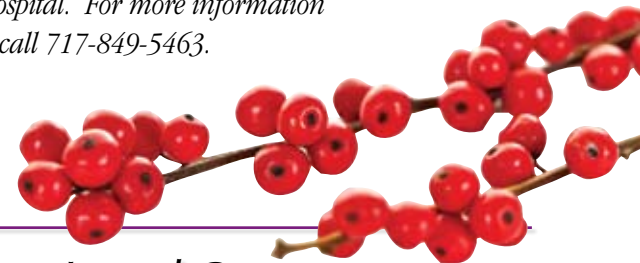
Smokeless tobacco products pose a growing threat to youth. According to the Centers for Disease Control (CDC), smokeless tobacco use is on the rise among adolescent boys in the United States, while smoking rates are on the decline. Since 2003, there has been a 36 percent increase in the use of smokeless tobacco products among high school boys ages 13 to 18, which has created a significant public health issue.

As state and local communities adopt clean indoor air laws, tobacco manufacturers have been forced to create new smokeless and spitless tobacco products as alternatives to smoking. These new products are marketed to consumers as a way to use tobacco when smoking is not allowed or socially unacceptable. For example, Camel Orbs look similar to a Tic Tac and which come in flavors like “fresh and mellow”; Camel Strips resemble Listerine® dissolvable breath strips, which are flat sheets of ground tobacco; and Camel Sticks are toothpick-like sticks made of ground tobacco.

Public health advocates have expressed tremendous concern about the influence of new smokeless tobacco products on youth and non-users. These new products tend to attract youth due to the harmless appearance and the misconception that the product is a “safe alternative”. Based on a survey by the Virginia Foundation, one out of three youth incorrectly identified new smokeless tobacco products as candy, based on packaging alone, and 27 percent said they would try the smokeless tobacco product based solely on the presentation and packaging.

Fortunately, new tobacco products are regulated by the U.S. Food and Drug Administration (FDA). In fact, all new dissolvable tobacco products are currently under review by the FDA’s Tobacco Products Scientific Advisory Committee.

*Renata Tate is a Tobacco Cessation educator at Memorial Hospital. For more information on Tobacco Cessation services offered at Memorial Hospital, call 717-849-5463.*



# Holiday Grief

## Coping with the Holidays without a Loved One

*Beth Markowitz, Home Health Services*

During the holidays, many people dealing with loss are caught in the dilemma between the need to grieve and the pressure to get into the spirit of the season. As the holidays approach, it is important for you to find ways to take care of yourself. Here are some helpful tips:

- **Plan ahead.** Thoughtfully choose how you will spend your holiday time and in what activities you want to participate.
- **Express your feelings.** If you feel the urge to cry, let the tears flow. Tears are healing.
- **Ask for what you need.** Other people don’t know how you feel unless you tell them. If you need to be alone or decide you want to be with others, say so. Ask someone if you need help with holiday planning and shopping or if you just need help getting through the day.
- **Create support for yourself.** Look beyond your immediate family for sources of support.
- **Remember your loved one.** Remember your loved one in a way that is meaningful for you – light a candle in remembrance, visit the cemetery, make a donation in your loved one’s memory or share special memories.
- **Consider creating new traditions.** Creating new rituals may be more healing for you and the rest of the family than rekindling past activities. Involving family and friends may help heal their grief as well.
- **Above all, remember everyone grieves in a different way.** Choose the path that brings comfort to you.

*Beth Markowitz is the administrative coordinator for White Rose Hospice. Memorial’s Home Health Services include HomeCare of York and White Rose Hospice. For more information, call 717-843-5091.*

# Weathering Winter

## Keeping You Safe This Winter

*Marcia Feehan, R.N., M.S.N., C.E.N.*

Each year, there are thousands of emergencies due to winter weather that could be avoided with proper planning. From home heating to traveling during inclement weather to spending time outside, weathering winter can be challenging.

### HEATING YOUR HOME

In preparation for winter, have a local company service your furnace and clean out your fireplace chimney; stack dry wood for easy access if using a fireplace or wood burning stove. Use space heaters only in a well ventilated room and never leave them unattended or on all night. Candles are nice to have in a power outage or for added room décor, but should not be used as a heat source or left unattended because they present a fire hazard. Remember to keep children and pets away from all hot surfaces and flames.

### TRAVELING

Traveling in winter can be unpredictable. Preparing a car kit for winter emergencies can be useful. Keep a blanket, hat, gloves and a flashlight in your car as well as water and energy bars. A small shovel and newspapers or cat litter can be used to enhance tire traction if stuck in the snow and an ice scraper is essential. A first aid kit, cell phone charger, jumper cables and flares are appropriate to add to your car for emergency use.

### WINTER ACTIVITIES

Enjoy winter activities such as sledding, ice skating, skiing, building snowmen and snowshoeing with friends. Wear sunscreen and hydrate with water. Clean off sidewalks and driveways frequently and apply an ice melting product to keep surfaces clear. Be sure to wear non-skid foot wear when you are outside and slow down to prevent falls.

### DRESS FOR SUCCESS...IN THE COLD WEATHER

You should dress in layers for warmth on a cold day. Also, wear socks and waterproof footwear, gloves, a scarf, and a hat or earmuffs. Adding a layer of long underwear beneath clothes can be beneficial to keep your body heat close to you. Inside, wear a sweater or sweatshirt and slippers or socks to remain nice and toasty on a cold winter evening.

*Marcia Feehan is a registered nurse who is the manager of Memorial Hospital's Emergency Department.*



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## Apple, Pear and Cranberry Compote

### INGREDIENTS

- 3 cups coarsely chopped, peeled Fuji apples (about 2 medium)
- 2 1/4 cups coarsely chopped, peeled Bartlett pears (about 2 medium)
- 3/4 cup apple cider
- 1/2 cup fresh cranberries
- 2 tablespoons brown sugar
- 3/4 teaspoon ground cinnamon
- 1/8 teaspoon salt
- 1/8 teaspoon ground nutmeg
- 2 teaspoons fresh lemon juice



Yes, I'd like more information about Memorial Hospital and the Memorial Family of Health Services.



11/11

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| <input type="checkbox"/> Community Wellness Programs     | <input type="checkbox"/> Complete Physician Directory |
| <input type="checkbox"/> Employment Opportunities        | <input type="checkbox"/> Other _____                  |

**Return to: Memorial Hospital Community Relations, 325 S. Belmont St., York, PA 17403**



# Community *Wellness* Programs

## Diabetes Self-Management Program

**Dates and Times:** January 3, 10 and 17, 2012 from 9:30 a.m. to 12:30 p.m. **OR** February 7, 14 and 21, 2012 from 6 to 9 p.m.

**Location:** Memorial Hospital

**Fee:** Call for more information

This program offers information about managing and monitoring diabetes. The program focuses on general information about diabetes and the aspects of self-care. The classes utilize a comprehensive, interdisciplinary team approach to meet the National Standards for Diabetes Self-Management Education. The American Diabetes Association recognized this program as meeting the National Standards for Diabetes Self-Management Education. For more information or to register, call 717-849-5461.

## Diabetes Support Group

**Date:** Second Wednesday of each month

**Time:** 7 to 8:30 p.m.

**Location:** Memorial's Health and Wellness Center, 1420 Sixth Avenue, Suite 3

**Fee:** Free

Sometimes living with diabetes can be overwhelming. Sharing those feelings with others can make life easier. If you have diabetes, consider joining the Diabetes Support Group. For more information or to register, call 717-849-5461.

## Know Your Healthy Numbers

**Date:** March 8, 2012

**Time:** 10 a.m. to Noon

**Location:** Memorial's Health and Wellness Center, 1420 Sixth Avenue, Suite 3

**Fee:** Free

This course is designed to help people with diabetes understand the role of blood glucose monitoring to maintain and improve their health. For more information or to register, call 717-849-5462.

## Know Your Nutrition

**Date:** January 19, 2012

**Time:** 6 to 8 p.m.

**Location:** Memorial's Health and Wellness Center, 1420 Sixth Avenue, Suite 3

**Fee:** Free

This course is designed to help people with diabetes to understand the role of good nutrition and activity to maintain and improve their health. To register, call 717-849-5462.

## Newborn Care Class

**Dates:** February 2, 2012 **OR** March 22, 2012

**Time:** 6:30 to 8:30 p.m.

**Location:** Memorial Hospital

**Fee:** \$16

This course is geared toward parents, grandparents, babysitters or anyone else who must care for a newborn. The class will address the following newborn care topics: bathing, dressing, diaper changing, holding a baby, burping, temperature taking and reading a thermometer. For more information or to register, call 717-849-5462.

FOR A COMPLETE CALENDAR OF PROGRAMS, VISIT OUR WEBSITE AT: [www.mhyork.org](http://www.mhyork.org)

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### PREPARATION

Combine the first eight ingredients in a medium saucepan over medium heat. Bring to a boil. Cover, reduce heat and simmer 15 minutes or until the fruit is tender. Remove from heat and stir in lemon juice.

### YIELD

12 servings (serving size: 1/3 cup)

### Nutritional Information

CALORIES 42; CALORIES FROM FAT 2%; FAT 0.1g; SATURATED FAT 0.0g; MONOUNSATURATED FAT 0.0g; POLYUNSATURATED FAT 0.0g; PROTEIN 0.2g; CARBOHYDRATE 11g; FIBER 1.4g; CHOLESTEROL 0.0mg; IRON 0.2mg; SODIUM 27mg; CALCIUM 7mg

*Source: Cooking Light, October 2005*

## Bereavement Support Group

**Date:** Third Thursday of each month

**Time:** 6:30 to 8:30 p.m.

**Location:** Memorial Home Health Services, 1412 Sixth Avenue

**Fee:** Free

The Bereavement Support Group helps individuals who have recently lost a loved one. For more information or to register, call 717-849-5642.

## Nicotine Support Group

**Date:** Every Tuesday

**Time:** 6:30 to 7:30 p.m.

**Location:** Memorial's Health and Wellness Center

**Fee:** Free

The goal of the Nicotine Support Group is to share common experiences, learn about the power of nicotine and create a caring atmosphere. This group is for individuals who are nicotine-free or who want to become nicotine-free. For more information or to register, call 717-849-5463.

## Tobacco Cessation Program

**Dates:** January 9, 16, 23, 30 and February 6 and 13, 2012

**Time:** 6 to 9 p.m.

**Location:** Memorial's Health and Wellness Center,

1420 Sixth Avenue, Suite 3

**Fee:** Free

This free, six-week program provides a comprehensive outpatient group approach to tobacco cessation. The goals of the program are to help individuals develop a better understanding of tobacco use, how to overcome the tobacco addiction, methods to cessation and how to live a tobacco-free life. The program is designed to provide individuals with a step-by-step approach to tobacco cessation in a group format. For more information or to register, call 717-849-5463.

## Heartsaver First Aid with CPR and AED

**Dates and Times:** January 2, 2012 from 5 to 9 p.m.

**OR** February 6, 2012 from 8 a.m. to 12 p.m.

**Location:** Memorial Hospital

**Fee:** \$47

This class teaches rescuers to effectively recognize and treat adult emergencies in the critical first minutes until medical services personnel arrive. The class also provides complete health and safety training for first aid, adult and infant CPR and AED's. Participants will receive a two-year certification from the American Heart Association. For more information or to register, please call 717-849-5462.

## Strengthening Families Program

**Dates and Times:** Call for more information

**Location:** Call for more information

**Fee:** Free

The Strengthening Families Program focuses on families with children 10 to 14 years of age and shares proven techniques for family communication and parental management. Families attend together for eight weeks of fun, games and food. (A Spanish class is available.) For more information or to register, call 717-815-2788.

## Gestational Diabetes Class

**Date:** Every Wednesday

**Time:** Noon to 2 p.m.

**Location:** Memorial's Health and Wellness Center

**Fee:** Call for more information

Gestational diabetes is when a pregnant woman develops a high blood sugar during pregnancy. This class teaches you how to take care of yourself and your baby. For more information or to register, call 717-849-5461.

## Blood Pressure Screenings

**Date:** First Thursday of every month

**Time:** 10 to 11 a.m.

**Location:** Greenbriar Medical Center

**Fee:** Free

Individuals have their blood pressure taken and the information is then recorded onto a card for the patient. No appointment is necessary. For more information, call 717-764-9729.

## Planning for Pregnancy

**Dates and Times:** Call for more information

**Location:** Call for more information

**Fee:** Free

If you are thinking about becoming pregnant, don't miss this important class. Get the facts straight from the professionals. Learn how to increase your odds of conception, get fit for pregnancy, eat right for a healthy baby and get the support you need throughout your pregnancy. For more information, call 717-849-5462.

## New Baby Day Camp

**Date:** February 8, 2012

**Time:** 6 to 7:30 p.m.

**Location:** Memorial Hospital

**Fee:** Free

Welcoming a new baby into the family is certainly exciting, but it can be very stressful – especially for the littlest member of your family. Ease the transition for your child by attending this camp, a unique event featuring a fun and interactive program where kids learn what a new baby looks like, how to become a big helper and how to make friends with the new baby. For more information or to register, call 717-849-5462.

## Childbirth Classes

**Dates and Times:** January 12, 19, 26 and February 2 and 9, 2012 **OR** March 1, 8, 15, 22 and 29, 2012

**Time:** 6:30 to 8:30 p.m.

**Location:** Memorial Hospital

**Fee:** \$65

This is a five-week childbirth education series that encourages your active participation as a couple during pregnancy, birth and the first few weeks at home. Special emphasis is placed on relaxation and breathing techniques that can be used not only during the labor and delivery process, but also throughout your life for stress and pain management. The class includes a tour of the Family Birth Center, lectures, discussions and videos. For more information or to register, call 717-849-5462.

## KidShape

**Date:** January 26 through March 22, 2012

**Time:** 6 to 8 p.m.

**Location:** Stillmeadow Church  
(400 Stillmeadow Lane in York)

**Fee:** \$10 enrollment fee

This nine-week program, sponsored by the Highmark Foundation, is for families with overweight children ages six to 14. The program helps children and their families through better nutrition, increased physical activity and improved self-esteem. For more information, call 717-849-5492.





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# Memorial Hospital

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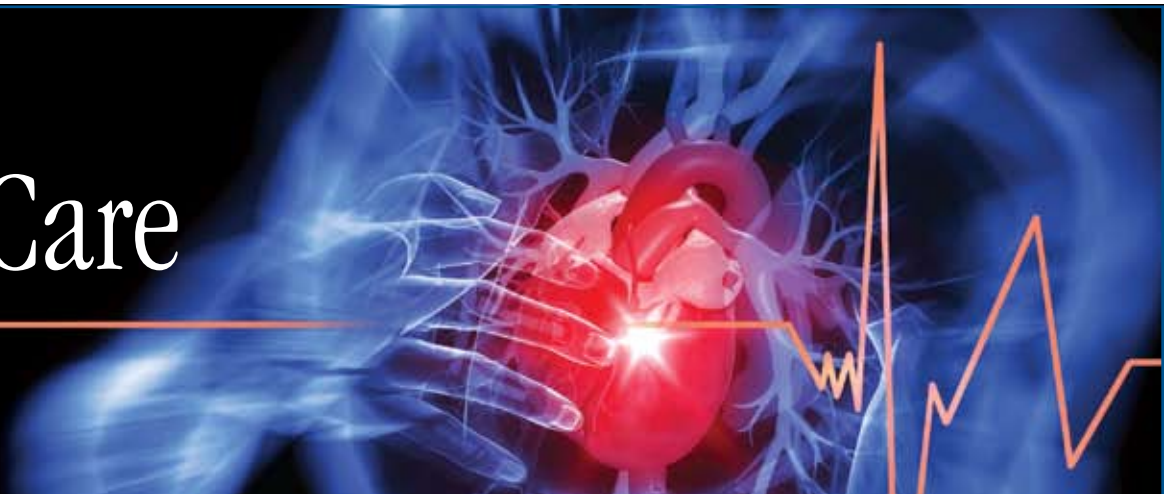
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## The Heart of Emergency Care



If you ever have a strange feeling in your chest, never hesitate. Never second guess. Never assume it is something else. Never, ever think it is really not important enough to go to a hospital.

When it comes to heart symptoms, it is vitally important that you seek medical attention immediately. If you experience chest pain, don't wait, call 911 or go right to the Emergency Room. "Minutes Equal Muscle" — meaning for every minute you save, you save more heart muscle.

At Memorial Hospital, we provide comprehensive cardiac care. Our Medic 102 emergency responders perform in-home EKGs, alerting the hospital of your condition long before you reach our campus. The moment you walk through our ER doors, our specially cardiac trained physicians begin initial care. If a heart problem is confirmed, our highly advanced heart specialists, specifically trained in invasive and non-invasive cardiac procedures, administer your care.

So don't skip a beat. If you feel the slightest chest discomfort, come experience the high-tech, high-touch comprehensive heart care at Memorial Hospital.



*Emergency Services at...*

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