

HealthLine

BRANDYWINE HOSPITAL—BETTER HEALTHCARE, CLOSE TO HOME

A circle of friends

Senior program offers valuable rewards

Preparing for outpatient surgery

7 steps to a healthier you

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How to handle an emergency

Dining the Greek way



BRANDYWINE
HOSPITAL

Preparing for outpatient surgery

Thanks to the miracle of science, surgeries that once required a hospital stay can now be done on an outpatient basis. That's good news for those who recover better in the comfort of home, but it also means that any necessary arrangements must be made before the surgery date. If you or a loved one is facing outpatient surgery, try the suggestions below to help make the experience as smooth as possible.

PLAN AHEAD

As surgery day draws closer, you'll find it helpful to have certain things taken care of. Once you know your surgery date and time, ask yourself these questions:

- **Do I need to make any changes in my house's setup?** You may have to set up a temporary bedroom on the first floor if you think you'll have difficulty climbing stairs, for instance.
- **Do I have enough food in the house?** Stock up on meals in the freezer (either homemade or store-bought) so you

won't have to worry about food preparation. Ask your doctor about dietary restrictions or recommendations.

- **Will I need help in the house?** Plan to have a friend or a family member drive you home from the hospital. It's also a good idea to have someone stay with you during the first 24 hours. After that, schedule your visitors. They'll brighten your mood but may also cut into your resting time. Be sure to limit visits based on how you feel.
- **Is there anyone I'm responsible for?** If you have baby-sitting or caretaking responsibilities, remember to make other arrangements for your recovery period.

THE DAY BEFORE

Your doctor will probably instruct you not to eat or drink within eight hours of surgery. Ask your doctor whether you should abstain from taking medication or bring a day's dosage with you to the hospital.

If you're recovering from or coming down with a cold, tell your doctor. Your surgery may be postponed until you feel healthy.

Because skin-tone changes can sometimes be a sign of postsurgery problems, don't wear any makeup the day of surgery, including eye makeup and nail polish. Also, plan to wear loose clothing to the hospital.

AFTER SURGERY

Tell your healthcare team about any discomfort, irritation or pain you feel. How long you stay at the hospital will depend on your ability to drink fluids, walk and urinate. The amount of pain you're in will also affect your discharge. Before you leave, get a written list of postoperative instructions, symptoms to monitor and in-case-of-emergency phone numbers.





A strong, stable core helps reduce your risk of injury and prevent back pain.

At the core of fitness

Head of core conditioning? It's the "apple-a-day" way for you to ensure that your body stays strong and steady. Simply put, core conditioning is a series of exercises that target your core—the body's center of power that starts just below your shoulders and ends just below your hips. You work out to gain strength in the muscles that control your trunk and spine while improving balance, agility and flexibility. Adding core strength helps you perform daily functions like lifting grocery bags, playing with your kids and getting in and out of your car. A strong, stable core also helps reduce your risk of injury and prevent back pain.

Try these exercises to build the back, abdominal, thigh and buttock muscles associated with a strong core. Check with your physician first to be sure you're starting at a fitness level that's right for you.

• **Yoga.** This ancient practice involves stretching and holding

postures that focus on building flexibility, balance and strength.

• **Tai chi.** This Chinese ritual involves precise, relaxed exercises to increase both agility and balance.

• **Pilates.** It's the latest craze, involving the use of certain exercises to create longer and stronger muscles without the bulk.

• **Weight training.** Focus on exercises that target your core muscles. Start light and increase the intensity of your workout over time. You may want to consult with a personal trainer to develop a program tailored to your needs.

• **Stability ball.** Sometimes

called a Swiss ball or a resist-a-ball, this large, rubber exercise ball is one of the best ways to actively target and stabilize your core. Start with the ball slightly deflated or secure it against a wall until you're ready to add more challenge to your balance. Choose a ball that comes with a video of basic exercises.

• **BOSU ball.** Shaped like a stability ball cut in half—flat on one side, domed on the other—the BOSU ball is designed to activate and strengthen your core as you perform exercises on it. Many gyms offer BOSU ball classes, and you can also buy video and DVD workouts to use with the BOSU at home.

• **Stability equipment.** Other light equipment ranging from foam rollers, balance pads and discs and mini-trampolines (ideal for beginners) to balance and wobble boards (for the more advanced) can help you improve core strength and stability.



Mark A. Benz
Chief Executive Officer

Dear neighbors,

2006 was an eventful year for your community hospital. Our new physicians' office building is nearing completion. The facility provides doctors and their patients with faster, easier access to the hospital and is nearly fully occupied. In 2007, you'll begin seeing new billboards and newspaper ads showing our associations with a variety of doctors who have chosen to join the staff at Brandywine Hospital.

In December, Sky FlightCare celebrated the addition of a new \$5 million helicopter with a Saturday extravaganza for the local medical and EMS community. Although affiliated with and located on the Brandywine Hospital grounds, Sky FlightCare serves the entire community by flying to and from many area hospitals. The Sky FlightCare team responds to many dire situations and has flown more than 15,000 patient missions in its 25 years.

Brandywine Hospital has long been an important asset to Chester County. Residents from throughout southwestern Chester County consider Brandywine Hospital to be "their hospital." The creation of the Heart and Vascular Center at Brandywine Hospital continues our efforts to offer quality comprehensive healthcare on a local basis. You will be hearing more about this and other efforts over the next several months.

Finally, you'll begin receiving this magazine, *HealthLine*, quarterly as of this issue. Your health is of critical importance to every member of our staff. We promise to provide you with relevant, useful information and keep you updated on events at the hospital that affect you.

Thank you for your trust and confidence.

Best wishes,

MARK A. BENZ
Chief Executive Officer
Brandywine Hospital



10 secrets of weight-loss winners

You're probably well into your New Year's resolution of getting healthy and shedding those unwanted pounds. We know it's tough to lose weight—and just as difficult to keep it off. To help, researchers suggest these 10 habits of people who have successfully kept off the weight:

1. They walk several miles a week.
2. They rely on the support of friends, neighbors and co-workers. For example, they form exercise groups for motivation.
3. They eat different healthy foods in moderation. They cook with little or no fat, and eat fruits and vegetables, whole grains, nonfat dairy products and lean entrees.
4. They limit portion sizes. They know that calories (not just fat) count.
5. They distinguish hunger from anger, loneliness and fatigue. For those emotions, they call friends or breathe deeply.
6. They examine underlying issues that may cause overeating. Counselors can help resolve such issues.
7. They don't make excuses for overeating and use a lapse as incentive to take a walk or cut portions next time.
8. They use behavioral strategies like planning meals, storing foods out of sight and linking exercise to daily habits like walking.
9. They recognize that weight management—exercising, eating nutritiously and thinking positively—lasts a lifetime.
10. They live in the present. They participate in enjoyable activities instead of waiting for the perfect shape to do the things they want to do.

MEET OUR PROVIDERS

In the last issue of *HealthLine*, we focused on some new doctors who have chosen Brandywine Hospital. This time around, we thought we'd highlight just a few of the many practices that are associated with the hospital.



BRANDYWINE OB/GYN

Located adjacent to the hospital, Brandywine Ob/Gyn offers patients full obstetric and gynecologic care. Providers include (from left): Russell White, D.O., Jennifer Gilbert, D.O., Barbara Otto, C.R.N.P., Christine Lyons, M.D., and Yardlie Foster-Toussaint, D.O.



SURGICAL ASSOCIATES OF CHESTER COUNTY

Located in the professional office building adjacent to the hospital, Surgical Associates of Chester County offers general and minimally invasive surgery to the Brandywine community. Providers include (from left): Todd Campbell, M.D., F.A.C.S.; Lisa Medvetz, M.D., F.A.C.S.; and Federico Ceppia, M.D., F.A.C.S.



BRANDYWINE VALLEY ORTHOPEDICS

John Caggiano, M.D.

A Newlin Township resident since 1974, John Caggiano, M.D., has performed thousands of orthopedic procedures with a concentration on knees and hips.

For a list of doctors by specialty, visit www.brandywinehospital.com, or call (610) 383-8000.

HEALTHWISE QUIZ

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

Take this quiz to find out.

1 The average age when women in the United States reach menopause is:

- a. 51
- b. 55
- c. 48
- d. 64

2 The single biggest risk factor for osteoporosis, or brittle bone disease, is menopause. All of the following are signs that you may have osteoporosis except which one?

- a. height loss
- b. tooth loss
- c. joint pain
- d. backaches

3 One of the few reasons you should consider using hormone therapy is to:

- a. prevent ovarian cancer
- b. relieve severe menopausal symptoms such as hot flashes
- c. protect against heart disease
- d. lower your risk of breast cancer

4 The transitional period of two to 10 years before menopause, characterized by hormone fluctuations that can cause menopausal symptoms, is called:

- a. premature menopause
- b. premenopause
- c. perimenopause
- d. postmenopause

5 Of the following remedies, which is the only one approved by the U.S. Food and Drug Administration to relieve hot flashes?

- a. soy
- b. black cohosh
- c. phytoestrogens
- d. hormone therapy

Take control!

7 steps to healthy blood pressure and cholesterol

Heat disease and stroke kill millions of Americans each year. Unless you take steps to control your blood pressure and cholesterol levels, you may be at risk for these diseases. Get on the road to better health today with these seven simple steps:

- 1 Take a walk.** Exercise helps control your blood pressure and improves your cholesterol. Choose activities you enjoy and strive for at least 30 minutes of moderate-intensity physical activity on most days of the week.
- 2 Manage your weight.** Reducing your weight by just 10 pounds may help lower your blood pressure and reduce bad cholesterol. Since dropping pounds may be easier when working with a group, ask your healthcare provider to refer you to experts, groups or classes that can help.
- 3 Toss the cigarettes.** Smoking causes blood vessels to narrow and blood pressure to rise. It also makes it easier for cholesterol-rich plaque to stick to artery walls. A smoking cessation class can offer extra support.
- 4 Eat well.** Enjoy vegetables, fruits, whole grains, beans and legumes, along with moderate amounts of lean protein and healthy fats like those in salmon and olive oil. Avoid foods high in saturated fat, cholesterol, sodium, sugar and trans fatty acids.
- 5 Try soy.** A recent study shows that two servings a day of uncooked soy protein—found in tofu, soy milk or soy powder—lowers cholesterol levels by as much as 9 percent.
- 6 Limit your liquor.** Women should consume no more than one drink a day and men no more than two drinks a day.
- 7 Get screened.** Routinely checking your blood pressure and cholesterol levels keeps you on top of your cardiovascular disease risks. If your blood pressure's high, ask your doctor about buying a blood pressure monitor for home use.





First-aid foresight

Would you know what to do?

Sooner or later, we all face a medical problem that calls for immediate first aid and clear thinking. Knowing what to do next is a health skill everyone needs.

Bleeding. Apply pressure to the wound with a thick, clean cloth and raise the wound above the heart. If bleeding is severe or isn't controlled in five minutes or if the wound is very dirty, longer than an inch or gaping, get immediate medical care.

Puncture wounds. Don't self-treat deep puncture wounds since they can result in deep-tissue injury or infection.

Burns. Run cool water over minor burns, immerse in cold water or wrap the burned area in a cold, wet cloth for about 10 minutes or until pain subsides. Apply an antibiotic ointment and cover with a bandage. Call your doctor if blisters form.

Poisoning. Before doing anything, call the National Poison Control Hotline at 1-800-222-1222. Induce vomiting only if instructed.

Shock. Shock may cause cold, clammy skin; weakness; confusion; a rapid heartbeat; or deep, shallow or irregular breathing. Keep the victim warm and lying down on his or her back until help arrives. Don't give the victim anything to drink.

Electrical injuries. Do not touch someone who has just been electrocuted—the current may pass through you. While waiting for help to arrive, try to turn off the source of electricity.

Sprains and strains. To treat sprains and strains, follow the RICE method: rest, ice, compression and elevation. Apply ice packs or cold-water compresses to relieve swelling. Wrap the injury in an elastic bandage and keep it elevated above the heart.

Broken bones. Quickly call for emergency assistance. It's best not to move the person or attempt to straighten a broken bone.

Dine the Greek way

Although many of their meals consist of 40 percent fat, residents of the Greek isle of Crete who eat a traditional diet live longer than most other ethnic groups. In fact, Greeks who haven't succumbed to Western-style meals are 20 percent less likely to die of coronary artery disease and about 30 percent less likely to die of cancer than Americans are.

These stats make nutritionists take note, and what they've found is that the traditional Greek diet is one of the healthiest eating styles you can choose. The diet focuses on:

- vegetables, fruits, fish, grains, beans, nuts and legumes like chickpeas
- olive oil as the sole source of added fat
- only a few weekly servings of poultry, eggs and sweets
- daily, small to moderate amounts of cheese and yogurt
- red meats saved for special occasions only

What's more, the Greek diet is tasty—a sign that you don't have to give up good food to stay healthy.

BEWARE OF TROJAN HORSES

But be cautious: Some Greek foods found in the United States don't fit the heart-healthy profile of traditional



Greek cuisine. The nonprofit Center for Science in the Public Interest analyzed typical restaurant-size portions of some popular Greek meals. What they found could stop your heart. For example, spanakopita (spinach pie in phyllo dough) has 410 calories and 24 grams of fat, beef or lamb gyro (sandwich) has 760 calories and 20 grams of fat and moussaka (a meat and eggplant casserole) has 830 calories and 48 grams of fat!

A circle of friends

Senior program offers valuable health services and social events

Brandywine Senior Circle is celebrating its fifth year of service with more than 1,000 members currently enrolled. In fact, if you receive *HealthLine*, chances are you know at least a handful of our members. The program's success comes directly from the real value it provides.

Senior Circle membership is open to people ages 50 and older and encourages healthy, active lifestyles through education, social activities and trips.

The many member benefits include:

- a free upgrade to a private hospital room, when available
- a free meal certificate for a caregiver each day member is hospitalized
- vision card discounts
- prescription card that supplements existing insurance coverage
- discounts on ADT's emergency response system
- a bi-monthly newsletter, *Circle News*
- free document copying and faxing at the Senior Circle office

Member activities include:

- day and overnight trips, including cruises, museum exhibits and out-of-state adventures
- physical activities, including bowling, tai chi, line dancing and arthritis swims
- health and educational meetings, including presentations by healthcare professionals
- computer classes
- monthly birthday and holiday parties



- monthly breakfast, lunch and dinner outings at local restaurants
- free bingo

While the Brandywine chapter is affiliated with Brandywine Hospital, it's also tied to the nearly 70 chapters across the nation. Membership in one chapter grants you the opportunity to attend any chapter's functions.

Join the circle today!

You or someone you know might benefit greatly from a Senior Circle membership. For a membership application or to ask questions about Senior Circle, contact Pam Streamer at (610) 383-8171. Remember that Senior Circle memberships make great gifts!

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Permit 19

WINTER 2007

HealthLine

HealthLine is published by the Marketing Department of Brandywine Hospital to bring information about health issues and the latest developments in healthcare to the residents of Chester County. Health information provided in *HealthLine* should not be substituted for medical advice offered by a physician. Please consult your family physician on medical concerns and questions.

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