

HealthNotes

YOUR HEALTHCARE PARTNER



LUNG CANCER: THE FAMILY CONNECTION

You may share more than eye color, a shy personality, or a talent for music with family members. People also inherit a tendency to develop lung cancer from parents and siblings. While smoking causes most lung cancers, researchers have known since the 1960s that the disease tends to run in families.

NEARLY DOUBLE THE RISK

In one recent study, researchers looked for cancer clues among whites and African-Americans diagnosed with lung cancer before age 50, and among their close relatives.

According to the study, if your father, mother, sister, or brother is diagnosed with lung cancer, you're almost twice as likely to develop it yourself. That's true whether your family is Caucasian or African-American.

Women may be particularly vulnerable when it comes to genetic risk factors. Women with a family member who has been diagnosed with lung cancer are nearly three times as likely to develop the disease, according to one study.

Researchers have not found a specific gene to blame, but it seems certain inherited genetic patterns leave people more susceptible to lung cancer. Even nonsmokers face increased risk if their mother, father, or a sibling developed lung cancer.

WHAT CAN YOU DO?

These statistics can seem scary, especially because you can't change your family's genes. But, even if lung cancer runs in your family, you still can manage your risks. It's important to tell your healthcare provider about your family medical history. Your healthcare provider may suggest lifestyle steps to lower your cancer risks.

Health experts don't recommend routine screening for lung cancer. However, see your healthcare provider if you have a recurring cough, hoarseness lasting more than two weeks, trouble breathing, chest pain, or if you cough up blood. All could be signs of lung cancer. ■

OMC has committed to employees' and patients' health by being a long-standing tobacco-free environment. Talk with your healthcare provider if you would like help in quitting smoking.

Children and Migraines

As many as 10% of all children suffer from migraines. Now, a new study indicates that close to 40% of these children may outgrow or experience less painful migraines by their early 20s. This is especially true for kids who don't have a family history of the painful headaches.

Migraine headaches in children usually are not a sign of a serious disorder or disease. According to Indrani Chaudhry, M.D., chair of OMC's Department of Pediatrics, "It is important to ensure that a child has a normal general and neurological exam. If your child experiences headaches, you should talk with your child's pediatrician to discuss a treatment plan." Treatment may include prescription or non-prescription pain relief given promptly and, if indicated, preventive medications.

Dr. Chaudhry also says that you can help your child prevent headaches by keeping a food, odors, and activities journal to help find and avoid the things that trigger headaches. Also:

- Help your child reduce stress and anxiety.
- See that your child gets plenty of sleep.
- Don't let your child skip meals.

inside this issue:

- 2 Lab Services Expand at OMC
- 3 Teens' TV Viewing Linked to School Problems
- 4 Feed Your Heart a Healthy Breakfast



LAB SERVICES EXPAND AT OMC

Patient Care Now Quicker, More Efficient

With recent changes, patients have access to a wider range of laboratory services at Olmsted Medical Center's (OMC) hospital, main Rochester clinic, and branch clinics throughout southeastern Minnesota.

WHAT DOES THE OMC LAB DO?

The OMC Laboratory provides comprehensive testing to detect disease and monitor treatment and wellness. The laboratory meets the high standards of quality established for accreditation by the College of American Pathologists.

With the recent addition of pathologist Durga Vege, M.D., to its medical staff, OMC is able to provide services that include surgical pathology and cytology on-site. Surgical pathology is the examination of tissue obtained by biopsy or surgery. Cytology involves the examination of cells in body fluids and on organ surfaces.

Bringing these services to OMC's campus decreases the turnaround time for test results and affords healthcare providers consultation in pathology and laboratory test interpretation that can help them better manage their patients' care. It also can minimize the time patients spend under anesthesia and reduce the need for additional surgery.

Previously, surgical pathology and



cytology specimens were sent to another lab to complete results. "Sometimes that would delay the reporting process," explains Dr. Vege, medical director of the OMC Laboratory. "It's important to have a central site for processing specimens and coordinating test results to help providers better serve their patients' needs."

"We're excited about having this service brought directly into the organization," says OMC's Chief Medical Officer, David Westgard, M.D. "It translates into more efficiency. It's going to improve our patient care, and our surgeons are excited about it."

NEW SLEEP LAB SERVICES

A new addition to the OMC Sleep Laboratory is Carol Kosmicke, M.D., psychiatrist, sleep medicine specialist, and director of the OMC Sleep Center. "A patient whose physician thinks he or she may have a sleep problem comes into the sleep lab overnight, and we monitor several parameters—like breathing, eye movements, and brain waves—as the patient sleeps," Dr. Kosmicke says. Patients who have unusual sleep behaviors, such as sleepwalking or sleep-eating, may be videotaped.

Dr. Kosmicke interprets results of sleep-lab tests, so these no longer need to be sent to an outside expert. Often, sleep difficulties are caused by physical problems, but they may relate to psychological issues. Dr. Kosmicke treats some sleep-lab patients herself, though many can get the care they need from their regular healthcare provider. ■

Contact your primary healthcare provider to learn about the comprehensive lab services available at OMC. To make an appointment with OMC's psychological services, call 507.287.2766.

New in 2008: Monthly Diabetes Management Classes

OMC's Education Outreach Department has announced a series of diabetes education classes to help OMC patients and their families with diabetes management. These classes are open to OMC patients and the public. Each of the 12 classes—on topics such as foot care, traveling with diabetes, emotional management, emergency planning, and men's and women's sexual health—are held two times a year and are led by OMC professionals including healthcare providers, nurses, and diabetes educators. **Be your own personal health advocate and register today. Call OMC Education Outreach at 507.287.2726.**



ARTHRITIS PAIN? MANY ROUTES TO RELIEF AWAIT!

If you have arthritis, you may already be well acquainted with the challenge of managing the pain associated with the disease. But, are you also familiar with the array of techniques for easing your discomfort? Experts have found that some fairly simple measures can help you win the better quality of life you deserve:

- Get eight to 10 hours of sleep a night, if possible. And don't hesitate to pamper yourself. Take things slowly and rest when the pain is worse than usual.
- Maintain a healthy weight. Extra pounds can put pressure on the joints—especially the knees and hips.
- Change positions often when standing or sitting.
- “Make fitness part of your routine,” says Kim Mullenbach of OMC’s Physical Therapy Department. “Ask your healthcare provider if a few visits to a physical therapist would be appropriate to learn to get out of a chair with less difficulty, to be able to walk with less of a limp, or to learn a home exercise program

- designed specifically for your limitations. Limitations in flexibility and strength, not only the joint pain, can also change how you walk or get out of chairs, and you can learn to work through this with some instruction.” This will limit the wear-and-tear on your hip joint and surrounding muscles. A home program along with exercise in a pool or on an exercise bike will make movement more comfortable.
- Use heat to soothe a sore joint. Take a hot shower first thing in the morning. Or place a heating pad on the painful area for about 15 minutes. To make your own, put dry beans in a sock and knot the top. Place it in the microwave for a few minutes.
- Apply cold packs to reduce swelling. Wrap an ice pack or bag of frozen peas in a towel and place on the sore area for about 15 minutes.
- Talk to your healthcare provider about relaxation therapy. Experts have found that relaxation techniques—performed on a regular basis—can help reduce arthritis pain by easing muscle tension. ■

Food Allergies? Take Precaution When Dining Out

If you have food allergies, dining out can be a challenge. But is there cause for concern? In a survey of 100 restaurant workers, nearly one-fourth did not know that even small amounts of food can cause a reaction. To enjoy a safe meal, follow these tips when eating out:

- Make your allergy known to the restaurant staff.
- Always ask about ingredients to which you are allergic.
- Just in case, have a plan for what to do in case of a reaction.

Annals of Allergy, Asthma, & Immunology, Vol. 98, No. 4.

Teens’ TV Viewing Linked to School Problems

Kids who watched three or more hours of TV on a typical day at age 14 were more likely to go on to have problems in high school. They had higher odds for learning problems, attention problems, aggressive behaviors, not doing their homework, and getting low grades. Also, they were less likely to go beyond a high school education. The American Academy of Pediatrics recommends no more than one to two hours of TV per day and discourages having TVs in children’s bedrooms.



OMC Recognized for Community Investment

OMC recently received the Rochester Business Gives award from the Rochester Area Chamber of Commerce. One of six area businesses so recognized, OMC received the award for its Community Investment Program (CIP).

OMC’s CIP includes community investment, financial assistance programs for patients, community involvement and volunteerism, and community education outreach. Minnesota Governor Tim Pawlenty has recognized OMC’s CIP as “a role model for other businesses throughout the state.”

FEED YOUR HEART A HEALTHY BREAKFAST

Did you know that what you eat for breakfast could help you live longer? New research shows that eating whole-grain cereal may provide extra protection for your heart.



Researchers analyzed results from the Physicians' Health Study, a study involving more than 10,000 men. They found that those who ate whole-grain cereal at least seven times per week were 28% less likely to develop heart failure than those who didn't. Eating whole-grain cereal even two to six times per week decreased the risk by 22%.

Heart failure occurs when the heart is unable to effectively pump blood to the rest of the body. Some causes of heart failure include high blood pressure and previous heart attacks.

The study adds to growing research that a diet rich in whole grains is good for the heart—lowering blood pressure and LDL (“bad”) cholesterol and reducing the risk for heart disease. This fiber- and nutrient-

rich food has also been shown to reduce the risk for diabetes and certain cancers, decrease constipation, and help maintain a healthy body weight.

To reap the benefits, most experts recommend Americans eat at least three servings of whole-grain foods each day. This can come from whole-grain cereals as well as other foods such as whole wheat bread, whole-grain pasta, brown rice, oatmeal, popcorn, and wild rice. ■

QUICK TIP

When shopping for whole grains, check the list of ingredients. Although food packages can tout words like “multi-grain” or “100% wheat,” they may not be a whole-grain product. Look for the word “whole”—such as whole wheat flour—as the first ingredient on the list.

Recipe: RAINBOW FRUIT SALAD

Good as a side dish or dessert, this salad made from fresh fruit is naturally low in fat, saturated fat, and sodium. It is also cholesterol-free.

Fruit Salad

- 1 large mango, peeled and diced
- 2 C fresh blueberries
- 2 bananas, sliced
- 2 C fresh strawberries, halved
- 2 C seedless grapes
- 2 nectarines, unpeeled and sliced
- 1 kiwi fruit, peeled and sliced

Honey-Orange Sauce

- 1/3 C unsweetened orange juice
- 2 T lemon juice
- 1 1/2 T honey
- 1/4 t ground ginger
- dash nutmeg

1. Prepare and combine the fruit.
2. Combine all the ingredients for the sauce and mix.
3. Just before serving, pour the sauce over the fruit.

Yield: 12 servings

Serving size: 4 ounces

Each serving provides:

Calories: 96

Total fat: 1 g

Saturated fat: less than 1 g

Cholesterol: 0 mg

Sodium: 4 mg

*Source: National Heart, Lung, and Blood Institute/
National Institutes of Health*

OMC Regional Foundation
210 Ninth Street SE
Rochester, MN 55904

CURRENT RESIDENT

NONPROFIT ORG
U.S. Postage
PAID
OMC Regional
Foundation

Postmaster: Please deliver between December 24 and 28.

HealthNotes

Roy A. Yawn, MD
President

David E. Westgard, MD
Chief Medical Officer

Tim W. Weir
Chief Administrative Officer

Stacey M. Vanden Heuvel
Foundation Director

HealthNotes is published four times a year by Olmsted Medical Center and OMC Regional Foundation. *HealthNotes* is a service to educate people about subjects pertinent to their health, not a substitute for consultation with a healthcare provider. Please call OMC Regional Foundation at 507.292.7202 or e-mail foundation@olmmed.org with any questions or comments. If you wish to be removed from the mailing list that receives *HealthNotes*, please write to OMC Regional Foundation, 210 Ninth Street SE, Rochester, MN 55904.