OLMSTED MEDICAL CENTER
GOOD HEALTH STARTS WITH GREAT CARE.®

HealthNotes

A Health and Wellness Publication from Olmsted Medical Center • www.olmstedmedicalcenter.org

Defend Your Dwelling: Protect Against Household Threats Old and New

Rest assured in your residence this summer. June—Home Safety Month—is a good time to catch up on the latest health warnings for your household.

Asbestos: This dense fiber was once used to make insulation, roof tiles, and soundproofing materials. But inhaling asbestos causes lung diseases, including cancer. Researchers are in the early stages of developing a vaccine to help people with asbestos-related diseases fight tumors. In the meantime, the best protection is avoiding torn or damaged asbestos, which is often still present in older homes. If you spot signs of wear and tear on old walls or tiles, call a qualified professional for asbestos testing.

Lead paint: Lead-based paint was used in more than 38 million homes until 1978, when the product was prohibited for residences. Lead exposure causes high blood pressure in adults and behavior and learning problems in children. New renovating rules help protect you and your family. Are you starting a repair that involves more than six square feet of lead-based paint in a home built before 1978? You must hire specially trained and certified contractors. Get older homes checked for lead even if you're not remodeling.

Mold: Allergic reactions to common household molds can cause asthma attacks, rashes, and eye irritation. A new, small study found that vitamin D may help protect sensitive people from these effects. But the tried-and-true way to prevent mold's health hazards is to stop it from growing indoors. Act quickly to dry up water spills or leaks. Clean gutters regularly. And, keep indoor humidity below 60%.

Compact fluorescent light bulbs (CFLs): The government recommends using CFLs to save energy and reduce greenhouse gases. However, these bulbs contain small amounts of mercury. Breathing in mercury can cause headaches, tremors, and emotional changes. Contact state or local officials for help safely cleaning up broken bulbs or recycling used ones.

Are you getting *Health e-Living,* OMC's FREE quarterly e-newsletter, in your inbox? If not, visit **www.olmstedmedicalcenter.org** to sign up today!

Introducing New OMC Billing Statements

Olmsted Medical Center (OMC) is proud to announce that our billing statements have gotten a makeover. The redesigned statements are designed to be simpler, better organized, and more patient-friendly.

There will continue to be separate statements for Hospital and Clinic services. Both statements will include descriptions of all charges listed by clinician, insurance payments and adjustments, as well as patient payments.

A guide to our new billing statements is available online via OMC's Web site. Visit **www.olmstedmedicalcenter.org** to learn how we've changed your bill for the better, or call **507.287.2780.**

Safeguard Your Child from Sports Injuries

Participating in sports can be a positive experience for children, one that promotes self-esteem, discipline, and teamwork. Despite these benefits, there is the potential for injury. Research suggests that 10% of all children receive medical treatment for a sports injury each year.

Find out more about common sports-related injuries—and how to keep your athlete safe.

Sprains, Strains, and Fractures

Your child's risk for sprains, strains, fractures, and other injuries may depend on his or her sport. For instance, basketball players are prone to knee ligament tears, while baseball and softball players may break bones sliding into bases.

If your child suffers a sprain or strain, proper treatment includes RICE, or rest, ice, compression, and elevation. Obvious broken bones, dislocated joints, or persistent/severe swelling or pain should be seen by your healthcare provider. Medications, casts and splints, and sometimes surgery may be needed.

To keep your child safe, make sure he or she uses the proper protective gear. Be proactive about your child's safety and ask school or league officials about changing sports rules that may be dangerous.

Brain Injuries

Young athletes are at risk for concussions and other serious brain injuries. In fact, about 500,000 children sustain traumatic brain injuries each year. About half of all concussions occur during sports.

Watch your child closely after he or she suffers a blow to the head. Signs of a concussion or other brain injury can occur within minutes or days and may include:

- headache
- nausea
- vomiting
- sensitivity to light and noise
- mood changes/irritability
- mental slowness/fogginess.

Concussions can result in long-term learning and memory problems—and possibly death if not treated properly. Prompt treatment is the best way to reduce any long-term effects. Recovery requires proper rest, both physical and mental, for an extended time. Your child's healthcare provider will use brain testing and other measures to help decide when it's safe to play again.

To protect your child, make sure he or she wears a helmet in sports such as football, soccer, and skiing. The helmet should fit snugly but still feel comfortable. It is important that the helmet doesn't move around while your child is wearing it.

Heat-Related Harms

While physical activity in excessive heat is dangerous for everyone, children are especially at risk. Children sweat less than adults, which can cause their body temperature to rise quickly.

Dehydration, heat cramps, and other mild cases can be treated with fluid and a few hours' rest. However, heat exhaustion and heatstroke can be life-threatening. Signs that your child could be suffering from heat exhaustion or heatstroke include:

- nausea
- vomiting
- dizziness
- a change in mental status
- disorientation.

If your child has any of these symptoms, seek emergency care immediately. To prevent heat-related health concerns, consider reducing or canceling workouts on hot, humid days, and make sure children have unlimited access to fluids during games.

In addition to specialty services dedicated to sports injuries, Olmsted Medical Center recently opened the Joint Replacement Center, which focuses on hip and knee replacements. If you're contemplating these procedures, contact our joint replacement navigator, Ashley Starkweather, RN, at **507.529.6735** or **jointreplacementcenter@olmmed.org.**

Water Safety for Little Ones and Everyone

Warmer days offer an open invitation to hit the water. Before you accept, review these tips for playing it safe.

Aquatic Advice for Parents

Drowning is the second most common cause of accidental death in kids of all ages. For a safer summer:

- Keep a close eye on all swimming children, even in a toddler pool or when a lifeguard is present. Stay within an arm's length of infants, toddlers, and young children in and around water.
- Teach older children to always swim with a buddy and only in areas supervised by lifeguards and marked as a safe area for swimming. Allow diving only after checking that water is deep enough.
- Take CPR and get swim lessons for children. The American Academy of Pediatrics recommends swim instruction for children ages 4 and older. Water safety training can also help protect younger kids and teach parents how to prevent drowning.
- Use a life jacket to help keep a nonswimmer afloat rather than noodles, air mattresses, water wings, or air-filled toys. All children—and adults, too—need life jackets when boating. Make sure the jacket fits snugly and can't slip over the child's head once fastened.

Practice What You Preach

Safety precautions apply to adults, too.

- Don't swim in unguarded water.
- Always swim with someone else in lakes, rivers, or oceans.
- Go in feet first and check depth before diving.

Keep Life Jackets Current

Newer life jackets are safer than the old ones, and they look and feel better, too. Many are thin and flexible. Inflatable jackets are compact until they fill with air when they hit the water. Check jackets yearly for wear and buoyancy. Get rid of waterlogged, faded, or leaky jackets.

OMC Regional Foundation's Summer Events

Croquet Field Day! 2011

June 26, 2011, 10:30 AM – 7:00 PM
Rochester Golf and Country Club

A nine-wicket croquet tournament for beginners and amateurs. All proceeds support Olmsted Medical Center's (OMC's) women's health services. The $150 team entry fee admits two players to the pretournament brunch buffet, the tournament, and a picnic-style lunch.

FORE! Golf Classic 2011

September 12, 2011, starts at noon, Somerby Golf Club

The FORE! Golf Classic raises funds and awareness for OMC. To date, the Golf Classic has raised more than $350,000 in support of OMC and the patients it serves.

For more information on these events, visit **www.omcregionalfoundation.org** or visit us on Facebook!

Services for Those Experiencing Perinatal Loss

Olmsted Medical Center (OMC) offers several services to parents and loved ones who have experienced the loss of a child during pregnancy or in the first few weeks after birth.

Now I Lay Me Down to Sleep is a free photography service for families who have just experienced the loss of their baby. The family receives a CD or DVD of the images to use for printing portraits.

With the help of OMC Regional Foundation, a special memorial site for patients coping with perinatal or infant loss is being prepared at Rochester's Oakwood Cemetery.

OMC will also host several in-services in October regarding compassion satisfaction, culture and loss, and other topics. For more information, call **507.529.6806.**

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Recipe:

BAKED FISH

Try baking this fish with only a small amount of oil.

2 lb. fish fillets, cut into 6 pieces (any kind of fish)
3 tbsp. lime juice (about 2 limes)
1 medium tomato, chopped
½ medium onion, chopped
3 tbsp. cilantro, chopped
½ tsp. olive oil
¼ tsp. black pepper
¼ tsp. salt
¼ tsp. red pepper (optional)

Directions
1. Preheat oven to 350 degrees.
2. Rinse fish and pat dry. Place in baking dish.
3. In a separate dish, mix remaining ingredients together and pour over fish.
4. Bake for 15 to 25 minutes or until fork-tender.

Yield: 6 servings
Serving size: 1 piece

Each serving provides:
Calories 230, Total fat 9 g, Saturated fat 2 g, Cholesterol 58 mg, Sodium 162 mg

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

Hidden Sugars: Are They Harming Your Health?

Sugars occur naturally in foods such as fruit and milk, but most of the sugar in our diets comes from added sugars. They've been mixed into soft drinks, desserts, fruit drinks, jams, breads, and more. Sugar-sweetened beverages, like fruit drinks, soft drinks, and sports drinks, are the number one source of added sugars in the diet.

Recent research suggests that the health effects of added sugars stretch beyond obesity. Consuming too much sugar has been linked to high triglycerides, increasing LDL cholesterol, the "bad" cholesterol, and increasing the risk for heart disease and Type 2 diabetes.

Keeping extra sugar of all kinds out of your diet can protect your waistline—and your heart. There's no government-recommended level for sugar. The American Heart Association, however, advises keeping your intake under 100 calories or 6 teaspoons a day for women, and 150 calories or 9 teaspoons a day for men. One can of regular cola has 10 teaspoons of sugar.

Follow these tips to curb your intake:

- **Read nutrition labels.** Check the number of sugar grams; there are four calories in each sugar gram. Compare brands and avoid those that place honey, corn or maple syrup, or words that end in "-ose" at the top of the ingredients list.
- **Halve the amount of sugar you add** to your coffee, cereal, or tea. When baking, slash sugar by one-third, or try replacing half of the sugar with Splenda. You often won't notice the difference.
- **Buy fresh fruits** or those canned with water or natural juice rather than syrup.
- **Choose water,** not sodas or sports drinks.
- **Reach for the spice jar.** Ginger, nutmeg, and cinnamon—along with extracts like vanilla and almond—provide sweetness without calories.

If you're frustrated by your attempts to lose weight, plan to attend Olmsted Medical Center's *New You! Weight Loss Program* starting this September. Call **507.288.3443,** extension **2593,** for information on how it can help you look, feel, and live better!