

HouseCall

FROM YOUR FRIENDS AT
NORTHEAST REGIONAL MEDICAL CENTER



**A daily dose
of safety**
Take care with
your prescriptions

**The kidney-heart
connection**

**Are you
exercise savvy?**
Find out inside!

**Is LAP-BAND
the right option
for you?**

**Enjoy life with
Senior Circle!**



Northeast
Regional Medical Center

www.nermc.com

Mind your medicine

Smart strategies to stay well



Adults over age 65 who have adverse drug reactions account for more than 177,000 emergency room visits each year. One-third of these visits are related to three drugs: warfarin (a blood thinner), insulin (for diabetes) and digoxin (a heart medicine). Many of these reactions can be avoided with better communication between patient and physician. Follow this advice to help you avoid becoming a statistic:

- **Tell your physician about all the medicine you're taking.** That

includes prescription medications and over-the-counter drugs and supplements. Your physician will want to make sure you're not taking anything that can cause a reaction or affect a drug's potency. For example, Ginkgo biloba, garlic, ginger and ginseng can all interact with warfarin, as can medications taken for headaches and joint pain, such as aspirin and ibuprofen. Iron and calcium supplements can interfere with thyroid medication absorption.

- **Ask questions.** Don't be afraid to ask your physician to clarify a medication's purpose and common side effects. Also make sure you know when and how often you should take it and what to do if you miss a dose. Learn both the medicine's brand name and generic name and its shape, size and color.
- **Write it down.** Keep a list of all the medications you take in your wallet in case you do end up in the ER. This will allow physicians and nurses to avoid giving you medicine that could cause a dangerous interaction.
- **Take your medication as prescribed.** Don't stop your treatment because you think it's not working, you have side effects or you think your pill-taking regimen is hard to stick with. Instead, call your physician. He or she may be able to prescribe a different medicine or dosage to minimize side effects or simplify your regimen.

Also let your physician know if you've stopped taking a prescribed medicine. Otherwise, he or she may assume the drug isn't working and give you a higher dosage or different medication.

- **Go to follow-up appointments.** Some medications, such as blood thinners and drugs for diabetes, seizures and heart problems, require regular blood tests and monitoring by your physician. Regular visits are crucial to ensure you're getting a safe and effective dose.



Snap, crackle, pop!

What are your joints telling you?

Your body is a symphony of sounds—that cracking in your ankles, the popping in your knee. What causes these noises? Sometimes, it's just ligaments or tendons tightening and moving with a joint. For the most part, these sounds are normal and don't require any treatment.

But sometimes these noises can signal a more serious problem. A loud pop and locking of a joint can mean that torn cartilage, a piece of bone or something else has gotten caught between joint surfaces. Cracking and grinding may be a sign of arthritis. A loss of smooth cartilage and roughening of the joint surface is to blame for these noises.

JUST MAKING NOISE?

To find out whether your popping and cracking should be of concern, look for the following signs. See your physician if you have any of these symptoms:

- pain accompanying the popping
- swelling of the joint
- locking or sticking of the joint
- loss of motion or function

A JOINT EFFORT

The Arthritis Foundation and the American Academy of Orthopaedic Surgeons suggest following these tips to keep your joints healthy:

- Maintain a healthy weight.
- Stretch to increase your flexibility. Ask your physician to help you develop a regular stretching program.
- Stand up straight, shoulders back.
- When you lift heavy objects, use your legs instead of using your back. If you can't lift something yourself, ask for help.



- Alternate heavy activity such as housework, brisk walking or strenuous yardwork with rest periods.
- Wear protective gear, such as wrist, elbow or knee pads, if you're engaging in an activity where you could fall.
- Pay attention to your body. Pain may be a sign you're overworking your joints.
- Eat a well-balanced diet that includes plenty of calcium (1,200 mg a day for those over age 50; 1,000 mg for those ages 19 to 50).

Knuckle cracking: Bad to the bone?

Some people just can't resist cracking their knuckles. The cracking sound you hear is the "popping" of air bubbles when the joint is pushed or pulled a certain way. Knuckle cracking can certainly be annoying to others, but does it really make your knuckles larger? That old wives' tale hasn't been proven, but this is still a habit you should try to break, as studies point to possible soft-tissue damage in joints, a weak grip and hand swelling as a result of repeated cracking.



Step off the weight-loss roller coaster



IS LAP-BAND
for you?



Meet David S. Kermode, D.O.

David S. Kermode, D.O., board-certified general surgeon and gastric banding specialist,

has the experience and dedication to care for all of your surgical weight-loss needs. Dr. Kermode completed medical school at the Kirksville College of Osteopathic Medicine. His office is located at 800 W. Jefferson in Kirksville. Call (660) 665-3640 today!

Jack McClain loved to umpire softball and referee basketball. But at 316 pounds, he was no longer able to do what he loved. That's when he decided he had to take control.

"I'd been on a weight-loss roller coaster for more than 40 years, and I was starving for mental rest from the problem," McClain says. "I hated myself for being obese." After years of failed diets and exercise programs, McClain began to explore surgical weight-loss options through the Northeast Regional Bariatric and Weight Loss Clinic. Studies have shown that weight-loss surgery, compared to nonsurgical treatments, has the longest period of sustained weight loss in people who have been unsuccessful with other methods.

In September 2008, McClain took the step and became the first patient to receive the laparoscopic adjustable gastric banding system (LAP-BAND) at Northeast Regional Medical Center. The LAP-BAND is an inflatable band placed around the upper part of the stomach, creating a pouch and a narrowed outlet, which limits stomach capacity and increases the feeling of fullness.

LAP-BAND BENEFITS

While other weight-loss surgical options exist, McClain chose the LAP-BAND procedure because it's less invasive, reversible and more flexible with nutritional needs than traditional gastric bypass. Other advantages of LAP-BAND include:

- no intestinal rerouting
- small incisions and minimal scarring
- a lower risk of complications than other obesity surgery procedures
- reduced weight-regain risk
- individualized care for patient needs via inflation or deflation of the band
- reduced pain, length of hospital stay and recovery period

SUPPORT—EVERY STEP OF THE WAY

Before surgery, McClain met with the Bariatric and Weight Loss Clinic's multidisciplinary team of healthcare professionals dedicated to helping him

▼ Thanks to LAP-BAND surgery at Northeast Regional Medical Center, Jack McClain has lost 75 pounds, with plans to lose 75 more!



BEFORE



AFTER

meet the requirements of a surgical weight-loss program. The experienced team includes a registered dietitian, bariatric-trained registered nurse and general surgeon and gastric banding specialist David S. Kermode, D.O.

“The clinic staff goes above and beyond in pre- and postsurgical care,” McClain says. “You don’t need to go anywhere else to be treated like a king.” After having the procedure, McClain joined a weight-loss support group offered by the clinic. Meetings give participants the opportunity to discuss lifestyle adjustments and concerns and receive suggestions for continued weight-loss success.

“The nutritional counseling has been extremely beneficial in helping me learn nutritional values and deal with my love of junk food,” says McClain. He also credits his wife, Dee, who’s been a huge supporter assisting with nutritional care and being an emotional advocate.

! Lose weight, feel great!

To learn more about LAP-BAND and find out if you’re a candidate, call the Northeast Regional Bariatric and Weight Loss Clinic at **(660) 626-2463**.

FROM OUR HOUSE TO YOURS

Dear Northeast Missouri resident,

Another year is in the history books for all of us in Northeast Missouri, and I want to thank you for continuing to make Northeast Regional Medical Center (NRMC) your choice for healthcare services.



Bob Moore, FACHE
Chief Executive Officer

2008 HIGHLIGHTS

A lot happened at NRMC in the past year, and I’m happy to share our 2008 accomplishments:

- added a 1.5 Tesla magnetic resonance imaging scanner
- recruited eight primary and specialty care physicians
- dropped the length of ER stay from door to discharge from two hours and 16 minutes to two hours and four minutes—half the four-hour national average
- introduced a new weight-management procedure known as LAP-BAND to aid with medically controlled weight loss
- developed plans for remodeling our obstetric unit and adding four beds to the intensive care unit, with groundbreaking scheduled in early 2009
- exceeded 2007 levels for emergency room, surgery and acute-care admissions

NRMC was also named a Thomson Top 100 Hospital and received the Premier Care Science Quality Award. Healthy Woman celebrated its second anniversary and has a membership nearing 1,000! Senior Circle membership also exceeded 1,000 in 2008.

As you can see, much has been happening to enhance healthcare for those we serve. At NRMC, we continue to focus on being an organization where physicians want to practice medicine, employees want to work and patients want to receive their healthcare.

With your help, we’ll continue to be Northeast Missouri’s healthcare resource. Happy New Year!

Sincerely,

BOB MOORE, FACHE
Chief Executive Officer
Northeast Regional Medical Center

HEALTHWISE QUIZ

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

Take this quiz to find out.

1 To lose one pound, you need to burn how many calories?

- a. 500
- b. 1,500
- c. 2,500
- d. 3,500

2 A good way to measure the intensity of an exercise is to keep track of your:

- a. heart rate
- b. blood pressure
- c. sweat levels
- d. thirst intensity

3 Exercise can:

- a. reduce depression
- b. help manage type 2 diabetes
- c. boost good HDL cholesterol
- d. all of the above

4 The *minimum* amount of time you should be active every day is:

- a. 15 minutes
- b. 20 minutes
- c. 30 minutes
- d. there is no minimum

5 Which of the following exercises will *not* help you build stronger bones?

- a. running
- b. swimming
- c. lifting weights
- d. dancing

ANSWERS: 1. (d) 2. (a) 3. (d) 4. (c) 5. (b)

The kidney-heart connection

If you think kidney disease only affects your kidneys, think again. Though researchers can't fully explain the link, kidney disease is an independent risk factor for heart disease and greatly increases the risk of dying from heart problems. In fact, heart disease is the most common cause of death for the more than 20 million Americans with chronic kidney disease.

WHO GETS KIDNEY DISEASE?

Kidney disease is often called a "silent killer" because many people don't even know they have it until it reaches an advanced stage. Risk factors include being obese; smoking; and having high blood pressure, diabetes or a family history of kidney disease. Ask your physician about testing if you're at risk. If he or she suspects you may have chronic kidney disease, blood and urine samples can diagnose it.

KEEP YOUR KIDNEYS HEALTHY

If you already have kidney disease, early treatment can help keep it from getting worse. But the best method of attack is to prevent the problem in the first place. Take these steps to minimize your risk:

- **Maintain a healthy weight.** Eat healthful foods and be active every day.
- **Quit smoking.** Besides the damage it can do to your heart, smoking can interfere with medicine for high blood pressure.
- **Get your blood pressure level to 120/80 mm Hg or lower.**

Start by slashing salt from your diet and getting more potassium (found in bananas, apricots and broccoli). If changing your diet doesn't help, discuss medications with your physician.

- **Control your blood sugar if you have diabetes.** Dietary changes and medication may be needed.



'Brake' for breakfast



You wouldn't take off for a road trip with no fuel in your car, so it doesn't make much sense to send your body out for the day with nothing to run on. Your tank needs breakfast.

Studies have shown that those who eat this most important meal of the day are less tired and irritable, have better concentration and are more likely to maintain a healthy weight. Not a bacon-and-eggs person? No problem. Try these

out-of-the-cereal-box suggestions from the American Dietetic Association:

- one cup of vanilla low-fat yogurt topped with whole-grain cereal and berries
- leftover veggie pizza with a piece of fruit and a glass of milk
- whole-grain toast topped with a little peanut butter and apple slices
- whole-grain waffles or pancakes topped with fresh banana
- a super-fast smoothie, made from frozen fruit and yogurt, whipped up in a blender
- a breakfast wrap (try low-sodium deli turkey, low-fat cheese and spinach in a tortilla)
- oatmeal sprinkled with cinnamon and walnuts

Ready, aim, vaccinate!

Vaccines aren't just for babies. If your child hasn't been to the pediatrician in a while, he or she may have missed some important shots. And don't forget that adults need vaccines, too! Talk

with your pediatrician about your child's specific needs and whether he or she is at high risk. And ask your own physician about *your* needs. Use this handy chart as your guide.

| IMMUNIZATION | BIRTH TO AGE 6 | AGES 7-18 | AGES 19+ |
|--|---|---|---|
| Diphtheria, tetanus, pertussis (DTap, Td/Tdap) | 4 doses by 18 months; final dose at age 6 | Kids need a booster at ages 11-12. For teens, ask your pediatrician if your child is up to date. | Get a Td booster every 10 years. If you're under age 65 and haven't been vaccinated with Tdap before, you need a single dose. |
| Haemophilus influenzae type b | 4 doses by age 15 months | | |
| Hepatitis A | 2 doses between 12 and 23 months | High-risk kids and adults need a vaccination. | |
| Hepatitis B | 3 doses within first 18 months of life | Ask your pediatrician if your child is up to date. | High-risk adults should be immunized. |
| Human papillomavirus (HPV) | | 3 doses are recommended for girls ages 11-12, or later if a young woman isn't up to date. Ask your physician about the pros and cons of vaccination. | |
| Inactivated polio virus | 3 doses by 18 months | Ask your pediatrician if your child is up to date. | |
| Influenza | Yearly, for kids ages 6 months to 19 years | | Anyone <i>can</i> get vaccinated; high-risk adults and those over age 50 <i>should</i> be. |
| Measles, mumps, rubella (MMR) | 1 dose at 12-15 months; another at ages 4-6 | Ask your pediatrician if your child is up to date. | If you haven't had this vaccine, you need it. High-risk adults need a second dose. If you were born before 1957, you're considered immune to measles and mumps. |
| Meningococcal (meningitis) | Ask your pediatrician if your child is high risk. | It's recommended for kids ages 11-12; otherwise, ask your pediatrician if your child is at high risk. | It's a must for high-risk groups. |
| Pneumococcal (pneumonia) | 4 doses of pneumococcal conjugate by 15 months | High-risk kids and adults need the pneumococcal polysaccharide vaccine. Adults should get vaccinated at age 65; some older adults may need a booster. | |
| Rotavirus | 3 doses by 6 months | | |
| Varicella (chicken pox) | 1 dose at 12-15 months; another at ages 4-6 | Ask your pediatrician if your child is up to date. | If you aren't up to date and never had the chicken pox, speak with your physician. |
| Zoster (shingles) | | | Get it once, at age 60 or older. |

Source: Centers for Disease Control and Prevention

Enjoy the prime of your life

The Senior Circle program at Northeast Regional Medical Center is our commitment to meeting the needs of adults ages 50 and better with ways to live healthy, fulfilling lives.

Senior Circle encourages an active lifestyle through continued learning, wellness, health and volunteering, coupled with social activities. Join us to enjoy valuable members-only perks.

LOCAL AND NATIONAL BENEFITS

Members receive these local benefits:

- a complimentary private room upgrade during your hospital stay when staffing and availability permit
- discounts at area shops
- free monthly activities and exercise classes
- free educational lunch-and-learn program
- holiday parties
- day and overnight travel opportunities
- free notary public service, copying and faxing
- a subscription to our bimonthly chapter newsletter

Members also receive national benefits:

- a prescription mail pharmacy program
- quarterly issues of Senior Circle's national publication
- a toll-free member services line
- a national travel program
- a pharmacy discount card
- national car rental discounts
- an emergency-response discount with ADT
- long-term care insurance discounts
- Choice Hotel discounts



! Join the inner circle!

To start benefiting from Senior Circle, call (660) 785-1153 or visit www.seniorcircle.com.

Senior Circle

MEMBERSHIP APPLICATION

Today's Date: _____ Referred By: _____

| | | |
|--|--|---|
| NORTHEAST REGIONAL MEDICAL CENTER | | <input type="checkbox"/> New <input type="checkbox"/> Renewal |
| Last Name | Middle I. | <input type="checkbox"/> Mrs. <input type="checkbox"/> Ms. <input type="checkbox"/> Mr. <input type="checkbox"/> Dr. |
| First Name | Sex <input type="checkbox"/> M <input type="checkbox"/> F | |
| Phone Number () | Birthday Mo. ___ Day ___ Yr. ___ | |
| Address | | Apt. # |
| City | State | Zip |
| E-mail | | |
| I authorize <input type="checkbox"/> do not authorize <input type="checkbox"/> | | |
| that a Senior Circle representative may be notified of my admittance to participating hospitals and may contact me while in the hospital to ensure my needs are being met. | | |
| Signature: _____ | | |
| COMPLETE SECTION BELOW FOR SECOND MEMBER, SAME HOUSEHOLD ONLY | | |
| Last Name | Middle I. | <input type="checkbox"/> Mrs. <input type="checkbox"/> Ms. <input type="checkbox"/> Mr. <input type="checkbox"/> Dr. |
| First Name | Sex <input type="checkbox"/> M <input type="checkbox"/> F | |
| Phone Number () | Birthday Mo. ___ Day ___ Yr. ___ | |
| E-mail | | |
| I authorize <input type="checkbox"/> do not authorize <input type="checkbox"/> | | |
| that a Senior Circle representative may be notified of my admittance to participating hospitals and may contact me while in the hospital to ensure my needs are being met. | | |
| Signature: _____ | | |
| PAY BY CHECK ONLY | | |
| <input type="checkbox"/> One Year Membership \$15.00 (SC1) | | |
| <input type="checkbox"/> Two - One Year Memberships \$27.00 (TW1) <i>(you save 10% - same household only)</i> | | |
| <input type="checkbox"/> Two Year Membership \$27.00 (SC2) <i>(you save 10% compared to a one year membership)</i> | | |
| Return your completed application and check or money order to: | | |
| Northeast Regional Medical Center 315 South Osteopathy Kirksville, MO 63501 | | |

A membership to Senior Circle is a great gift idea!



www.nermc.com

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