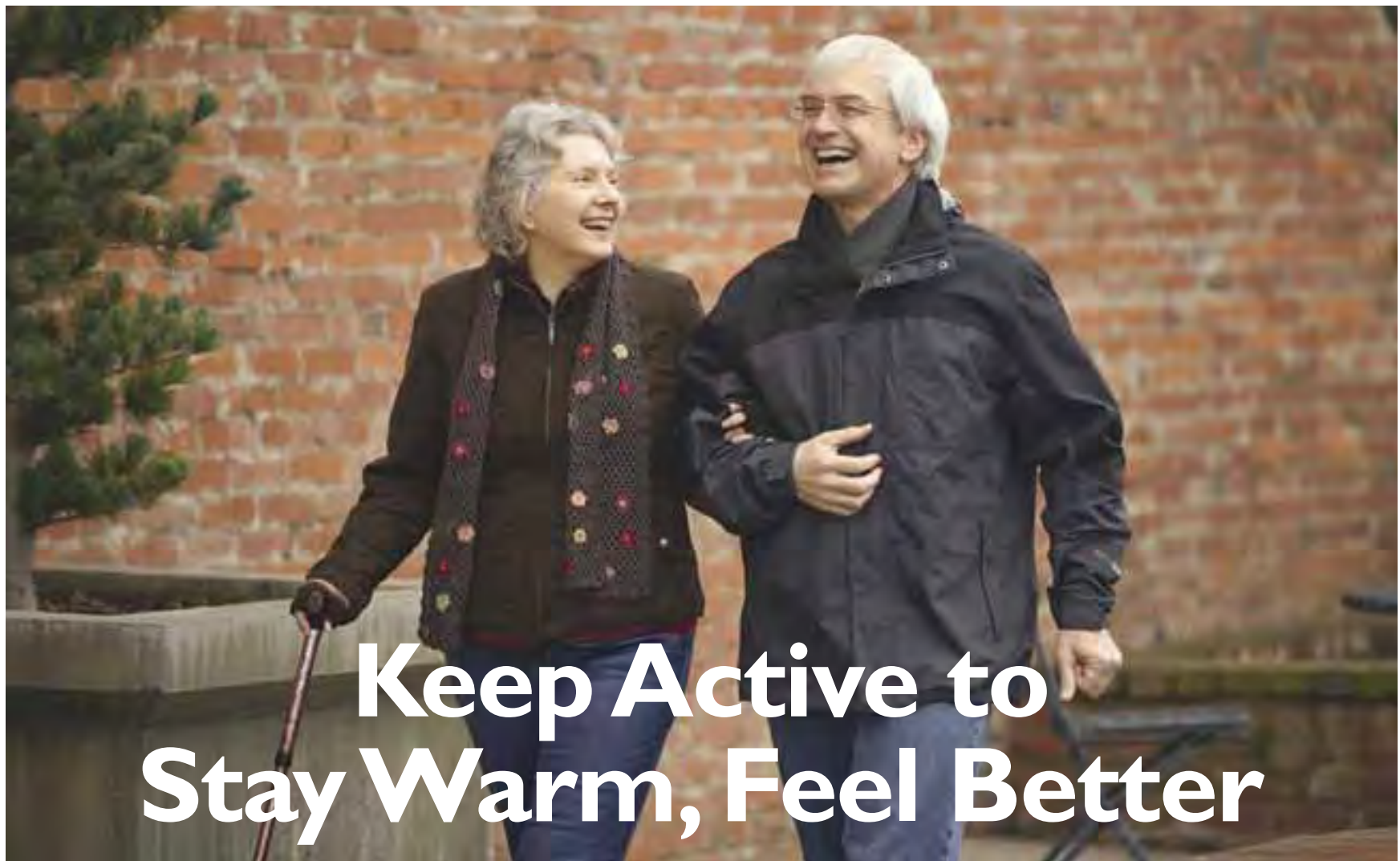


GoldenCare Update

HEALTH NEWS PROVIDED TO ANYONE 60 OR OLDER AS PART OF GOLDENCARE MEMBERSHIP



Keep Active to Stay Warm, Feel Better

THE WINTER MONTHS make it easy to hibernate—and gain weight in the process. The math is simple: Eating more calories than you burn creates unwanted pounds.

That's why, in addition to good food choices, exercise is a key ingredient for a healthy life.

Consider the magic of exercise. It increases your body temperature, curbs cravings for food and cigarettes, reduces your risk of osteoporosis, improves your balance, and helps you lose weight or keep it in check. In addition, it improves your

mood and decreases your chances for depression, which is especially important during gloomy winter months.

Sound good—but need motivation?

“Just remember that it can be simple,” says St. Mary's Hospital dietitian Susan Doyle, adding that everyday life provides ample opportunity for exercise. “Aim for at least 30 minutes each day, even if it's spread throughout the day.”

Some exercise ideas include:

- Walk indoors, in a mall or school gym.
- Climb stairs when out and about, but also use them repetitively as a workout at home.

- Consider using the pool or taking a class at a school or health club.

- Borrow exercise videos from the library.

- Use treadmills and stationary bicycles at a comfortable pace for a length of time that works for you.

- Attend “Full Speed Ahead After 50” to learn about ways to be active. See the back page for more information.

Staying busy and moving about can keep you warm and healthy through the winter. “You'll feel so much better,” Doyle says.



4 **CANCER FACTS FOR MEN:
KNOW YOUR PERSONAL RISK FACTORS**

7 **KEEP THE AIR IN YOUR HOME
HEALTHY AND CLEAN**



Staying warm during a chill

As we get older, we still want to be cool. What we don't want to be is cold, especially too cold.

Being overly chilly can pose a serious health hazard for older bodies, which make less heat and lose it more quickly than younger bodies. When a person's temperature falls below 95 degrees, it's called hypothermia. The result can be a heart attack, kidney problems, liver

damage or even death.

You can get hypothermia indoors or out. So keep toasty at all times by following these recommendations from the National Institute on Aging:

- Dress warmly. Wear layers of loose-fitting, warm clothes. Indoors, put on socks and shoes. Outdoors, wear waterproof shoes and a waterproof coat.
- Bundle up in bed. Try sleeping in long underwear. Cover your head with a cap. Add a few

extra blankets.

- Keep the indoor temperature at 68 degrees or higher. Close off

rooms you are not using. Stuff towels under doors or around windows to stop drafts. ■



Help stop Medicare fraud

Don't share your Medicare or Social Security numbers with just anyone. Treat them like a credit card, advises the U.S. Department of Health and Human Services.

Your provider is the only person who needs to see your Medicare card. Be wary of others who ask for it—it may be a gimmick to commit fraud.

Be suspicious of:

- People who approach you in public places offering free items or services in exchange for your Medicare number.
- Telemarketers who request Medicare or Social Security payment over the phone or Internet.
- People conducting health surveys by phone who ask for your Medicare number.

Call 800-MEDICARE (800-633-4227) to find out if a provider is approved by Medicare. Learn more about how to protect yourself at www.ftc.gov/idtheft. ■



Men can have thin bones too

The bone-thinning disease osteoporosis isn't just a women's problem. Men can get it too. Nearly 2 million men in the U.S. have osteoporosis, and millions more are at risk. Osteoporosis can cause bones to break easily.

Some factors that can increase a man's risk for the disease include:

- Having low testosterone levels.
- Smoking.
- Not getting enough calcium.
- Being inactive.
- Having a family history.

Men should also know the risks of drinking alcohol.

You can help make

your bones stronger by getting regular weight-bearing exercise (such as walking) and resistance exercise (such as lifting weights) and by eating foods rich in calcium and vitamin D. Good food sources of both nutrients include salmon and fortified low-fat milk. You may also need to take a supplement.

If you are at risk for osteoporosis, ask your doctor about a bone mineral density test. Osteoporosis can't be cured, but there are many medications available to treat it. ■

SOURCES: NATIONAL INSTITUTE ON AGING; NATIONAL OSTEOPOROSIS FOUNDATION

Treating gum disease helps arthritis symptoms

When you have rheumatoid arthritis (RA), flossing your teeth may help ease your joint pain.

According to a study published in the *Journal of Periodontology*, people with RA and periodontal

disease saw an improvement in arthritis symptoms when they resolved their gum problems.

RA is a debilitating disease that causes pain, stiffness and swelling of the joints. Periodontal disease causes chronic swelling of the gums and can lead to tooth loss.

Both diseases involve inflammation that results from bacterial infection and destroys tissues.

The study followed 40 people with severe RA and moderate to severe gum disease. Those who received treatment for their gum



disease had fewer swollen joints and less pain and morning stiffness. ■

SOURCE: *JOURNAL OF PERIODONTOLOGY*, VOL. 80, NO. 4



Plan to help prevent home fires

Heeding fire safety tips at home may save a life.

Here are a few steps you can take:

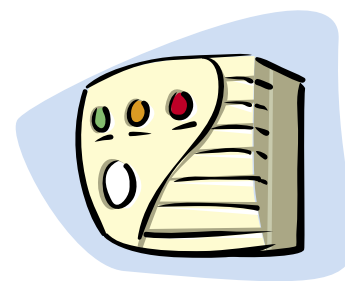
- Install working smoke detectors on every level of your home. A new ordinance for Madison residents requires alarms in each sleeping area as well as within 6 feet of doors leading to them.
- Test the batteries each month. Detectors used by Madison residents must have 10-year batteries or a hard-wired system with battery backup.
- Develop a fire escape plan for each person to

escape a burning home. Have a fire drill at least twice a year.

- Make sure doors and windows can be easily opened for escape.
- Do not leave cooking foods unattended.
- Keep flammable materials at least 3 feet from space heaters.
- Beware of careless smoking, such as while lying in bed.
- Always have a phone at hand where you sleep.

Taking these precautions can reduce the risk for fires so you can enjoy your home, safe home. ■

SOURCE: NATIONAL FIRE PROTECTION ASSOCIATION



Carbon monoxide: Monitor this hidden hazard

Carbon monoxide, or CO, is a poisonous gas produced by burning fuels, including gasoline, natural gas, propane, wood and charcoal. It's usually carried away safely—by a car's exhaust system or a heater vent, for example.

If a stove or other appliance isn't vented properly, though, CO can enter your home. You can't see or smell it, so you may become sick without knowing the cause.

Watch for symptoms such as headache, dizziness, nausea, chest pain and confusion. High levels of CO can cause unconsciousness and death.

All homes should have a battery-powered CO detector. ■

SOURCE: U.S. CONSUMER PRODUCT SAFETY COMMISSION

Shovel or blower—here's to safer snow removal

Snow time is no time for injuries.

So whether you use a shovel or a snowblower to clear sidewalks and driveways, keep in mind these recommendations from the American Academy of Orthopaedic Surgeons and other experts:

- Check with your doctor first. Snow removal puts high stress on the heart.

- Dress in light layers, with a water-repellent outer layer.
- Make sure that your hat and scarf don't block your vision.
- See that your footwear has slip-resistant soles.
- Pace yourself. Take frequent breaks.
- When using a shovel, push rather than lift the snow. Don't throw the snow to the side,

because this stresses your back.

- Clear snow early and often.
- When using an electric snowblower, keep track of the cord; you could trip and fall on it.
- If the snowblower gets clogged, stop the engine and wait at least five seconds. Then use a solid object—not your hands or feet—to remove the snow. ■



Feeling a little indigestion?

Millions of Americans spend billions of dollars every year on antacids and other over-the-counter aids to relieve heartburn and indigestion.

Both conditions are sometimes caused by acid moving from the stomach into the esophagus.

But lifestyle changes may bring relief too. For example:

- Eat more slowly.
- Eat smaller meals.
- Don't smoke.
- Finish eating two to three hours before sleeping.
- Avoid coffee and carbonated beverages.

Ongoing problems, however, could signal something serious.

See your doctor if:

- Symptoms last more than two weeks.
- You notice any other unusual signs, such as shortness of breath.
- You use medicines more than twice a week. ■

SOURCE: NATIONAL DIGESTIVE DISEASES INFORMATION CLEARINGHOUSE



Cancer Facts for Men



FOUR COMMON CANCERS often affect men. Knowing your personal risk factors for these diseases and how they can be found early could save your life.

Colon cancer. Risk for this disease is higher for people who: ~ Have a personal or family history of this

cancer. ~ Have inflammatory bowel disease. ~ Eat a high-fat diet. ~ Are overweight. ~ Are inactive. ~ Smoke.

The American Cancer Society (ACS) recommends that all people 50 and older get screened regularly. Tests that help find precancerous growths (polyps) and cancer include: ~ Flexible sigmoidoscopy. ~ Double-contrast barium enema. ~ Colonoscopy. ~ CT colonography (virtual colonoscopy).

Tests that help find cancer include:

~ Fecal occult blood test. ~ Fecal immunochemical test. ~ Stool DNA test.

Lung cancer. This cancer is most often caused by smoking. Thus, most lung cancer can be

prevented. If you smoke, work with your doctor to create a plan to quit.

Prostate cancer. The risk of this cancer increases with age; it is usually found in men older than 65. Other factors that increase risk are a family history of the disease and being African American.

Your doctor can check for this cancer during a digital rectal exam, in which the doctor inserts a gloved finger into the rectum to check for any hard or lumpy areas in the prostate gland. A blood test called a prostate-specific antigen (PSA) test may also help find cancer cells.

The ACS advises talking with your doctor about whether the benefits of prostate screening outweigh the potential harm.

Skin cancer. People with fair skin, especially those with blond or red hair, have a higher risk for skin cancer. A family history of melanoma—a particularly dangerous kind of skin cancer—and a personal history of severe sunburns before the age of 8 also play a role.

Have a skin exam during your routine checkups, and report any skin abnormalities, such as moles that change shape or color, to your doctor.

Ask your doctor about which screenings you need and how often you need them. ~ ~ ~

5 Ways to Help Prevent Cancer

About two-thirds of all cancers may be linked to factors within our control, says the National Institute on Aging (NIA). The following healthy steps may help reduce your risk of cancer, according to the NIA and the American Cancer Society:

1 Avoid tobacco and alcohol. Tobacco is responsible for one-third of all cancer deaths in the U.S. each year. And studies have found a connection between alcohol and increased risk of cancers of the mouth, throat, esophagus and larynx—especially when combined with smoking.


2 Aim for a healthy weight. Being overweight may increase the risk of cancer of the prostate, pancreas, colon and breasts.

3 Get regular exercise. Aim for at least 30 minutes—preferably more—of moderate to vigorous physical activity five or more days a week.

4 Eat a healthy diet. Include whole grains and a variety of fruits and vegetables, and limit red meat.

5 Protect your skin. Wear sunscreen regularly, and do not use tanning booths or sunlamps.



 **Dean & St. Mary's sponsor "Man to Man," a support group for men with prostate cancer, as well as a brain tumor support group. For more information, visit www.deancare.com. Click on "Classes" and then "Support Groups."**

ANEMIA

Feeling Fatigued?

AN ON-THE-GO TYPE OF WOMAN, Sharon Cramers, 64, worried when her energy started to wane. “I couldn’t figure out why the smallest efforts wore me out,” Sharon recalls. “Just washing the dishes would leave me so exhausted, I’d have to take a nap.”

After seeing her doctor, Sharon found out that her fatigue was caused by a common blood condition: anemia.

RUNNING LOW. With anemia, the blood has a lower than normal number of red blood cells or not enough hemoglobin, a

Many types of anemia are mild, but other types can be severe and even life-threatening without treatment. ~ ~ ~

protein that helps red blood cells carry oxygen throughout the body. If either is lacking, your body may not be getting enough oxygen-rich blood. Your heart may have to pump

harder, and that can cause: ~ Fatigue and weakness. ~ Shortness of breath. ~ Dizziness. ~ Headache. ~ Cold hands and feet. ~ Pale skin. ~ Chest pain.

If you have signs of anemia, be sure to see your doctor, the National Heart, Lung, and Blood Institute (NHLBI) advises. A physical exam and blood testing can help reveal whether you have the condition.

Many types of anemia are mild, short-term and easily treated, according to the NHLBI. But other types can be severe, long-lasting and even life-threatening without treatment.

RESTORING BALANCE. Treatment for anemia depends on the type, cause and severity of the condition, the NHLBI says. Options include:

- Boosting nutrient levels—iron, vitamin B₁₂ and folic acid, in particular. Eating lots of iron-rich, vitamin-packed foods can help



treat—and even prevent—some types of anemia. Dietary supplements may help too.

- Medicines to treat infections, help your body make more red blood cells or stop it from destroying its own red blood cells.

- Procedures such as surgery to control bleeding from a stomach ulcer or a tumor in the colon. Severe cases of anemia may require blood transfusions or other treatments.

Sharon’s anemia was easily treated with iron supplements and dietary changes. Her energy bounced back. Today she washes the dishes, skips the nap and plays with her grandkids instead.

Donation Station: 5 Facts About Giving Blood

Thinking about donating blood? These facts may answer a few questions:

- 1 You could help save up to three lives with just one donation.
- 2 Donating blood is a safe process. Needles and bags are used once, then discarded. That makes the spread of an infectious

disease to the donor impossible.

- 3 People usually feel fine after donating. If there’s a little dizziness, rest and fluids can quickly help. Your body will replace the lost fluid within 24 hours.
- 4 Your health history and blood test results will be kept confidential except when

required by law.

- 5 The whole process takes about an hour. You’ll be offered light refreshments afterward so that your body can adjust.



SOURCE: AMERICAN RED CROSS

Looking Ahead

ADVANCE DIRECTIVES CAN HELP OTHERS MAKE CHOICES ON YOUR BEHALF



*H*AVE YOU EVER THOUGHT about what kind of medical care you would want if you were terminally ill or critically injured?

Would your doctor or family know what your wishes were if you couldn't speak for yourself?

The best way to make sure you get the kind of care you desire is to prepare an advance directive. An advance directive lets doctors and family members know what types of treatment you want and don't want if you are unable to state those decisions yourself.

For example, an advance directive can let others know if you want to be kept alive with the help of a respirator. Or it can spell out if you want to be resuscitated if your

heart stops beating.

By preparing an advance directive, you can help family members or friends deal with difficult choices.

In Wisconsin, a durable power of attorney for health care supercedes a living will, so it is not necessary to have both.


A durable power of attorney for health care names the person you want to make treatment decisions if you are unable to make those decisions yourself. Before granting power of attorney, you should make sure the person you choose is willing to make those decisions.

A living will tells doctors what kind of lifesaving care you would and would not want.

Before deciding what end-of-life choices

are best for you, talk it over with your doctor and family. You should also find out about state laws that apply to advance directives.

SOURCES: AMERICAN GERIATRICS SOCIETY; AMERICAN HOSPITAL ASSOCIATION; NATIONAL HOSPICE AND PALLIATIVE CARE ORGANIZATION

 Visit www.dhs.wisconsin.gov/forms/AdvDirectives for information about creating advance directives.

Where to Keep Your Documents

Once you've completed your advance directive, it's important to make sure it can be found and followed if you are unable to make your own medical choices.

Take some time to explain to your loved ones what your advance directive says and why you made those decisions.

You should also:

- Make copies of the document.
- Leave a copy in an easy-to-find yet safe place.
- Give copies to friends and family.
- Give a copy to your doctor.
- Keep a card in your wallet declaring that you have a living will and where it can be found.

An advance directive does not expire. But you can change it at any time. It's best to destroy all copies of the old one and make sure you give the new one to family, friends and your doctor.

SOURCES: AMERICAN CANCER SOCIETY; AMERICAN GERIATRICS SOCIETY

DIRECTIVE FORMS


St. Mary's Can Help

*P*PAPERWORK—NO ONE LIKES IT. And no one likes to think about the possibility of becoming incapacitated. But taking time to fill out an advance medical directive will benefit yourself and provide confidence to those who will carry out your wishes.

That's why St. Mary's Hospital offers help, in person and online.

Weekly public seminars are held every Monday at 12:30 p.m. at St. Mary's Hospital. Forms will be provided and may be filled out as the seminar progresses.

A helpful video about how to fill out an advance directive is available on the St. Mary's website at www.stmarysmadison.com. Click on "Patients," then "Advance Medical Directives." The official brochure and advance directive form to fill out are available for download at the same website.

 For more information, call your GoldenCare Advisor or St. Mary's Hospital Patient and Family Services at **608-258-6561**.

Giving ... and Receiving Too


*G*RATEFUL PATIENTS at St. Mary's and St. Clare often wonder how they can support their hospital in a meaningful way without risking their own financial security.

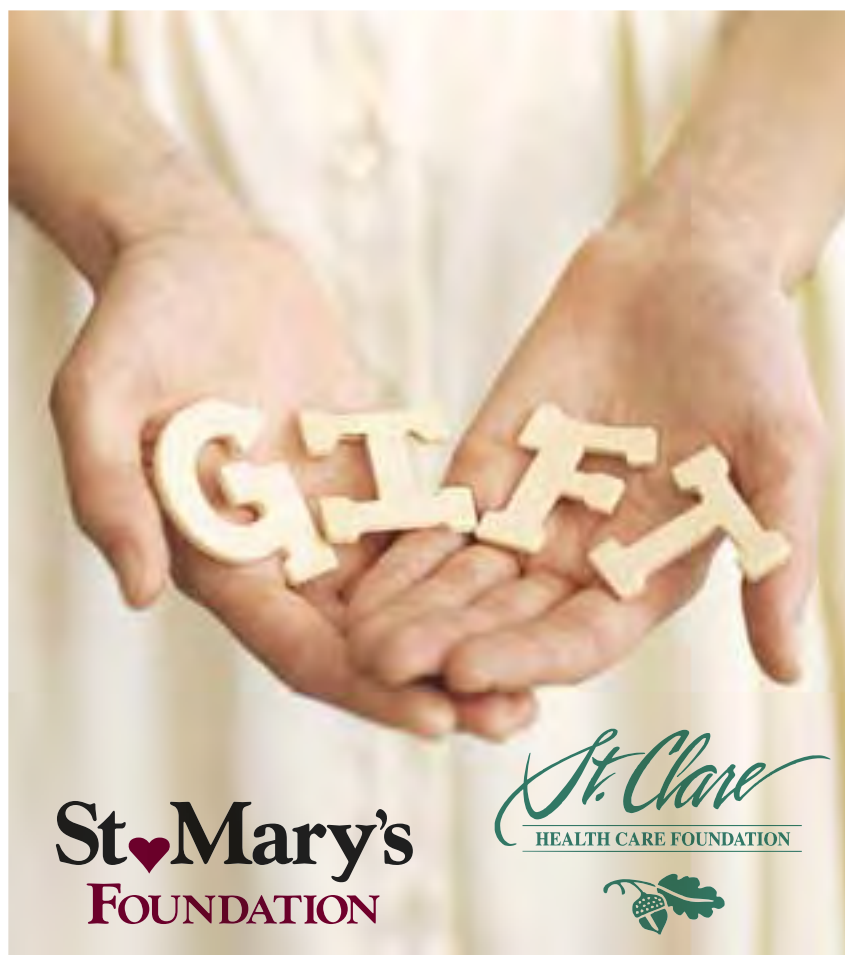
A charitable gift annuity (CGA) agreement may be just the ticket. While offering personal satisfaction in expressing gratitude, a CGA also provides guaranteed, predictable income as well as income tax deductions.

In exchange for a gift of cash or other property, donors will receive a guaranteed annual annuity payment either for a fixed number of years or for the donor's lifetime. A lifetime annuity will pay over the life of the donor and spouse, if desired. Payments may begin immediately or at a predetermined future date.

For example, a 65-year-old donor making a \$50,000 gift today could receive \$2,500 annually, guaranteed for 20 years, plus more than \$19,000 in a current income tax deduction.

Or, an 80-year-old couple giving \$100,000 could receive \$6,350 annually, guaranteed for both lifetimes, plus a current income tax deduction of more than \$38,000.

 For more information, visit www.stclare.com/foundation or call 608-356-1449. You can also visit www.stmarysfoundation.org or call 608-258-5600.



Breathing Easier at Home

*Y*OU TAKE PRIDE IN YOUR HOME. The exterior is tidy and well-maintained, and the interior is neat and attractive. But what about the air inside: Is it clean and healthy?

Several sources of indoor air pollution can put you at risk for health problems. These pollutants can be chemicals, such as those in smoke; gases, such as radon; or living organisms, such as mold.

Poor indoor air quality can cause a host of health problems, including sore eyes, a burning sensation in your nose and throat, and headaches. Pollutants can cause or worsen allergies; respiratory illnesses; heart disease; cancer; and other serious, long-term health conditions.

To help make sure the air quality in your home is healthy:

- Never let anyone smoke indoors. Change furnace and air conditioner filters regularly.

- Fix all leaks and drips. Standing water and high humidity can lead to the growth of mold.
- Use exhaust fans in your kitchen and bathrooms to remove moisture and gases.
- Install carbon monoxide detectors near bedrooms.
- Test your home for radon, an invisible gas that causes lung problems, including cancer. If your home has high radon levels, the situation can be fixed.

By making good air quality a priority, you can breathe easier.

SOURCES: AMERICAN LUNG ASSOCIATION; U.S. ENVIRONMENTAL PROTECTION AGENCY

Indoor air pollution can put you at risk for health problems. ~ ~



EVENTS *Calendar*

St. Mary's and St. Clare are sponsors of, or participants in, the following events.
Additional events may be found at St. Mary's GoldenCare website at www.stmarysmadison.com/goldencare.

Quality of Life During the Golden Years

Thursday, March 17, 11 a.m.
St. Clare Hospital, Ringling Room
Free presentation by John Ewing, MD, family medicine physician. Refreshments will be served.

AARP Driver Safety Class

Thursday, April 14
Registration 12:30; class 1 to 5 p.m.
St. Clare Hospital
\$12 for AARP members,
\$14 for non-members
Refreshments will be served.
To register, call **608-356-1407**.

St. Mary's A.M. Series Discontinued

Overture Center is ending St. Mary's A.M. Series, formerly known as Musical Memories. The change comes after two decades of no-cost or low-cost musical entertainment for seniors, provided through a major sponsorship agreement with St. Mary's Hospital. The GoldenCare program continues to evaluate other ways to provide members with opportunities for socializing and entertainment, all in the name of wellness.

Full Speed Ahead After 50

Thursday, March 17
8 a.m. to 3:30 p.m.
Monona Terrace
\$18

A day of everything from health screenings and COCPR to Zumba and the buzz about honeybees. Luchtime entertainment by Rigel, a Celtic band.
For a full schedule of events and to register, watch your mail or visit www.stmarysmadison.com/goldencare. Registration deadline is March 11.

Hands on Hearts, Community COCPR Education

Wednesday, May 11
Provided by St. Mary's, Channel3000 and American Red Cross. Watch for more details online and on WISC-TV3. Many times and locations in Madison and elsewhere in southern Wisconsin.



**St. Mary's
HOSPITAL**

St. Clare
Hospital & Health Services

MEMBERS OF SSM HEALTH CARE



**NEW MEMBERS AGE 60+
ALWAYS WELCOME!**
To apply for free membership,
contact your nearest GoldenCare office.

GoldenCare

GOLDENCARE UPDATE is published three times a year for all St. Mary's and St. Clare GoldenCare members. Please direct correspondence and address corrections to:

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