

# GoldenCare Update

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



## Stay Well This Flu Season

TRADITIONAL FLU SEASON is just around the corner. One of the easiest and most effective ways to avoid severe cough, fever and aches is to get your annual flu shot.

Seniors at risk—due to chronic illness, diabetes, heart disease and lung disease—and people whose immune systems are weakened—because of cancer treatment, for example—should also get immunized for swine flu. That vaccine is expected to be available later this fall.




Ellen Smith

**A REALLY NASTY BUG.** “There are many influenza-like illnesses,” says Ellen Smith, an infection control nurse for St. Mary’s Hospital. “But influenza, which can last up to 10 days, is much more severe. People often describe the feeling as being hit by a truck. That’s why it’s

best not to take your chances and instead get the shot.”

**THE RISKS ARE HIGH.** Each year, 5 to 20 percent of the American population gets the flu. About 200,000 people are hospitalized, and 38,000 die from complications. Compare that to pneumonia with 5,500 deaths a year or meningitis with 125 deaths a year, and you can see that the flu is a serious matter.

The various flu viruses continuously mutate, requiring a new vaccine each year. Scientists target the ones they think are most likely to be prevalent. Because it takes at least two weeks for the vaccine to start working, it’s best to get immunized before the season is in full force.

 Call the flu vaccine hotline at **608-250-1383** in Madison or **877-277-3326**.



**3** GIVE A TRIBUTE GIFT TO HONOR SOMEONE SPECIAL TO YOU

**4** WOMEN: A GUIDE TO GOOD HEALTH, INCLUDING SCREENINGS



## Occupational therapy aids in stroke recovery

**Y**ou can improve your likelihood of independence after a stroke by having an occupational therapist work with you at home.

So say researchers who reviewed a number of studies on the subject.

A stroke can

make it hard to do basic things, such as preparing or eating meals, dressing, and bathing. These activities often can be relearned through occupational therapy (OT).

How much can OT help? Researchers found that, compared to those who didn't receive in-home OT,

those who did were:

- More able to care for themselves.
- More independent.
- Less likely to see their abilities decline over time.

If you think that you or a loved one might benefit from OT, talk to your doctor. ■

SOURCE: *The Cochrane Library*, 2007, ISSUE 4



## *With just one stop (online) you can find information on recalls*

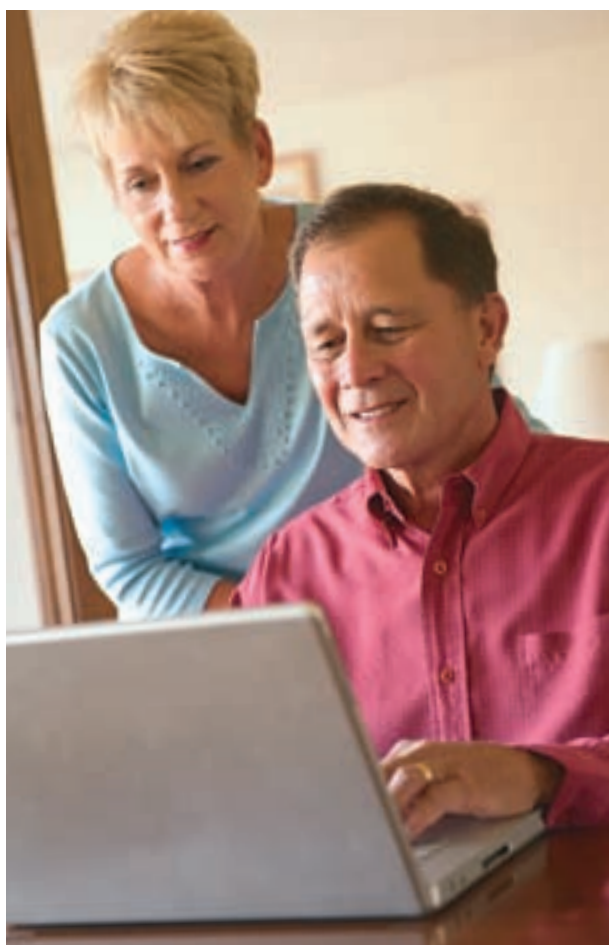
If keeping track of recalls of unsafe products makes your head swim, here's a lifeline: **[www.recalls.gov](http://www.recalls.gov)**.

The website, sponsored by the U.S. Consumer Product Safety Commission and other federal agencies, gives information on current recalls of food, medi-

cine, cosmetics and consumer goods.

It also lists motor vehicles, boats and environmental products, such as pesticides.

In addition, the website lets you report harmful products and review key safety tips. You can also sign up to learn of recalls by e-mail. ■



## Research shows drinking coffee can be good for your health

**I**f you love coffee, there's reason to celebrate.

Drinking three to five cups a day may have important health benefits, such as:

- Lowering the risk of type 2 diabetes, liver disease, Alzheimer's disease, kidney stones, gallstones, depression and suicide.
- Increasing mental function and physical stamina.
- Protecting against cancer.
- Reducing the risk of death from diseases of

the heart and blood vessels in women after menopause.

And with just one cup per day, coffee may cut the risk of Parkinson's disease in half.

Antioxidants that reduce inflammation seem to account for some of coffee's benefits.

On the down side, coffee may increase the risk for high blood pressure and high blood levels of an amino acid linked to heart and blood vessel diseases. ■

SOURCE: INSTITUTE OF FOOD TECHNOLOGISTS

## What's the point of acupuncture?

**A**cupuncture is a tool of traditional Chinese medicine. It's also one of the world's oldest healing practices.

Acupuncture involves expert stimulation of specific points on the body with needles manipulated by hands or by electrical stimulation.

In clinical trials of cancer patients, it has been shown to help:

- Improve immune system response.
- Reduce pain.
- Relieve nausea and vomiting associated with chemotherapy.

Scientists continue to study its benefit for a wide range of conditions.

If you're considering acupuncture treatment, talk to your doctor. You can also learn more about this healing practice at the National Center for Complementary and Alternative Medicine website, **[www.nccam.nih.gov](http://www.nccam.nih.gov)**. ■

## Antibiotics: 5 reasons to think twice

**Y**ou're not feeling well.

So should you ask your doctor to prescribe antibiotics?

Here are five things to consider. These powerful drugs:

- 1 Do not treat viral illnesses, such as colds, flu and most sore throats.
- 2 Are used to treat illnesses caused by bacteria. Examples are strep throat, tuberculosis and many types of pneumonia.
- 3 May not work as well (or at all) for future illnesses if they are taken when they aren't needed.
- 4 Can cause allergic reactions that are severe enough to need emergency help.
- 5 May have up to a 25 percent chance of causing diarrhea if they are taken for a viral infection (rather than for an illness caused by bacteria, as they are intended). ■

SOURCE: U.S. FOOD AND DRUG ADMINISTRATION



## Consider a tribute gift for someone special

**G**ifts of remembrance have a large, lasting effect on the recipient and their families, neighbors and friends. In the case of tribute gifts made to the St. Clare Health Care Foundation and St. Mary's Foundation, contributions support a



## Festive foods: How to indulge without the guilt

**S**tarting with Labor Day and Halloween and going right through the new year, holidays offer ample opportunity for overindulgence.

If you are determined to skip the guilt of holiday fare—without feeling deprived—here are some quick tricks from the American Heart

Association and other experts:

- Go a bit lighter. Try reduced-fat cheese or skim milk in place of their full-fat counterparts. Use fat-free evaporated milk for creamy mashed potatoes. Or whip up a figure-friendly gravy with low-sodium broth and skim milk.

- Swap in some healthy stuff. Replace some of the oil in your baking with applesauce or other fruit purees. Add raisins or nuts instead of chocolate chips to your cookies and muffins.

- Skip foods that have trans fat. Opt for canola oil and trans fat-free spreads. ■

## Is stress fattening?

**H**ow do you respond to a stressful day?

If your stress-relief formula includes stretching on the couch with a favorite fatty snack, you might be doing yourself more harm than good.

People who turn to food when they are stressed may gain too much weight, leading to problems that include high blood pressure, heart disease, diabetes and stroke.

Stress can cause you to drop good eating habits and regular exercise.

If you eat when you feel sad, angry, stressed or frustrated, try a new way of coping:

- Go for a walk to get a change of scenery.
- Sit down, relax and breathe deeply.
- Call a friend or write down your feelings.



- Listen to music or read a book.

- Sip a cup of hot tea or take a bath.

If your emotions are still controlling your

eating, talk to your doctor, who may suggest, for example, joining a support group or visiting with a mental health counselor. ■

**ABOVE: Instead of eating when you feel stressed, consider another way of coping. Take a walk.**

SOURCE: U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

celebrate a significant event—such as a birthday, wedding, anniversary, graduation, retirement or religious holiday—or express appreciation of friendship, leadership, performance or special support.

Make your next gift a

## St. Mary's FOUNDATION

lasting one that touches the hearts and lives of others. For more information, please contact: ■ Carole Halberg, St. Mary's Foundation, Madison, at **608-258-5601**.



- Keri Olson, St. Clare Health Care Foundation, Baraboo, at **608-356-1449**. ■

Clip & Save



## Keep These Screenings in Mind

You can gain a lot from regular health screenings. They can help find many problems early, allowing for prompt treatment. They can help prevent some health problems altogether. And, just as important, they can bring you peace of mind that your health is on the right track and that you are doing your part to keep it that way.

Recommended screenings for people who are healthy and at average risk are listed below. You may need some screenings earlier or more often if you have certain risk factors. Talk to your doctor about creating a personalized screening schedule that fits your health needs.

- Blood pressure check, at least every two years.
- Cholesterol tests, as recommended by your doctor.
- Thyroid test (TSH), every five years.
- Blood glucose test to check for diabetes, every three years.
- Colorectal cancer screenings, such as colonoscopy and stool testing, range from every 10 years to yearly. Your doctor can recommend the type and frequency of testing that is suited to you.
- Mole exam to check for skin cancer, yearly. (You should also do monthly self-checks.)
- Mammogram for breast health, every one to two years.
- Pap test and pelvic exam, every one to three years.
- Bone density test, at least once after age 65.
- Chlamydia test, as needed if you have new or multiple sex partners.
- Tests for other sexually transmitted diseases, including HIV. Get tested before having sex with a new partner, who should be tested too.
- Eye exam, every two to four years at ages 40 to 64, then every one to two years at 65 and older.
- Hearing test, every three years.
- Dental exam, one to two times each year.

SOURCE: U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES



# WOMEN

— *flourish* —

# YOUR GUIDE TO



## Vaccinations: Are Yours Up-to-Date?

One thing you never outgrow is the need for vaccines to help keep you healthy. You may not like vaccinations any more now than you did when you were a kid. But staying up-to-date with a few important shots can help prevent many serious illnesses.

Some immunizations you might need include: *flourish* Flu vaccine, yearly. *flourish* Tetanus-diphtheria booster, every 10 years, and one dose of Tdap. *flourish* Herpes zoster (shingles) vaccine, one time after age 60. *flourish* Pneumococcal vaccine, one time after age 65.

There are a few more vaccines you may need if you are considered to be at high risk for a particular illness (if you travel to other countries, work in a health care setting or have certain health conditions, for example). These include: *flourish* Measles, mumps and rubella. *flourish* Hepatitis A. *flourish* Hepatitis B. *flourish* Varicella (chickenpox).

Talk to your doctor to set up a schedule of vaccinations to help you stay healthy.

SOURCES: AMERICAN COLLEGE OF OBSTETRICIANS AND GYNECOLOGISTS; U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

**T**HE LITTLE THINGS you do every day can have an impact on your health now and well into the future.

That can be a sobering thought, especially if you haven't been paying attention to those little things.

Fortunately, it is never too late to incorporate all kinds of good health habits into your life. Start with a few basics that can

help you maintain current good health or help get you on the path to better health in short order.

**EASY AS 1, 2....** Some steps toward a lifetime of good health are so simple, there is no reason not to be doing them. Here are a few—from the Centers for Disease Control and Prevention and other health experts—that you can put into practice right away.

tion and planning to incorporate. Focus on one or two at a time until you have all the ingredients for a healthy life in hand.

**Be mindful of what you eat.** Strive for a balanced, nutritious diet with plenty of fruits and vegetables and low amounts of saturated and trans fats and cholesterol.

**Exercise regularly.** This simple advice can be hard to put into action. But aim for 150 minutes a week—and you can do it in 10-minute segments. Remember, you don't have to sweat it out at the gym. Try fun activities, such as swimming, gardening or walking the dog.

**Don't smoke.** Avoid secondhand smoke too. If you smoke, your doctor can help you make a plan to quit.

**Shed unhealthy pounds.** Carrying extra weight raises your risk for significant health problems, such as diabetes, high blood pressure, heart disease, stroke and certain types of cancer. Talk to your doctor about a good weight goal and how you can reach it.

**Manage stress.** Stress comes from many directions and can have an impact on your mental and physical health if left unmanaged. Exercise, relaxation and plenty of sleep can help counteract stress.

**Ask for help if you're living with domestic violence.** Talk to a close friend, family member, doctor, counselor, clergy member or other spiritual adviser. Or call the Domestic Violence Hotline, 800-799-SAFE (800-799-7233).

# BETTER HEALTH



**Wear sunscreen.** Slather on some sunscreen and limit sun exposure to help prevent skin cancer. Do monthly mole checks, too, to spot signs of skin cancer early.

**Wear a seat belt.** The split second it takes to click it on could save your life.

**See your dentist and eye doctor regularly.** These two checkups can help keep your teeth and eyes in tip-top shape and help catch possible problems early.

**Get regular checkups.** And alert your doctor anytime you notice worrisome symptoms. Good communication with your doctor is simply essential when it comes to keeping healthy.

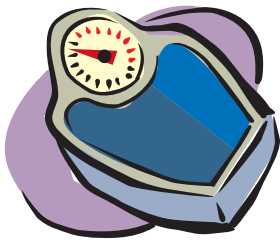
**A LITTLE MORE PLANNING.** Now that you've got the basics in mind, here are a few more essentials to consider. They are also simple but might take a little more motiva-

*From stress relief to arthritis exercise to yoga, Dean & St. Mary's Health Works (608-827-4424) and Lake Delton Integrative Medicine Clinic (608-254-5400) help keep you on track. ~ ~ ~ ~*



## WHAT YOU CAN DO

# Healthy Weight



THE NEXT TIME you step on the scale or look in the mirror, ask yourself two questions:

- 1 Do I weigh too much or too little?
- 2 What difference does it make?

And the answers are:

1 You may think you know the answer. But everybody's body is different. To find out what a healthy weight is for you, ask your doctor.

2 Being overweight or underweight can place you at risk for certain health problems.

Underweight can lead to bone loss, a weakened immune system, decreased muscle strength, memory loss and constipation.

Overweight raises your risk for type 2 diabetes, high blood pressure, high blood cholesterol, heart disease, stroke, gallbladder disease and some types of cancer. Excess weight can put pressure on joints, making it painful to do the things you need and want to do.

**MANAGING YOUR WEIGHT.** Whether you are overweight or underweight, your path to better health starts with a healthy diet and regular physical activity.

When reducing or adding calories, select a variety of foods that include whole grains, vegetables, fruits, lean meats, and low-fat or nonfat dairy products. This will help you get the nutrients you need. Limit foods with saturated and trans fats and added sugars.

Physical activity can keep bones and muscles strong and boost endurance and flexibility. It can also help prevent or reduce the effects of many chronic diseases.

If you haven't exercised for a while, get your doctor's approval before you start. Choose activities you enjoy from these types:

■ **Aerobic activities** (which are good for your heart and lungs) include walking, swimming and bicycling.

■ **Strengthening exercises** (which are good for your muscles and bones) include lifting weights, working with resistance bands, and performing household and garden tasks that involve lifting and digging.

Begin your exercise program slowly, and gradually work toward more vigorous activity for longer periods of time.

It's not always easy to change your eating and exercising habits, but keep trying. You can do it.



## Making a Decision on Surgery

Bariatric surgery is one way to solve a weight problem. It's meant for people who are very obese or for people who have a condition related to their obesity, such as diabetes, high blood pressure or sleep apnea.

Your doctor may recommend surgery if diet, exercise and medicines don't work. But before you choose to have surgery, ask your doctor about its effects, which may include: ~ The inability to eat large meals. ~ Digestive problems, such as vomiting and diarrhea. ~ Diet restrictions. ~ The need to take vitamin and mineral supplements.

Also get answers to these questions: ~ What are the possible complications? ~ Am I likely to regain the weight I lost? ~ What will my health plan cover?

For the surgery to succeed, you will need to eat a healthy diet and exercise regularly. And you must see your doctor for regular checkups.

➔ For information about free sessions regarding weight loss and surgery, go to [www.deancare.com](http://www.deancare.com), click "Specialties & Programs," then "Programs: Comprehensive Weight Management" and "Getting Started."

# Hip Help

## REPLACING WORN-OUT PARTS CAN RELIEVE PAIN

**T**HE HIP is one of your body's largest weight-bearing joints. It supports your weight as you sit, stand, walk and run. But hip joints can wear out, making even routine activities painful.

If your pain persists, your doctor may suggest hip replacement surgery or hip resurfacing.

**HIP REPLACEMENT SURGERY.** During total hip replacement, a surgeon removes damaged cartilage and bone from the hip socket. A cup-shaped implant is then fitted inside the socket.

Next the ball at the top of the thighbone is removed, and the top part of the thighbone is hollowed out. A long shaft with a ball is put into the hole, providing the new ball of the joint.

The new ball and shaft and cup are usually made of metal and plastic.

During traditional hip replacement, a large cut is made over the side of your hip. But newer techniques allow hip replacement to be done through one or two smaller cuts. This minimally invasive surgery is usually done only on select people.

Ask your doctor about the risks and benefits of both types of surgery before making a decision.

**HIP RESURFACING.** Hip resurfacing is another technique you may consider. In this procedure, the socket is replaced, similar to total hip replacement. But instead of removing the head of the thighbone, the surgeon reshapes the head and covers it with a metal cap.

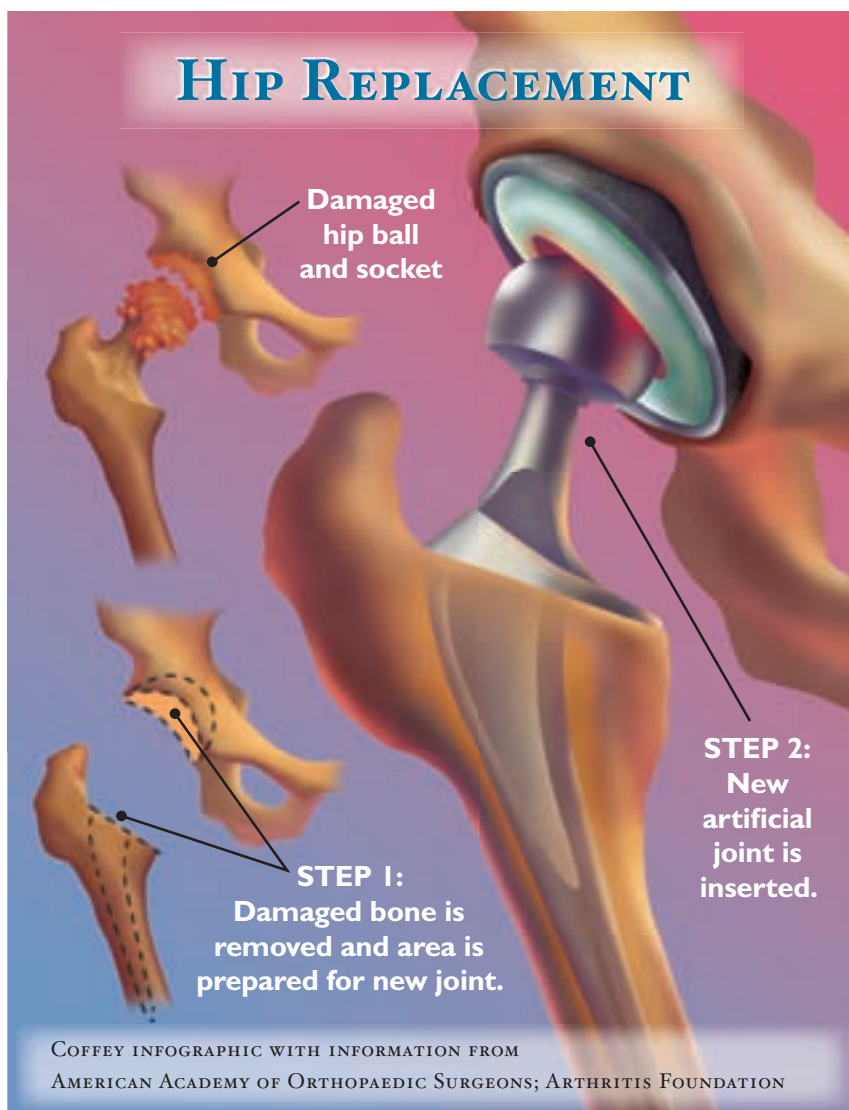
Resurfacing is not recommended if you have bone damage.

**DOWN THE ROAD.** Both hip replacement and hip resurfacing have proven to be successful. Most people make a full recovery in about three to six months.

*You can watch a hip replacement surgery on the Internet. Go to [www.stmarysmadison.com](http://www.stmarysmadison.com), and, under "Channels," click on "Webcasts."*

If you are having hip problems, talk to your doctor about your options for relief.

SOURCES: AMERICAN ACADEMY OF ORTHOPAEDIC SURGEONS; NATIONAL INSTITUTES OF HEALTH



### REHABILITATION

## Help After Hip Surgery

If you have hip replacement surgery, rehabilitation will start before you leave the hospital.

You can expect a physical therapist to visit you the day after surgery, when you will begin your rehab by dangling your leg over the side of the bed.

This will be followed by learning how to get out of bed and how to get in and out of a chair.

The therapist will also take you through exercises to stretch and strengthen your muscles.

Most people are able to practice walking with a cane or walker within a day and may be discharged from the hospital within three to five days.

But rehab will continue. You will continue to work with a physical therapist on an exercise program that gradually builds up.

Depending on your situation—for example, if you live alone—you might continue physical therapy in the hospital.

Otherwise, you might be referred to a rehab center or to a physical therapist who can work with you at home.

Rehab usually lasts several months.

SOURCES: AMERICAN ACADEMY OF ORTHOPAEDIC SURGEONS; AMERICAN ACADEMY OF PHYSICAL MEDICINE AND REHABILITATION; ARTHRITIS FOUNDATION

# 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](http://www.stmarysmadison.com/goldencare).

### Memory Walks

Join us for these Saturday morning walks to support the Alzheimer's Association.

#### ■ Sauk County Memory Walk

Ochsner Park in Baraboo

Saturday, Sept. 26

For information, call St. Clare GoldenCare at 608-356-1407.

#### ■ Dane County Memory Walk

Warner Park in Madison

Saturday, Oct. 3

To join our team, call 608-258-5995 or 800-505-5995, or visit [www.stmarysmadison.com/goldencare](http://www.stmarysmadison.com/goldencare).

### Connect With Others:

#### Facebook for Seniors

Choose one hands-on session:

Tuesday, Sept. 29, or

Wednesday, Oct. 7

4:30 to 6 p.m.

St. Mary's Hospital,

Alumni Hall

\$10. To register, call 608-258-5995.

#### Full Speed Ahead After 50 Walk

Wednesday, Sept. 30

9 a.m.

Monona Terrace

Join us for a 5k walk, rain or shine.

Join the Conversation!

### "We Got the Beat"

#### Health Fair

Saturday, Oct. 24

9 a.m. to 1 p.m.

Baraboo High School

Flu shots available. For information, call Lori Rudolph, St. Clare Hospital, at 608-355-1736.

### Your Cholesterol Matters

Wednesday, Oct. 28

5:30 to 6:30 p.m.

St. Mary's Hospital,

Conference Center, Bay 6

FREE

To register, call 608-827-4424.

### Living Well Expo, "Every Day Is a Journey"

Thursday, Oct. 29

9 a.m. to 2 p.m.

Baraboo High School

For information, call St. Clare GoldenCare at 608-356-1407.

### What's New?

#### Medical Lecture Series

Sunday, Nov. 1

1:30 p.m.

St. Mary's Hospital

Watch your mail for information.



New!

## St. Mary's A.M. Series (Arts and Medicine)

Formerly known as Musical Memories

Thursday, Sept. 24, 10 a.m.

Overture Center's Capitol Theater

\$5 for GoldenCare members

The inaugural show of St. Mary's A.M. Series includes:

#### ■ Heart Healthy Habits

Presented by Dean & St. Mary's cardiologist

Jane Pearson, MD.

#### ■ Grand Barton Organ Concert

#### ■ "Astral Project: Memories of New Orleans"

An historical jazz journey through the streets and alleys of New Orleans.

Tickets may be purchased at the Overture Center box office.

For an additional fee, orders will also be accepted online at

[www.overturecenter.com](http://www.overturecenter.com) or by phone at 608-258-4141.



Jane Pearson, MD

St. Mary's  
HOSPITAL

St. Clare  
Hospital & Health Services

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NEW MEMBERS ALWAYS WELCOME!

To apply for free membership, contact your nearest GoldenCare office.

GoldenCare Update

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:

■ GoldenCare, St. Mary's Hospital, 700 S. Park St., Madison, WI 53715, telephone 608-258-5995 or 800-505-5995, web address: [www.stmarysmadison.com](http://www.stmarysmadison.com)  
■ GoldenCare, St. Clare Hospital & Health Services, 707 14th St., Baraboo, WI 53913, telephone 608-356-1407, web address: [www.stclare.com](http://www.stclare.com)

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