

WINTER 2007

Health Connection

A PUBLICATION OF PONCA CITY MEDICAL CENTER



Helping women
find balance

Meet our doctors

Preparing for
outpatient surgery

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a healthier you

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PONCA CITY
MEDICAL CENTER

Preparing for outpatient surgery

Thanks to the miracle of science, surgeries that once required a hospital stay can now be done on an outpatient basis. That's good news for those who recover better in the comfort of home, but it also means that any necessary arrangements must be made before the surgery date. If you or a loved one is facing outpatient surgery, try the suggestions below to help make the experience as smooth as possible.

PLAN AHEAD

As surgery day draws closer, you'll find it helpful to have certain things taken care of. Once you know your surgery date and time, ask yourself these questions:

- **Do I need to make any changes in my house's setup?** You may have to set up a temporary bedroom on the first floor if you think you'll have difficulty climbing stairs, for instance.
- **Do I have enough food in the house?** Stock up on meals in the freezer (either homemade or store-bought) so you

won't have to worry about food preparation. Ask your doctor about dietary restrictions or recommendations.

- **Will I need help in the house?** Plan to have a friend or a family member drive you home from the hospital. It's also a good idea to have someone stay with you during the first 24 hours. After that, schedule your visitors. They'll brighten your mood but may also cut into your resting time. Be sure to limit visits based on how you feel.
- **Is there anyone I'm responsible for?** If you have baby-sitting or caretaking responsibilities, remember to make other arrangements for your recovery period.

THE DAY BEFORE

Your doctor will probably instruct you not to eat or drink within eight hours of surgery. Ask your doctor whether you should abstain from taking medication or bring a day's dosage with you to the hospital.

If you're recovering from or coming down with a cold, tell your doctor. Your surgery may be postponed until you feel healthy.

Because skin-tone changes can sometimes be a sign of postsurgery problems, don't wear any makeup the day of surgery, including eye makeup and nail polish. Also, plan to wear loose clothing to the hospital.

AFTER SURGERY

Tell your healthcare team about any discomfort, irritation or pain you feel. How long you stay at the hospital will depend on your ability to drink fluids, walk and urinate. The amount of pain you're in will also affect your discharge. Before you leave, get a written list of postoperative instructions, symptoms to monitor and in-case-of-emergency phone numbers.





A strong, stable core helps reduce your risk of injury and prevent back pain.

At the core of fitness

Head of core conditioning? It's the "apple-a-day" way for you to ensure that your body stays strong and steady. Simply put, core conditioning is a series of exercises that target your core—the body's center of power that starts just below your shoulders and ends just below your hips. You work out to gain strength in the muscles that control your trunk and spine while improving balance, agility and flexibility. Adding core strength helps you perform daily functions like lifting grocery bags, playing with your kids and getting in and out of your car. A strong, stable core also helps reduce your risk of injury and prevent back pain.

Try these exercises to build the back, abdominal, thigh and buttock muscles associated with a strong core. Check with your physician first to be sure you're starting at a fitness level that's right for you.

• **Yoga.** This ancient practice involves stretching and holding

postures that focus on building flexibility, balance and strength.

• **Tai chi.** This Chinese ritual involves precise, relaxed exercises to increase both agility and balance.

• **Pilates.** It's the latest craze, involving the use of certain exercises to create longer and stronger muscles without the bulk.

• **Weight training.** Focus on exercises that target your core muscles. Start light and increase the intensity of your workout over time. You may want to consult with a personal trainer to develop a program tailored to your needs.

• **Stability ball.** Sometimes

called a Swiss ball or a resist-a-ball, this large, rubber exercise ball is one of the best ways to actively target and stabilize your core. Start with the ball slightly deflated or secure it against a wall until you're ready to add more challenge to your balance. Choose a ball that comes with a video of basic exercises.

• **BOSU ball.** Shaped like a stability ball cut in half—flat on one side, domed on the other—the BOSU ball is designed to activate and strengthen your core as you perform exercises on it. Many gyms offer BOSU ball classes, and you can also buy video and DVD workouts to use with the BOSU at home.

• **Stability equipment.** Other light equipment ranging from foam rollers, balance pads and discs and mini-trampolines (ideal for beginners) to balance and wobble boards (for the more advanced) can help you improve core strength and stability.



Women helping women

New program focuses on finding balance

In response to the ever-growing demands placed on today's women, Ponca City Medical Center launched a new program called Healthy Woman in January.

Women make between 80 percent and 90 percent of all healthcare decisions and often balance careers, primary and secondary families and civic work. Healthy Woman was created by women, for women to empower women of the Ponca City area with the knowledge needed to make informed healthcare decisions for themselves and their loved ones.

The program includes a monthly series of free seminars, health fairs, educational programs and interactive events that focus on women. The monthly presentations are dedicated to improving the emotional, physical and fiscal well-being of both women and their families. They offer information on important topics like heart disease, diabetes, breast cancer, menopause, nutrition, osteoporosis, stress management and life-balance issues.

There's no cost to join Ponca City Medical Center's chapter of Healthy Woman, nor is there any charge for the monthly presentations or health fairs.

Join today!

To join Healthy Woman, visit www.poncamedcenter.com and click on "Healthy Woman," or contact Betty Richardson at (580) 765-0529.

HEALTHY WOMAN

YES! I want to be a Healthy Woman. I want to sign up for my FREE membership today!

I want to join Ponca City Medical Center's free Healthy Woman program and receive e-mail or other communication about monthly health seminars and events and health information.

Please print. (Please provide as much information as possible. We value our relationship with you and will never share or sell your personal information to any outside organization without your permission.)

First name _____ Middle initial _____

Last name _____

E-mail address _____

You're not required to provide an e-mail address. However, doing so will allow you to receive event information and e-mail newsletters with valuable health information.

Mailing address _____

City _____

State _____ Zip _____

Phone number _____

Full date of birth _____

Please enter **only the last four digits** of your Social Security number _____

(This information is always kept strictly confidential. We use it only to identify Healthy Woman members who use our hospital.)

Yes, you can provide my e-mail address to Healthy Woman sponsors so that they may send me information of interest to women like myself.

I prefer attending Healthy Woman events on (day of the week):

during lunch *or* in the evening

I am interested in learning more about (list health and other topics):

Congratulations on being a part of our Healthy Woman kickoff and choosing to become a Healthy Woman!

You can also register for the free membership on our Web site: www.poncamedcenter.com or return this form to:

Ponca City Medical Center
Healthy Woman

1900 N. 14th St., Ponca City, OK 74601

Phone: (580) 765-0529

HEALTHY WOMAN: Empowering women with the knowledge and confidence to make informed healthcare and well-being decisions for themselves and their loved ones.

THE RIGHT DOCTORS FOR YOUR FAMILY

The experienced, dedicated physicians of Ponca City Medical Center can help your family stay healthy. We'd like to introduce you to two of them.



MARK PALMER, M.D.
Internal Medicine

300 Fairview
(580) 762-8930

Mark Palmer, M.D., joined the medical staff in 1981. He chose to live and practice in Ponca City because of its size and location. Dr. Palmer graduated from the University of Oklahoma College of Medicine and completed his internship and residency at Tripler Army Medical Center in Hawaii.



JEFF NORTHCUTT, M.D.
Obstetrics and Gynecology

1908 N. 14th, Suite 206
(580) 762-8045

Jeff Northcutt, M.D., was born and raised in Ponca City and has deep family ties to the community. After graduating from the University of Oklahoma School of Medicine, where he also completed his residency and internship, he returned to start his practice in 2005.

10 secrets of weight-loss winners

You're probably well into your New Year's resolution of getting healthy and shedding those unwanted pounds. We know it's tough to lose weight—and just as difficult to keep it off. To help, researchers suggest these 10 habits of people who have successfully kept off the weight:

1. They walk several miles a week.
2. They rely on the support of friends, neighbors and co-workers. For example, they form exercise groups for motivation.
3. They eat different healthy foods in moderation. They cook with little or no fat, and eat fruits and vegetables, whole grains, nonfat dairy products and lean entrees.
4. They limit portion sizes. They know that calories (not just fat) count.
5. They distinguish hunger from anger, loneliness and fatigue. For those emotions, they call friends or breathe deeply.
6. They examine underlying issues that may cause overeating. Counselors can help resolve such issues.
7. They don't make excuses for overeating and use



a lapse as incentive to take a walk or cut portions next time.

8. They use behavioral strategies like planning meals, storing foods out of sight and linking exercise to daily habits like walking.
9. They recognize that weight management—exercising, eating nutritiously and thinking positively—lasts a lifetime.
10. They live in the present. They participate in enjoyable activities instead of waiting for the perfect shape to do the things they want to do.

HEALTHWISE QUIZ

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

Take this quiz to find out.

1 The average age when women in the United States reach menopause is:

- a. 51
- b. 55
- c. 48
- d. 64

2 The single biggest risk factor for osteoporosis, or brittle bone disease, is menopause. All of the following are signs that you may have osteoporosis except which one?

- a. height loss
- b. tooth loss
- c. joint pain
- d. backaches

3 One of the few reasons you should consider using hormone therapy is to:

- a. prevent ovarian cancer
- b. relieve severe menopausal symptoms such as hot flashes
- c. protect against heart disease
- d. lower your risk of breast cancer

4 The transitional period of two to 10 years before menopause, characterized by hormone fluctuations that can cause menopausal symptoms, is called:

- a. premature menopause
- b. premenopause
- c. perimenopause
- d. postmenopause

5 Of the following remedies, which is the only one approved by the U.S. Food and Drug Administration to relieve hot flashes?

- a. soy
- b. black cohosh
- c. phytoestrogens
- d. hormone therapy

Take control!

7 steps to healthy blood pressure and cholesterol

Heat disease and stroke kill millions of Americans each year. Unless you take steps to control your blood pressure and cholesterol levels, you may be at risk for these diseases. Get on the road to better health today with these seven simple steps:

- 1 Take a walk.** Exercise helps control your blood pressure and improves your cholesterol. Choose activities you enjoy and strive for at least 30 minutes of moderate-intensity physical activity on most days of the week.
- 2 Manage your weight.** Reducing your weight by just 10 pounds may help lower your blood pressure and reduce bad cholesterol. Since dropping pounds may be easier when working with a group, ask your healthcare provider to refer you to experts, groups or classes that can help.
- 3 Toss the cigarettes.** Smoking causes blood vessels to narrow and blood pressure to rise. It also makes it easier for cholesterol-rich plaque to stick to artery walls. A smoking cessation class can offer extra support.
- 4 Eat well.** Enjoy vegetables, fruits, whole grains, beans and legumes, along with moderate amounts of lean protein and healthy fats like those in salmon and olive oil. Avoid foods high in saturated fat, cholesterol, sodium, sugar and trans fatty acids.
- 5 Try soy.** A recent study shows that two servings a day of uncooked soy protein—found in tofu, soy milk or soy powder—lowers cholesterol levels by as much as 9 percent.
- 6 Limit your liquor.** Women should consume no more than one drink a day and men no more than two drinks a day.
- 7 Get screened.** Routinely checking your blood pressure and cholesterol levels keeps you on top of your cardiovascular disease risks. If your blood pressure's high, ask your doctor about buying a blood pressure monitor for home use.





First-aid foresight

Would you know what to do?

Sooner or later, we all face a medical problem that calls for immediate first aid and clear thinking. Knowing what to do next is a health skill everyone needs.

Bleeding. Apply pressure to the wound with a thick, clean cloth and raise the wound above the heart. If bleeding is severe or isn't controlled in five minutes or if the wound is very dirty, longer than an inch or gaping, get immediate medical care.

Puncture wounds. Don't self-treat deep puncture wounds since they can result in deep-tissue injury or infection.

Burns. Run cool water over minor burns, immerse in cold water or wrap the burned area in a cold, wet cloth for about 10 minutes or until pain subsides. Apply an antibiotic ointment and cover with a bandage. Call your doctor if blisters form.

Poisoning. Before doing anything, call the National Poison Control Hotline at 1-800-222-1222. Induce vomiting only if instructed.

Shock. Shock may cause cold, clammy skin; weakness; confusion; a rapid heartbeat; or deep, shallow or irregular breathing. Keep the victim warm and lying down on his or her back until help arrives. Don't give the victim anything to drink.

Electrical injuries. Do not touch someone who has just been electrocuted—the current may pass through you. While waiting for help to arrive, try to turn off the source of electricity.

Sprains and strains. To treat sprains and strains, follow the RICE method: rest, ice, compression and elevation. Apply ice packs or cold-water compresses to relieve swelling. Wrap the injury in an elastic bandage and keep it elevated above the heart.

Broken bones. Quickly call for emergency assistance. It's best not to move the person or attempt to straighten a broken bone.

Dine the Greek way

Although many of their meals consist of 40 percent fat, residents of the Greek isle of Crete who eat a traditional diet live longer than most other ethnic groups. In fact, Greeks who haven't succumbed to Western-style meals are 20 percent less likely to die of coronary artery disease and about 30 percent less likely to die of cancer than Americans are.

These stats make nutritionists take note, and what they've found is that the traditional Greek diet is one of the healthiest eating styles you can choose. The diet focuses on:

- vegetables, fruits, fish, grains, beans, nuts and legumes like chickpeas
- olive oil as the sole source of added fat
- only a few weekly servings of poultry, eggs and sweets
- daily, small to moderate amounts of cheese and yogurt
- red meats saved for special occasions only

What's more, the Greek diet is tasty—a sign that you don't have to give up good food to stay healthy.

BEWARE OF TROJAN HORSES

But be cautious: Some Greek foods found in the United States don't fit the heart-healthy profile of traditional



Greek cuisine. The nonprofit Center for Science in the Public Interest analyzed typical restaurant-size portions of some popular Greek meals. What they found could stop your heart. For example, spanakopita (spinach pie in phyllo dough) has 410 calories and 24 grams of fat, beef or lamb gyro (sandwich) has 760 calories and 20 grams of fat and moussaka (a meat and eggplant casserole) has 830 calories and 48 grams of fat!

Quality care and customer service



Dennis Barts
Chief Executive Officer

Thanks to each of you for your support of Ponca City Medical Center this past year. We continue to grow as our area's primary provider of healthcare services and remain on track to become a leading-edge hospital providing quality clinical care and customer service to all of our patients.

There are many sources of health and medical information available today and one of the best places to find information is the

Internet. However, like many things, there's good information out there as well as content that may not be accurate. One of the tools Ponca City Medical Center provides for you is on our Web site at www.poncamedcenter.com. We partner with Discovery Hospital, a site that can give you accurate, up-to-date information regarding many health topics that may interest you.

One thing we think you need to know about Ponca City Medical Center is the economic impact the hospital has on our community. We provide

more than 400 quality jobs with an annual payroll of more than \$15 million each year. The economic development experts tell us that for every dollar of payroll, we generate at least \$3 of economic activity in our marketplace. So the hospital produces more than \$45 million in economic activity for the Ponca City area. We pay more than \$1.1 million to our local city-owned utility company and provide more than \$1 million in charity care each year for people who cannot afford healthcare. The hospital is happy to be a part of our strong regional economy.

I'm very excited about a new program at the hospital called Healthy Woman. It focuses on the physical, mental and emotional health of women in our community and gives them the tools they need to choose the best healthcare for their families. Our kickoff event on Jan. 11 was a great success. For more information about Healthy Woman, contact Betty Richardson at (580) 765-0529.

Regards,

DENNIS BARTS
Chief Executive Officer
Ponca City Medical Center

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MEDICAL CENTER

Ponca City Medical Center
1900 N. 14th St.
Ponca City, OK 74601

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