



GRANDE RONDE HOSPITAL

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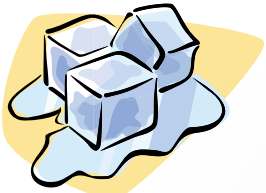
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La Grande, OR 97850

HEALTH SCIENCE®

JOURNAL OF WELLNESS AND GOOD HEALTH CARE • SPRING 2011

Health Link



ICE FOR OWIES When you need to ice an injury, do so for 20 minutes at a time, four to eight times a day. Cold packs work well, or you can try plastic bags filled with crushed ice and wrapped in a towel.

National Institutes of Health

PREVENTING SHINGLES

Most people 60 and older are urged to get vaccinated against shingles, a viral disease that can cause months—even years—of pain. About a third of U.S. adults develop shingles during their lifetime.

Centers for Disease Control and Prevention



BAN THE BURN If you've used antacids steadily for more than two weeks, it's time to see your health care provider. Chronic heartburn or indigestion can signal a serious, but often treatable, health condition.

National Institutes of Health



HEALTHY LIVING, *one choice at a time*

There is an old saying: An ounce of prevention is worth a pound of cure. Relating that sage bit of wisdom to health, most of us would agree it is easier to stay well than get healthy.

Realistically, however, many of us need to get healthier before we can look forward to staying well. This is why it is so important we take that first step toward wellness and disease prevention before health problems develop—particularly the older we get.

A long and happy life includes good health, which means making smart choices about a variety of things—the amount of sleep we get; how we spend our leisure time; what we eat; whether we stay up-to-date on physician appointments, health checkups, and screenings; and so much more.

So if we know these are key choices to a long and healthy life, why is it sometimes hard to put these choices into practical, everyday application?

Often making all of these changes can seem overwhelming. Some experts say making one lifestyle change at a time is a good way to get started.

Not good at self-motivation? Try joining an exercise, weight-loss or health support group. Or get a buddy to schedule overdue health screenings and go for your appointments at the same time. These are great ways to begin making healthier lifestyle choices. The key to making permanent, positive changes in your health is unique for everyone, but everyone has to take a first step. Exploring your options and arming yourself with as much information as possible helps make that first step easier.

Grande Ronde Hospital has a wealth of education and information lined up to help you do just that at the Community Health Fair, scheduled for Saturday, April 23, at the Blue Mountain Conference Center. It's free. It's going to be a lot of fun with giveaway items, lots of vendors, demonstrations and more! Please join us! You'll be glad you did. ✨

Free Community Health Fair!

Saturday, April 23,
8 a.m. to noon
Blue Mountain
Conference Center
404 12th St.,
La Grande

**Demonstrations,
free activities and
giveaways, along
with practical
tips and sound
suggestions from
health providers and
professionals for your
healthy life!**

InSide

Our community cares! See page 3 for a list of generous donors to Grande Ronde Hospital.

Is it safe to split your pills?

It may not take a lot of work to split a pill, but it should take a lot of thought.

In fact, you should only think about splitting medications if your doctor advises you to do so.

To split or not to split You may have heard that splitting medications can save money. But splitting pills can be dangerous, warns the U.S. Food and Drug Administration (FDA), because:

- You might forget to split a pill and take the whole tablet. As a result, you may accidentally take too much medicine.
- You may not get consistent doses. Often the actual amount of medicine in the two halves of a split tablet is different.
- Some tablets may be hard to split accurately because of their size or shape.
- Some pills are not safe to split. For example, most pills with a time-release coating should not be split.

Tips for safe splitting Here are some basic guidelines from the FDA about pill splitting:

- Only certain tablets are FDA-approved to be split. If a tablet is approved, it will say so in the package insert and it will be scored with a mark indicating where to split it.
- Do not split your entire supply of a medication at once. Split the pills only when you are ready to take them, and take both halves before you split the next one. Split tablets may be affected by heat and humidity.
- If you are splitting medication and you switch to a different brand, make sure to talk with your doctor about whether you can split the new medicine. ✨



SAFE SALADS

Bid good riddance to bacteria

Fresh. Crisp. Colorful. Fabulously fruity. Very veggie-licious.

There are plenty of words you might use to describe your favorite salad—but *dangerous* probably isn't one of them. Yet the fresh produce you toss into your salad can be just that if it isn't properly stored and prepared.

Harmful bacteria can lurk on fresh fruits and veggies. These bacteria, which can make you seriously sick, may come from the water or soil used to grow the produce. Or they may find their way onto the produce after harvest, at the grocery store or even in your own kitchen.

To enjoy salads safely, consider these suggestions from the U.S. Food and Drug Administration.

When buying fruits and vegetables:

- Choose unblemished produce that is free of bruises.
- Be sure precut or prepacked fruits and veggies are refrigerated or stored on ice.
- Keep your meat, fish and poultry bagged separately from your produce to avoid cross-contamination.

When storing them:

- Keep certain perishable produce (such as strawberries, mushrooms and lettuce) and any precut items in the refrigerator.
- Be sure your refrigerator is clean, and keep the temperature at or below 40 degrees.

When preparing them:

- Wash your hands with soap and water before you start chopping, slicing and dicing.
- Wash produce under running water just before you prepare it—even if you plan to peel it. You can use a produce brush to help scrub firm produce, such as melons. ✨

YOUR HEART ON HERBS

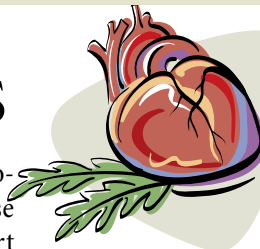
Know the risks

Some herbal supplements may help promote good health. But others can cause harm when mixed with certain heart disease medications.

Studies have found that many popular supplements can pose serious health risks when taken with heart disease drugs.

The use of herbal supplements can be especially dangerous for older people who have more than one health problem, take multiple medications or are already at increased risk for bleeding, according to the American College of Cardiology.

When mixed, the supplements can sometimes reduce the effectiveness or increase the potency of heart disease medications. This can lead to bleeding or a greater risk for an irregular heartbeat.



Examples of herbs that may harm include:

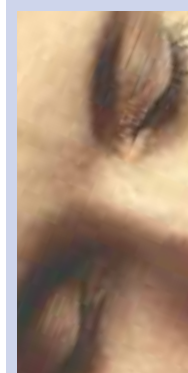
- St. John's wort—often used to treat depression, anxiety and sleep disorders—can contribute to an irregular heartbeat, high blood pressure or high cholesterol levels when taken with heart disease drugs.
 - Ginkgo—which supposedly improves circulation and sharpens the mind—can increase bleeding risk in those taking warfarin or aspirin.
 - Garlic—which is often used to help lower blood pressure and cholesterol—can also increase the risk for bleeding in those taking warfarin.
- To be on the safe side, talk to your doctor before you begin taking any herbal supplements. ✨

Journal Digest

SLEEP APNEA INCREASES RISK OF STROKE

According to the *American Journal of Respiratory and Critical Care Medicine*, adults with obstructive sleep apnea—a common disorder that disrupts breathing during sleep—are much more likely to have a stroke than those who sleep more soundly.

To see if sleep apnea increases the risk for stroke, researchers with the Sleep Heart Health Study followed 5,422 men and women 40 and older for



an average of about nine years.

The researchers found that for men overall, having sleep apnea doubled the likelihood of stroke. The risk was tripled for men with moderate to severe sleep apnea.

The risk among women was less striking—only those with severe sleep apnea were at increased risk for stroke.

The increased risk of stroke from sleep apnea was independent of other risk factors, such as weight, high blood pressure, diabetes or smoking.

"A.W.A.K.E. in the Blue Mountains" is a local sleep apnea support group facilitated by Anne Nilsson, RN, who has sleep apnea. The group is free and open to the public and meets at 6 p.m. on the first Wednesday of each month at Grande Ronde Hospital. Call **541-963-1495** for more information.

DIET MAY AFFECT THE RISK FOR ALZHEIMER'S DISEASE

A study of older adults and their diets suggests that what you eat can make a difference in your risk for Alzheimer's disease.

The study looked at 2,148 people 65 and older who didn't have dementia. Researchers gathered information about their diets and then assessed them about every 1.5 years for an average of four years to check for the development of Alzheimer's.

During that time, 253 people were diagnosed with Alzheimer's. Those who didn't get the disease were much more likely than those who did to eat a lot of salad dressing; nuts; fish; tomatoes; poultry; fruits; cruciferous vegetables; and dark green, leafy vegetables. They also ate very small amounts of high-fat dairy products—such as butter—and red meats.

Archives of Neurology, Vol. 674, No. 6





Foundation

GRANDE RONDE HOSPITAL

Contact the Foundation

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La Grande, OR 97850

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Thank you for your support!

The Grande Ronde Hospital Foundation's purpose is to raise funds to support Grande Ronde Hospital and its commitment to ensuring access to high-quality, cost-effective health services.

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SO HEALTHY TOGETHER

Habits can be contagious

Your path to healthier living includes a stop at the Community Health Fair on Saturday, April 23, from 8 a.m. to noon at the Blue Mountain Conference Center in La Grande.

You share dinner with your kids, TV time with your spouse and lunches out with co-workers. And, without realizing it, you may be sharing your health (or lack thereof) with those close to you. ♦ Research suggests that the habits—whether healthy or unhealthy—of those around

us can influence our own habits. And our choices, including the foods we eat and the way we spend our leisure time, are likely to have a subconscious but significant impact on our friends and loved ones as well.

So, in the spirit of spreading good health, why not make sure the habits you're sharing will benefit everyone in your circle of health? To get started, try these ideas from the Centers for Disease Control and Prevention.

Band together to shed unwanted pounds. You might arrange a friendly weight-loss competition at work. Or you and a friend may decide to keep food journals. Sharing that information can help you both stay accountable for your food choices.

Create a healthy food contest. For family meals and friendly get-togethers, make it a challenge to plan a menu that is both healthy and satisfying. Share meal and recipe ideas with friends.

Make exercise a team effort. Let's face it—we're all much less likely to blow off a workout if someone is waiting on us. So make exercise dates with a friend, your spouse or kids. You'll be able to enjoy each other's company and improve your health at the same time. If a little healthy competition is what motivates you to stay active, set up a video game fitness tournament. Soon you'll be boxing and bowling your way to a fit physique—and having a lot of fun together along the way.

Kick the habit collectively. It can be extremely difficult to quit smoking if those around you are still lighting up. Recruit your smoking buddies to set a group quit date. You can visit each other's homes to be sure all lighters, ashtrays and cigarettes are tossed out. Your fellow quitters will be an invaluable source of support. You can call each other when cravings kick in, and you can share the coping strategies that keep you from lighting up. ✨

Screenings: Buddy up for tests

Would you put off doing something that could possibly save your life?

It isn't exactly logical, but that's just what many people do when they choose to put off screening tests that can help find diseases early, when they are often easier to treat.

Still need a little extra motivation to get screened? You might want to grab a partner. After all, misery does love company! So make a deal with your spouse or a good friend.

You might decide to schedule a colonoscopy in the same week as your spouse. Or buddy up with a female friend and go for your yearly mammograms together.

Reward yourselves afterward by doing something special, like having a nice meal out or going to a movie.

Sources: American Cancer Society; Centers for Disease Control and Prevention; U.S. Department of Health and Human Services



Sit & stay awhile.

To find out more about Grande Ronde Hospital, visit our website at

www.grh.org or call 541-963-8421.

Grande Ronde Hospital

Our clinic locations

CHILDREN'S CLINIC

541-663-3150
612 Sunset Drive
La Grande

REGIONAL MEDICAL CLINIC

541-663-3138
506 Fourth St.
La Grande

REHABILITATION THERAPY SERVICES

541-963-1437 | 900 Sunset Drive
• Occupational therapy
• Physical therapy
• Speech therapy

WOMEN'S CLINIC

541-663-3175
610 Sunset Drive
La Grande

HOME CARE SERVICES

541-963-1453 | 802 Sunset Drive
• Home health
• Hospice
• Foot clinics
• Enterostomal therapy and wound care



HEALTH SCENE is published as a community service for the friends and patrons of GRANDE RONDE HOSPITAL, 900 Sunset Drive, La Grande, OR 97850.

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HEALTH SCENE

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