



### RADIATION ONCOLOGY

Services are now available.  
Meet the new providers.

**SEE PAGE 3 ►**

# HEALTH SCENE®

JOURNAL OF WELLNESS AND GOOD HEALTH CARE • SUMMER 2013

## 4 steps *to a* safer summer

Ah, endless summer. Wouldn't it be nice? Of course that's just wishful thinking. Still, from beaches to barbecues, there's a lot for you and your family to enjoy while the warm days last.

So have some fun all summer long. But be sure to also follow these four suggestions for avoiding some potential pitfalls of warmer weather.

**1 Respect the sun—and the heat.** Ultraviolet (UV) rays from the sun can damage skin and increase the risk for skin cancer. Soaring temperatures can trigger potentially deadly heat-related illnesses. To decrease your risk:

- Avoid outdoor activities during the hottest part of the day—UV rays are strongest from 10 a.m. to 4 p.m. And always seek the shade no matter what time you're outside.
- Wear some essentials: sunscreen with an SPF (sun protection factor) of 30 or more on all exposed skin, a wide-brimmed hat to shade your head, and UV-blocking sunglasses.

● Drink plenty of water, especially if you start to sweat a lot. If you begin to feel faint or sick to your stomach, get to a cool place quickly and consider seeing a doctor.

**2 Don't spoil the picnic!** Warmer weather quickens the growth of bacteria in food, which increases the risk of food poisoning. Remember to chill leftovers promptly—and toss any food left out for two hours (or one hour in 90-degree-plus weather).

**3 Beware of bugs.** Ticks and mosquitoes can carry illnesses such as West Nile virus or Lyme disease. To help guard against these pests, use an insect repellent that contains DEET (read the packaging for proper use). After hiking or walking in areas with tall grass, remind everyone to check for ticks. If you spot one, you can usually remove it with tweezers.

**4 Watch out around water.** Never take your eyes off children around water—not even briefly. Someone can drown in the time it takes a distracted adult to answer a phone, for instance.

Some additional pointers for the pool, lake or ocean:

- Never swim alone—no matter how good a swimmer you are.
- Always wear a life jacket when boating.
- Never mix alcohol with water recreation.



## Summer has arrived—time to get your feet sandal-ready. Turn to page 7 to see how we can help.

Sources: American Academy of Pediatrics; American College of Emergency Physicians; Centers for Disease Control and Prevention

### HEALTH BITS



**PAST ITS PRIME** If your baking powder is past its expiration date, toss it. Baking soda lasts forever, but baking powder doesn't give baked goods their lift if it's too old.

*American Heart Association*

### MONITOR YOUR METER

When choosing a glucose meter, consider the cost of test strips too. They can range from 40 cents to more than \$1 each. Some insurance companies only cover specific brands of strips.

*American Diabetes Association*



### SHORT SHELF LIFE

Blood centers always need more blood. Donated red blood cells can be stored for up to 42 days, and platelets expire after just five days.

*America's Blood Centers*



# RADIATION THERAPY: HOW IT WORKS

*Treatment can attack cancer from outside or inside the body*

**RADIATION THERAPY** is a powerful weapon in the fight against cancer. So much so, in fact, that more than half of all people battling the disease receive it as part of their treatment, reports the American Society of Clinical Oncology.

If you've been diagnosed with cancer, it's helpful to know about this common cancer-fighting tool.

**POTENT ENERGY** Radiation therapy uses strong beams of energy to attack cells that are growing uncontrollably. There are two main types of the therapy. Both destroy the DNA in cells, causing them to stop dividing or to die.

**External beam radiation.** This is the most commonly used radiation therapy. It's delivered by a machine that moves around the outside of your body.

*We treat many different types of cancer with radiation therapy. To learn more, visit [www.grantregional.com](http://www.grantregional.com).*

With computer guidance, doctors can adjust the size and shape of the radiation beam so that it targets cancer cells, while minimizing damage to surrounding tissues. In most cases, treatment is given on an outpatient basis for several weeks. Usually, you're treated once a day, five days a week.

Delivery of the radiation takes just one to five minutes, according to the National Cancer Institute (NCI). But each full visit may take half an hour or more. The treatment does not make you radioactive.

**Internal radiation therapy.** This type of radiation attacks cancer from inside your body. Generally, it comes from radioactive seeds, ribbons or capsules that are placed within or near your tumor.

Sometimes this is done with a needle. Other times, doctors deliver the radiation source with a small tube, called a catheter, or a larger device, known as an applicator.

The implant itself may be left in the body for just a few moments at a time on a repeated schedule or for several days straight. Whether you must stay in the hospital or make daily trips for treatment depends on your cancer and the therapy you're receiving.

While the implants are in place, you should avoid close contact with others because you are radioactive. But once they're removed, it's safe to be near people.

In some cases, implants stay in the body permanently. Over time, the radiation weakens and becomes less dangerous for others.

According to the NCI, internal radiation may be used for cancers of the head, neck, breast, uterus, cervix, prostate, gall bladder, esophagus, eye and lung. Sometimes liquid internal radiation—either swallowed or given intravenously—is used for thyroid cancer and non-Hodgkin's lymphoma.

Talk to your doctor for more information.



## Your guide to eating if you're undergoing chemo

For all the good it does in treating cancer, chemotherapy also can have some rather unpleasant side effects. That's because the drugs destroy not only cancer cells but some healthy ones too.

Paying attention to the foods you eat is one of the steps that may help you manage or ease some of these side effects.

Be sure to work closely with your nurse, doctor or dietitian to meet your caloric and nutritional needs. The following chart can give you some ideas to discuss with your care team.

The problem	Foods that can help you cope
Poor appetite	On days when you don't feel like eating solid foods, options such as shakes, smoothies, juice, broth, or tomato or cheese soups can help provide calories and protein.
Constipation	Try to drink more fluids (including warm drinks such as tea) and eat more fiber-rich foods, such as whole-grain breads, cereals and pastas. Other good choices include beans and peas, brown rice, granola, nuts and popcorn, and fruits and vegetables (with their skins and peels).
Diarrhea	Temporarily avoid high-fiber foods, which can worsen diarrhea. Bananas, white rice, white toast and plain yogurt are a few friendlier choices. Avoid alcohol as well as fried, greasy or gassy foods.
Nausea	Certain foods may be easier on the stomach, especially on treatment days. These include dry toast; saltines; rice; and apple, cranberry or grape juice. Avoid eating strong-smelling foods or being around foods while they're cooking. Warm or cool—versus hot or cold—foods and drinks may also be easier to tolerate.
Sore mouth	Soft, moist foods are gentle on the mouth and throat. You might try cooked refined cereals or mashed potatoes, as well as foods that are pureed or softened with a little gravy, sauce or broth. Smoothies, puddings and custards are good choices too. Avoid hot foods and those that might irritate the mouth, such as crunchy crackers and spicy, vinegary or acidic foods and drinks, including chili; curry; and citrus, pineapple and tomato juices.
Fatigue	Try to limit sugary foods—their energy boost will fade and leave you even more tired. Include protein, fat and fiber in meals and snacks to help stabilize your blood sugar for longer-lasting energy. You should also drink plenty of liquids.

Sources: American Cancer Society; National Cancer Institute

## Supplements and cancer treatments: A risky combination

**S**upplements and cancer treatments don't always mix. So if you're about to begin treatment and you're taking—or considering taking—a vitamin or a botanical or herbal product, it's crucial to talk with your doctor.

Many people think natural products are always safe. But often, they have biologically active compounds.

When these compounds mix with therapies your doctor orders, it can be especially risky.

Certain herbs, for example, might interfere with the way a chemotherapy drug is absorbed or passed from the body. That might cause less of the drug that is needed to kill cancer cells to circulate in your bloodstream. On the other hand, in

some cases, too much of the drug may stay in your body. That could lead to serious side effects.

Even vitamins can prove troublesome. Taking vitamin E, for instance, might interfere with radiation therapy's ability to damage cells' DNA and destroy cancer.

Sources: American Cancer Society; National Cancer Institute



## FEATURE

GRANT REGIONAL  
HEALTH CENTERRADIATION ONCOLOGY SERVICES  
NOW AVAILABLE

Grant Regional Health Center is pleased to begin offering radiation oncology services, which began in March. Nagendra (Bobby) Koneru, MD, radiation oncologist, and Janet Laban, ARNP, will be joining the medical staff at Grant Regional to provide pre- and post-treatment options for patients in Grant County.

Dr. Koneru and Laban have specialized training performing radiation treatment for people with cancer. This expertise ensures precision treatment and improved outcomes.



**Bobby Koneru, MD,**  
radiation oncologist



**Janet Laban, ARNP**

Dr. Koneru and Laban will work closely with patients to diagnose, arrange treatment and provide follow-up care with their specific needs in mind. In an effort to improve patient convenience and peace of mind, we are pleased to offer this service close to home.

Radiation oncology is a medical specialty that involves treating a wide variety of cancers with radiation.

Radiation therapy uses carefully targeted and regulated doses of high-energy radiation to kill cancer cells. Radiation causes some cancer cells to die immediately after treatment, but most die because the radiation damages the chromosomes and DNA so that the cells can no longer divide and the tumor can't grow.

Radiation oncologists treat malignant diseases and work closely with medical oncologists, surgeons and other doctors to coordinate the best care for their patients.

**MEET THE PROVIDERS** Dr. Koneru received his medical degree from the University of Missouri–Columbia. He completed his residency in radiation oncology at Northwestern University and did further training in stereotactic body radiotherapy at Baylor Medical Center. Dr. Koneru was co-medical director of radiosurgery at Waukesha Memorial Hospital in Wisconsin. He next became an attending radiation oncologist at Northwestern Memorial Hospital, as well as an instructor at Northwestern University's Feinberg School of Medicine.

Currently, Dr. Koneru is the medical director of the Wendt

Regional Cancer Center. At the Wendt Center, he has developed a robust radiosurgery program and has been active in several national clinical trials. Dr. Koneru is certified by the American Board of Radiology, and he has contributed to more than 20 publications and presentations in the field of radiation oncology. He has been a speaker for several major medical companies and is co-founder of [scrubmonkey.com](http://scrubmonkey.com).

Dr. Koneru has been a strong proponent of integrative oncology for many years. He has training from the Benson–Henry Institute for Mind Body Medicine at Massachusetts General Hospital and is also President of the Iowa Mind Body Institute in Dubuque.

**Janet Laban** is a veteran in the health care industry with many years of diverse clinical experience. Beginning as a licensed practical nurse, Laban continued to advance herself throughout her 26 years in health care. She most recently was licensed as an advanced registered nurse practitioner.

Laban received her training from Northeast Iowa Technical Institute, University of Phoenix, and Clarke University. Laban received most of her higher education as an adult, as well as learning as she cared for her patients. Her first research paper six years ago was on integrative health care—a concept not well understood at that time. Over the last several years, integrated health care has become more understood and accepted by mainstream health care providers.

Laban is currently the vice president on the board of the Iowa Mind Body Institute. Recently, Laban joined the Wendt Regional Cancer Center, attended the Integrative Medicine Observer Program at MD Anderson, and completed the Radiation Oncology Certificate Program. Currently Laban is enrolled in the Yoga Teacher Training program at Body & Soul and will complete her studies in December.

For more information about Dr. Koneru or Laban and the services offered at Grant Regional Health Center, please call 608-723-3249 or visit our website at [www.grantregional.com](http://www.grantregional.com).

## Cancer Support Group

**G**rant Regional Health Center offers a monthly Cancer Support Group to bring together people affected by cancer so they may help each other learn to live life in a positive and meaningful manner.

## Our goals

- Promote openness and honesty in discussing and dealing with a serious illness. We believe in talking about that illness. It will not go away by not talking about it.
- Help the patient and his or her family cope with a life-threatening illness by sharing feelings and concerns. Many members know what it is like because they have been there themselves.
- Share in making each day count. We believe in living each day in spite of an illness rather than dying each day because of that illness. We consider each day a gift to be enjoyed as fully as possible.

## Our meetings

The Cancer Support Group meets the third Tuesday of each month from 6 to 7 p.m. at Grant Regional. Meetings generally consist of:

- A welcome and introductions.
- Sharing of experiences since the last meeting.
- A time for socializing and developing friendships.
- Professional speakers on relevant topics chosen by the group.

Sometimes the real help is simply being assured that there is someone else who understands the feelings and struggles involved in living with a life-threatening illness. No one can understand quite like someone else who has “been there” too.

Our group is led by a cancer survivor and complemented by the expertise of a licensed social worker and registered nurse.

For information or if you have any questions, please call 608-723-3255 or email [communityed@grantregional.com](mailto:communityed@grantregional.com).





## FEATURE

# Your family guide to cancer prevention

Here's some news about cancer that's worth celebrating: More than 1 million cancer deaths have been prevented since the 1990s, reports the American Cancer Society (ACS). ♦ Think about that. A million people would fill one of the nation's largest football stadiums—10 times over! ♦ Preventing cancer—not just cancer deaths—is something equally worthy of celebration. Here are four key strategies you can implement to help protect yourself and your family.



You can learn more about healthy habits that can help prevent cancer at [www.grantregional.com](http://www.grantregional.com).

**1 DON'T SMOKE.** Smoking is responsible for almost all cases of lung cancer—the leading cause of cancer death in both American men and women.

But smoking has ties to many other forms of cancer as well—mouth, throat, bladder, kidney, pancreas, cervix and stomach, among them.

Avoiding tobacco lowers cancer risk significantly. And not just for you—for others in your family too.

Concentrations of cancer-causing chemicals are higher in secondhand smoke than in the smoke inhaled by smokers themselves, the Centers for Disease Control and Prevention reports.

**What you can do:** If you don't smoke, don't start. And if you do, try really hard to quit. It may take several attempts, so don't give up easily. It's tough. But you're tougher!

You can learn more about quitting at [www.smokefree.gov](http://www.smokefree.gov).

**What you can do for your kids:** Most people who smoke started when they were young. So there's a good chance that if you keep your kids tobacco-free they will never light up.

Setting a good example by not smoking yourself can help. But if you do smoke, tell them how hard it is to quit.

So can talking to your kids about smoking's downsides early (by age 5) and often. Mention that smoking affects how you look, smell and feel.

**2 PROTECT YOUR SKIN.** Lung cancer is the No. 1 cause of cancer deaths in the U.S., but skin cancer is the most common cancer. Fortunately, it's highly treatable if

found early—and much less likely to occur if you take precautions.

**What you can do:** Limiting exposure to ultraviolet (UV) radiation is the best prevention strategy. That means avoiding tanning beds and guarding your skin from sunlight.

It also means wearing a sunscreen with a sun protection factor (SPF) of 30 or higher; slipping on a shirt—tightly woven fabrics you can't see through when held up to light offer the best protection; and slapping on a hat—one that shades your face, ears and neck (common skin cancer sites) is best.

**What you can do for your kids:** Even moderate sun exposure in childhood increases a person's risk for skin cancer later in life, the American Academy of Pediatrics (AAP) reports.

Generally, the same sun protection advice that applies to adults should also be followed for children.

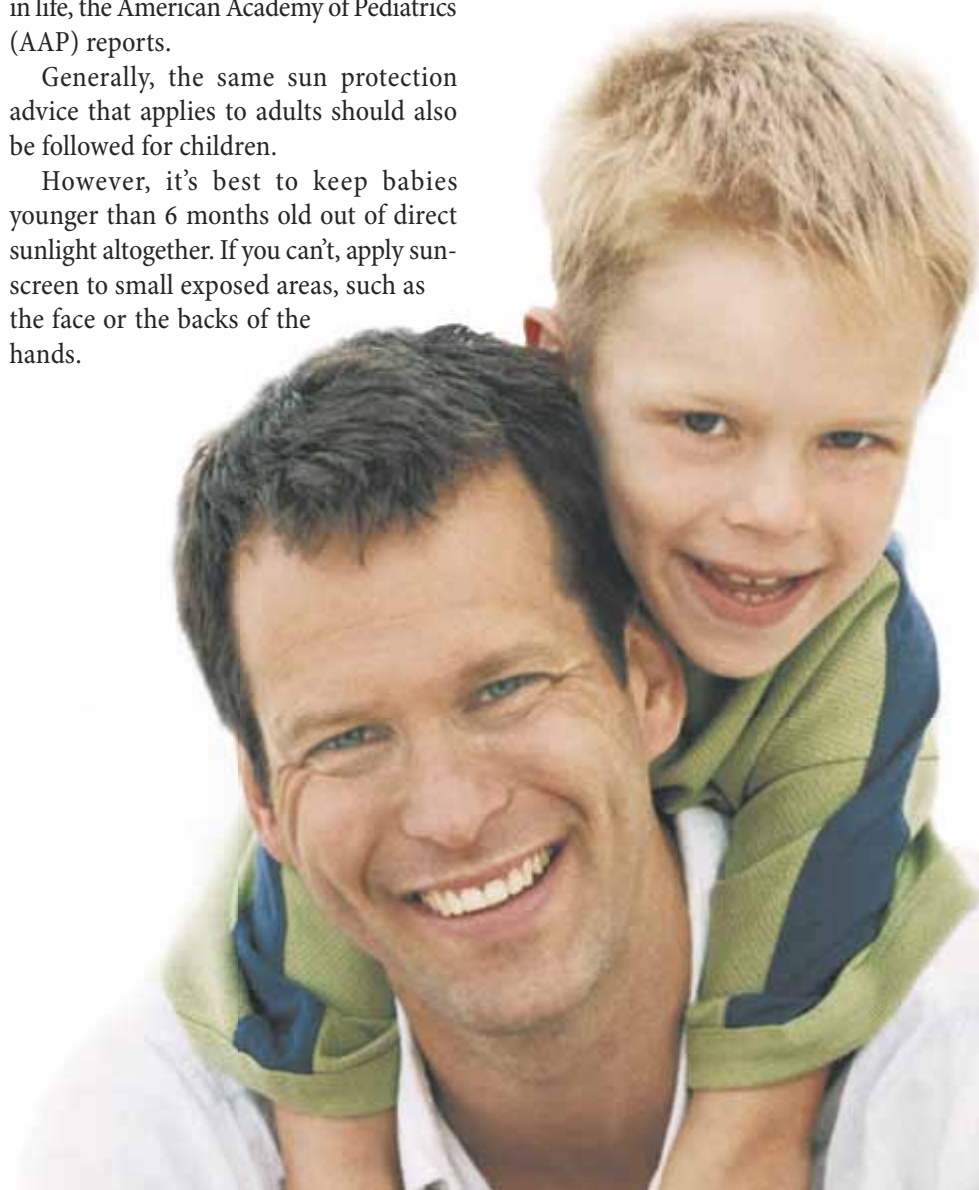
However, it's best to keep babies younger than 6 months old out of direct sunlight altogether. If you can't, apply sunscreen to small exposed areas, such as the face or the backs of the hands.

**3 EAT A HEALTHFUL DIET.** A good diet may play a role in cancer prevention on several fronts.

First, it's crucial for a healthy weight. According to the ACS, being overweight increases the risk of several cancers—possibly because when people are heavy, hormone production increases. Certain hormones may fuel cancer growth.

Another reason diet is important is related to foods themselves. Some—such as red meat and processed meats—have been linked to cancer.

Others—such as fruits, vegetables, whole grains and legumes—have cancer-fighting properties. These foods contain phytochemicals—natural substances that





# On the lookout for cancer

**U**nknown cancers are sometimes the most dangerous cancers. That's why screening tests are so important. They can help you find cancer early, when it is easiest to treat—and before you ever have symptoms. In some cases, screening can even find precancerous conditions that can be treated, preventing cancer from developing. Following are general screening guidelines from the American Cancer Society. Your individual cancer risk factors may make it important for you to be screened earlier, more frequently or with additional screening tests. It's best to talk with your doctor about which tests are right for you and when.

WOMEN AND MEN

Cancer location	Screening test or procedure	Recommendation
Colon/rectum	<b>Fecal occult blood test</b> (looks for hidden blood in stool). <b>OR</b>	Yearly, starting at age 50.*
	<b>Fecal immunochemical test</b> (similar to a fecal occult blood test). <b>OR</b>	Yearly, starting at age 50.*
	<b>Flexible sigmoidoscopy</b> (uses a thin, lighted tube to examine the rectum and lower colon). <b>OR</b>	Every five years, starting at age 50.*
	<b>Double-contrast barium enema</b> (an x-ray taken after liquid is pumped into the colon). <b>OR</b>	Every five years, starting at age 50.*
	<b>Virtual colonoscopy</b> (a type of CT scan). <b>OR</b>	Every five years, starting at age 50.*
	<b>Colonoscopy</b> (similar to sigmoidoscopy, but examines the entire colon).	Every 10 years, starting at age 50.
* If the test is positive, colonoscopy is advised.		

WOMEN ONLY

Cancer location	Screening test or procedure	Recommendation
Breast	Breast self-exam.	Optional, starting at age 20. (Whether self-exams are done or not, women should become aware of how their breasts normally look and feel and promptly report any changes.)
	Clinical breast exam (an exam by a health care provider).	Every three years, starting at age 20. Yearly, starting at age 40.
	Mammogram (an x-ray of the breast).	Yearly, starting at age 40.
Cervix	<b>Pap test</b> (Cells are removed from the cervix and examined under a microscope).	Every three years, starting at age 21 through age 29.
	<b>HPV test</b> (Similar to a Pap test. Checks for signs of a virus that causes cervical cancer).	Every five years in conjunction with Pap test, starting at age 30, and continuing until age 65. May be recommended in younger women if Pap test is abnormal.
		Women who have had a total hysterectomy for reasons unrelated to cancer and those older than 65 who have been screened regularly and had no abnormal test results may discontinue screening. Those with a history of serious cervical precancers should continue to be tested for at least 20 years after that diagnosis.

MEN ONLY

Type of cancer	Screening test or procedure	Recommendation
Prostate	<b>PSA test</b> (looks for a substance in the blood that may indicate the presence of cancer).	Men should discuss the pros and cons of screening with their doctor starting at age 50 (or age 45 for African American men or those who have a father or brother with prostate cancer diagnosed before age 65). If they decide to be tested, they should have a PSA test with or without a digital rectal exam. Frequency of future screening depends on PSA results.
	<b>Digital rectal exam</b> (doctor feels the prostate by inserting a gloved, lubricated finger into the rectum).	

You can involve your kids in meal planning, grocery shopping and food preparation too. Kids may be more likely to eat foods with which they have some connection. Along those lines, growing a vegetable garden can be a beneficial family activity.

Another important step is to let children select what and how much they eat from the healthful choices you offer, the Academy of Nutrition and Dietetics reports.

Also, encourage kids to eat slowly and to stop when they're full. This will help them avoid overeating.



**4 GET REGULAR EXERCISE.** Physical activity helps prevent weight gain and may keep hormones at healthy levels. It also strengthens the immune system.

Both moderate-intensity exercise—like a brisk walk—and vigorous-intensity exercise—which increases heart rate, breathing rate and sweating—offer benefits.

**What you can do:** Try to get at least 150 minutes of moderate-intensity exercise, 75 minutes of vigorous exercise or some combination of the two each week. And aim to do strength training twice a week.

If you haven't been very active, it's good to check with your doctor first. Start slowly and gradually increase your time, intensity and frequency.

**What you can do for your kids:** Kids should get at least one hour of moderate- or vigorous-intensity activity every day. Vigorous activity is recommended at least three days a week.

To help get your children moving:

- Limit their TV and computer time. The AAP recommends no more than two hours per day—and no screen time for kids younger than 2 years old.

- Encourage your kids to play sports.
- Plan active birthday parties and family vacations.

**YOU HAVE POWER** We can't prevent every case of cancer. But we can lower our risk for the disease—and help our children learn habits that will lead to a healthier future.

may help prevent cell damage. They provide vitamins and minerals that can help strengthen the immune system and are good sources of fiber as well. Fiber helps move food waste through your digestive system more quickly, limiting the time potentially harmful substances are in contact with your colon.

**What you can do:** Become a label reader and go easy on foods high in fat

and calories and those known to raise cancer risk. Make plant-based foods a bigger part of every meal—a good rule of thumb is that they should cover two-thirds of your plate.

**What you can do for your kids:** Dine together and model healthy eating. And be sure to keep ready-to-eat fruits and veggies around as snacks, rather than candy or cookies.





## FEATURE

# 5 steps before you scale back

A little planning before changing eating habits might help you drop pounds—and keep them off too.

**W**ant to drop some extra pounds? Before you rush into a weight-loss program, set aside some time to plan for it. It'll help you get ready emotionally, physically and mentally for the challenges ahead. ♦ Changing deeply entrenched behaviors is hard work, but a strong start can lead to a strong finish. These steps can help you succeed.



**KNOW YOUR GOALS** You might start by finding your body mass index (BMI). It's a formula that uses height and weight to indicate body fat.

A BMI of 25 to 29.9 is overweight. A BMI of 30 and above is obese.

The Centers for Disease Control and Prevention (CDC) has a BMI calculator on its website at [www.cdc.gov](http://www.cdc.gov). Use the search box to find the calculator; then plug in your numbers. You'll learn your BMI and the weight range considered normal for your height. Knowing this can help you decide a target weight.

Better yet, work with your doctor to set realistic short-term and long-term goals. Figure on losing ½ to 2 pounds per week. Slow, steady weight loss is the healthiest way to lose weight and keep it off for good.

Even a small weight loss—5 to 10 percent of body weight—can improve health.

**ENLIST SUPPORT** If losing weight is an important goal, don't be shy—tell your friends and family, and ask for support. They can help by:

- Becoming an exercise buddy who will go bowling or biking with you.
- Splitting meals at restaurants.
- Celebrating successes and giving pep talks when you're down.
- Going with you to concerts, movies or parties for moral support.
- Swapping recipes for a new healthy soup or tasty salad.
- Suggesting music to jazz up your workouts.



## 3 FIX UP A GOAL-FRIENDLY KITCHEN

A clean, organized fridge and pantry will clear the way for your new adventure. Toss out foods

that won't fit into your weight-loss plan. Then start creating a kitchen that encourages success:

- Plan meals and snacks for at least a few days to a week ahead of time. Make your grocery list and vow to stick to it.
- Shop for lean proteins, low-fat dairy products and whole grains.
- Load up on fruits and veggies—the stars of healthy diets. Wash, slice and chop some so they're ready to grab and go.
- Stock up on healthy snacks, including some to keep at your office.
- Prepare some foods in advance, if you can.

Consider setting aside a notebook to write down what you eat every day. Include notes on challenges you face. It'll keep you honest and help you understand food triggers, according to the Weight-control Information Network.



## 5 COMMIT TO LASTING CHANGES

Fad diets might work for a week or two, but then what? In the long run, they tend to fail, according to CDC.

Successful weight loss involves making changes—big and small—that you can keep up for a lifetime. You might need to recast how you think about losing weight. These are some good guiding philosophies:

1 The goal is not to diet for a few weeks but to eat more nutritious, balanced meals and snacks every day.

2 Nutritious, balanced foods can be delicious too.

3 A healthy weight requires a balance of calories consumed and calories burned, not a magic pill or special soup.

4 Exercise is important for a healthy weight and a healthy life.

5 Small steps can add up to big things.

6 If you stumble, you can get up and try again.

Take things slowly, stay on track, and you'll eventually reach your weight-loss goals.



## 4 CHECK OUT SOME EXTRA MOVES

Exercise is an important part of any weight-loss program. Deciding what to do—and how to work it in—is crucial for long-term success.

First, list your options. Do you want to join a gym? Take a class? Do you like swimming or biking? Does your library have exercise CDs or DVDs?

Walking is a good starter activity. You already have the skills. Sturdy shoes and a committed attitude are the only special equipment you'll need.

Whatever you decide to do, choose an activity you enjoy. Then start slowly and add challenges over time. CDC suggests working up to at least 2½ hours of moderate-intensity exercise per week to improve health—5 hours if you want to lose weight. Add two days a week of weight-lifting too.

Also, search your day for ways to be more active and less sedentary, such as doing sit-ups while watching TV. It all adds up!

To be safe, talk with your doctor before starting an exercise program, especially if you have a chronic disease such as diabetes.

**Our BMI calculator can help you get started. Just visit [www.grantregional.com](http://www.grantregional.com) and click on "Featured Interactives."**



## HEALTH TALK NEWS, VIEWS &amp; TIPS



**Healthy Directions Potosi:** Participants on the first night, excited to begin the 10-week wellness journey!

## GRANT REGIONAL HEALTH CENTER IN LANCASTER

## Pointing people in Healthy Directions

On March 7, 52 dedicated people stepped out of their homes and into a wellness program in Potosi, Wis. For 10 consecutive weeks, area residents participated in Healthy Directions Potosi, a wellness and better health program sponsored by Grant Regional Health Center in Lancaster.

Participants met weekly to hear 30-minute presentations followed by 30 minutes of exercise. Both high- and low-impact exercises were made available weekly for the participants in a non-intimidating, noncompetitive environment. The program provided insight and emotional support to participants on their journey to get healthy.

“One of the core objectives we have as wellness educators is to do all we can to cultivate an environment that is accepting and safe,” says Missy Kliebenstein, RN, community educator at Grant Regional. “We can show that more people achieve their fitness goals—and sustain them—if they are feeling good about how and where they are doing it, as well as who is supporting them.”

The program continued through May 9

and many participants achieved successful weight loss and met fitness goals. And, although the focus of Healthy Directions was more than just weight loss, the program provided an opportunity to try out various fitness and exercise classes, and certainly provided a fun and cheerful community

celebrating individual successes.

Healthy Directions was developed as a program to take to area communities. For more information on how to participate in our future programs, please

call Missy Kliebenstein at Grant Regional, 608-723-3255.



## Sunless tanning: Tan safely at Grant Regional Health Center

Sunless tanning is a process that uses an airbrush delivery system to gently and evenly apply tanning solution to the skin.

The tanning solution is streak-free, applies easily and evenly, absorbs quickly, gives a natural-looking golden tan, and fades like a real tan. You will not have to expose yourself to hours of damaging

ultraviolet (UV) rays, which can cause burning, premature aging and even skin cancer. The final effect will last up to 10 days.

**How does it work?** The active ingredient in the sunless tanning solution is DHA-dihydroxyacetone, which is derived from sugar cane. It interacts with the proteins and amino acids in the outer layer of skin to produce a golden brown color. This reaction takes four to six hours to visibly develop into a golden tan. It then continues to develop over the next 24 hours. The color that results varies slightly from person to person, just as UV tans will differ according to natural skin tones. Sunless tanning produces this golden brown color

without skin damage.

The sunless tanning works on the top layer of the skin only and will shed or fade like a suntan over several days. The way the tan fades is dependent on the way each person naturally exfoliates his or her skin. The longer and more regularly they tan, the better the tanning effect will wear.

Benefits without the harmful risks:

- Looks natural.
- Enhances your figure.
- Gives you that “Healthy Glow.”
- Fades like a real tan.
- Camouflages cellulite, stretch marks, varicose veins and freckles.
- UV free and safe.
- Evens out skin tones.
- Instant body makeover.
- Helps hide unwanted tan lines.

Celebrities have been doing it for years.

For more details on this exciting new service, contact 608-723-9202.



## LASER TREATMENT

## No need to hide your toes

Never be embarrassed by problem toenails again! Grant Regional Health Center’s laser treatment can rid your toenails of unwanted fungus and discoloration. The result leaves strong and healthy nails—ready to show off!

Before the advent of laser treatment, the only products available were strong medications that can cause liver damage and largely ineffective liquids and creams, which are time-consuming to apply. The laser procedure is quick, easy, safe and highly effective, treating the fungus at the source. We welcome you to stop by for a consultation to find out if you are a good candidate for nail fungus treatment.

The treatment takes about 20 minutes to treat both feet. Many times only one treatment is necessary, but sometimes it can require up to 3 sessions. Shoes and nail polish can be worn immediately after treatment. We will discuss posttreatment care to avoid reinfection. Significant improvement can be seen after one year, but many times you will notice results within two to four months as new, clear growth begins to appear at the bottom portion of your nail as it grows.

**Is the laser treatment painful?** There is no need for anesthesia or painkillers. There might be a slight sensation of heat, but that subsides quickly. The laser passes through the toenail without damaging the surrounding skin.

**What is nail fungus?** A fungus is an organism that lives in warm, moist areas. Fungus of the toenails is a common problem that can affect people of all ages, although it most commonly affects older individuals. Toenail fungus often begins as an infection in the skin called *tinea pedis* (also known as athlete’s foot). Over time it grows underneath the nail and causes changes to its appearance, such as a yellow or brownish discoloration.

Not everyone with discolored toenails may be a candidate for this procedure. Some toenails are discolored from an injury rather than a fungus, in which case the toenail would not improve from the laser treatment. A complimentary consultation is available.

**Is this covered by my insurance?** This procedure is considered aesthetic and is not covered by health insurance, but you may check with your health insurance for reimbursement.

For more information about our laser treatment for nail fungus, please call 608-723-9202 or visit [www.grantregional.com](http://www.grantregional.com).







# MEDICATION INTERACTIONS

*How to reduce your risk*

**AMERICANS ARE TAKING MORE MEDICINES** than ever—in the 65-and-older group, 65 percent use at least three medications and 38 percent use five or more, according to the National Center for Health Statistics.

These drugs improve and save lives. But they can have a dangerous side too. They can interact with each other, which can lead to serious, even life-threatening, problems.

**WHAT IS AN INTERACTION?** Basically, drug interactions fall into three categories:

- 1 **Drug-drug interactions.** These occur when two or more drugs interact with each other.
- 2 **Drug-food/beverage interactions.** These happen when drugs interact with something you eat or drink.
- 3 **Drug-condition interactions.** These occur when medicines have a bad effect on a medical condition—affecting blood sugar in people with diabetes or blood pressure in people with hypertension, for example.

Why are these interactions a concern? Because they can affect the body in many potentially dangerous ways.

First, they can make drugs less effective—drugs either don't work well or they don't work at all. For example, antacids can limit the body's absorption of heart medicines, antibiotics and blood thinners.

Second, they can cause unexpected side effects. These might include dizziness, irregular heartbeats, heartburn, fatigue or nausea.

Finally, they can increase the action of drugs in the body. This can cause an overdose or toxic effect.

**WHAT YOU CAN DO** Thankfully, there are steps you can take to reduce your risk of drug interactions:

- Keep an up-to-date list of all medications you use,



and share it with your doctor and pharmacist. Include prescription drugs, herbal products, vitamins and supplements. Remember to include all medicines, including those you take sometimes (like antacids) or for a short time (like antibiotics).

- Use one pharmacy. Pharmacists are specially trained to spot potential interactions, but they need a complete picture of your medical conditions and the drugs you take.

- Read labels and patient guides each time you use a drug. Pay special attention to sections that detail warnings and possible side effects.

- Ask questions, such as, Can I take this drug with the other medicines I use? Should I avoid certain foods, beverages or other medicines? What signs of drug interaction should I watch for?

- If you experience something that doesn't seem right, tell your doctor. Ask if it could be a side effect or bad reaction to medicine.

- And finally, work with your doctor to try to reduce the number of medicines you take. You are more likely to have a drug interaction if you take more than three a day.

Additional sources: American Academy of Family Physicians; National Council on Patient Information and Education; U.S. Food and Drug Administration

## Should I avoid grapefruit?

You've probably heard that grapefruit juice and fresh grapefruit can interfere with certain medications. Here's why those warnings remain valid:

Grapefruit juice has substances that can block enzymes in the intestine and change how the body breaks down some medicines. That can push too much of the drug into the bloodstream—and maybe cause toxic overloads.

It can work the opposite way too. The fruit can keep some medicines from being absorbed, so the medicine doesn't work well or doesn't work at all.

Grapefruit—and in some cases, other common fruit juices, such as apple or orange juice—might affect some of these kinds of medicines: ■ Statins for lowering cholesterol. ■ Blood pressure medicines. ■ Anti-anxiety drugs. ■ Anti-arrhythmia drugs. ■ Antihistamines.

Some is an important qualifier. Grapefruit does not affect all of the drugs in these categories.

Ask your pharmacist or doctor whether the drugs you take are affected by any food, including grapefruit.

Also, carefully read the information sheets and guides that come with prescription medicines and the Drug Facts labels on over-the-counter medicines.

Sources: American Academy of Family Physicians; U.S. Food and Drug Administration

## PROVIDER LISTING



**Grant Regional Health Center Specialty Clinic**  
507 S. Monroe St.  
Lancaster, WI 53813  
**608-723-3249**  
■ Kryn Buckley, MD, Gynecologic surgeon

**Grant Regional Emergency Department**  
507 S. Monroe St.  
Lancaster, WI 53813  
**608-723-2143**  
■ Eulogio Aguilar, MD  
■ Jerry Fushianes, PA-C  
■ Liz Hinkley, APNP  
■ Les Newhouse, PA-C  
■ Robert J. Smith, MD  
■ Jolene Ziebart, APNP

**Family Medical Center**  
9177 Old Potosi Road  
Lancaster, WI 53813  
**608-723-4300**  
■ Liz Hinkley, APNP  
■ Brian Quick, PA-C  
■ Kate Reuter, APNP  
■ Robert Stader, MD

**High Point Family Medicine**  
507 S. Monroe St.  
Lancaster, WI 53813  
**608-723-3100**  
■ Misty Nemitz, APNP  
■ Eric Slane, MD  
■ Eric Stader, MD  
■ Jessica Varnam, MD

**High Point Family Medicine—Fennimore**  
1255 11th St.  
Fennimore, WI 53809  
**608-822-3363**  
■ Misty Nemitz, APNP  
■ Eric Slane, MD  
■ Eric Stader, MD  
■ Jessica Varnam, MD

**Dean Clinic—Lancaster**  
500 S. Madison St.  
Lancaster, WI 53813  
**608-723-2131**  
■ Erin Huebschman, MD  
■ Andrew Klann, DO  
■ Jason Klovning, MD  
■ Sheirlye LaMantia, MD  
■ Laurie Meighan, APNP  
■ Kayte McQuillan, APNP  
■ Kelly Muench, PA-C  
■ Ronald Reschly, MD  
■ James Yurcek, MD

## Save lives by donating blood

Give the gift of life!

Mississippi Valley Regional Blood Center is the exclusive provider of blood to Grant Regional Health Center. Donating blood is a safe and simple procedure that only takes about an hour. Blood donation saves lives. It's simple, yet important. For more information or to schedule a donation time, call Janis Waddell at **608-723-2143, ext. 216.**

### Donate at a blood drive at Grant Regional Health Center, Monroe Conference Room

■ **Thursday, June 20:** 2:30 to 6:30 p.m.  
■ **Wednesday, July 24:** 9 a.m. to 1 p.m.  
■ **Thursday, Aug. 22:** 2:30 to 6:30 p.m.  
■ **Tuesday, Sept. 24:** 9 a.m. to 1 p.m.

HEALTH SCENE is published as a community service for the friends and patrons of GRANT REGIONAL HEALTH CENTER, 507 S. Monroe St., Lancaster, WI 53813, telephone 608-723-2143, www.grantregional.com.

**Nicole Clapp**

President/CEO

**Dawn Bandy**

Chief Financial Officer

**Jennifer Rutkowski**

Vice President of Professional Services

**Rochelle Williams**

Marketing Coordinator

**Stacy Martin**

Human Resources

Information in HEALTH SCENE comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider.

Models may be used in photos and illustrations.

Copyright © 2013 Coffey Communications, Inc. HST29457

SUMMER 2013

FIND OUT MORE ABOUT OUR DOCTORS AT [WWW.GRANTREGIONAL.COM](http://WWW.GRANTREGIONAL.COM).  
CLICK ON "FIND A PHYSICIAN."