

To Your Health

A PUBLICATION OF JENNERVILLE REGIONAL HOSPITAL

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Classes, discounts
and more, just
for seniors

**Jennersville:
Dedicated to
your health**

**How to spot—
and stop—
a stroke**

**Quality surgical care,
close to home**

Good day, sunshine!
Greet the day with an SPF

JENNERVILLE
REGIONAL HOSPITAL



Good day, sunshine!

Greet the day with an SPF

You don't have to be a sun worshipper to take sun protection seriously—even limited exposure can cause damage. Skin cancer is the most common kind of cancer in the United States, affecting nearly half of all Americans who live to age 65. Although most cancers don't appear until after age 50, skin cancer results from years of accumulated sun damage. However, you can avoid sun damage and enjoy your favorite outdoor activities by taking sensible precautions and using a sunscreen that protects your skin from damaging ultraviolet rays.

THE ABCS OF SPFS

Sunscreen products are rated according to their sun protection factor (SPF)—the length of time a product will protect you from sunburn caused by ultraviolet B (UVB) rays. But sunscreens don't provide complete protection. You still need to be cautious about timing and limiting your sun exposure.

Your best bet when shopping for a sunscreen is to choose a product with an SPF of at least 15, according to the American Cancer Society. Check the label to make sure it provides “broad-spectrum” protection, which protects against UVB rays and ultraviolet A (UVA) rays. UVB rays cause sunburns that can lead to superficial skin cancers known as basal cell carcinomas and squamous cell carcinomas. They can also lead to the more deadly skin cancer, melanoma. UVA rays penetrate even more deeply into the skin, damaging connective tissue.

SAVE-YOUR-SKIN TIPS

If you'll be outside, slather on sunscreen and find a shady spot, but keep in mind that sunlight reflects off surfaces such as water, sand and pavement. Avoid the sun between 10 a.m. and 4 p.m., when rays are strongest. To block sunlight,



wear sunglasses, a broad-brimmed hat and clothing made from tightly woven fabric, preferably long-sleeved shirts and pants. For your sunscreen to be most effective:

- Apply about 30 minutes before going outdoors.
- Use liberally. Apply 1 ounce of sunscreen to cover all exposed areas of your body, including your neck, ears and scalp.
- Reapply every 90 minutes—more often if you sweat heavily or go swimming.
- Use even on cloudy days—UV rays can still reach you.

Harmful UV rays can pass through car windows, too, so apply sunscreen to exposed skin if you'll be driving during peak sun hours.

Make applying sunscreen a habit—like brushing your teeth—but don't rely on sunscreen for full protection against skin cancer. Be sure to examine your skin each month for unusual changes and see your dermatologist if you spot any irregularities.

“When outside, apply sunscreen liberally every 90 minutes.”



Bouncing back from joint pain

With all the wear and tear we place on our joints, it's no wonder that almost 639,000 people underwent hip or knee replacement surgery in 2003, according to the Centers for Disease Control and Prevention. Knees and hips, in particular, are prone to problems—largely because they play a part in almost everything we do—but shoulder, finger, ankle and elbow joints can need replacement as well.

WHY ARE JOINT REPLACEMENTS NEEDED?

Joint replacement surgery, also known as arthroplasty, becomes necessary when conditions such as arthritis destroy the cartilage that cushions and separates bones. Over time, the friction of bone against bone wears away the joint, causing it to become stiff and painful.

Additionally, sports-related injuries and falls can create the need for surgery. Generally, arthroplasty becomes an option when joint pain disrupts your daily routine.

GETTING NEW PARTS

Surgeons can create a new joint, relieving your pain and providing greater freedom of movement. During the procedure, destroyed bone and tissue are removed and replaced with prosthetics, or artificial parts. The parts are made from durable metal, plastic or ceramic and can last up to 20 years.

Newer minimally invasive techniques are being performed more often, using smaller incisions—just 3 to 5 inches, compared with 6 to 12 inches in standard procedures—and reducing recovery time. Your hospital stay may be reduced to one or two days from four or three, and some patients go home the same day as surgery. However, minimally invasive surgery is not for everyone; patients who are overweight, elderly or frail or who have bone abnormalities do not make good candidates.

With hip or knee replacement surgery, expect to use a walker, crutches or a cane initially after the procedure. As you recuperate, a physical therapist will help you perform exercises to strengthen the joint, guiding your movements so you don't accidentally dislocate the replacement. Barring the unforeseen, you should be walking unassisted two to six weeks later. And though grueling workouts like 10-mile runs may still be too tough for artificial hips or knees, make plans to resume long-lost activities like dancing or strolling on the beach within six months.



Do you need joint replacement surgery?

Your overall health and age and the condition of your joints will help you and your healthcare provider decide whether you're suitable for joint replacement. If you can answer yes to any of the following questions, you may want to consider surgery.

- Are you still in pain even after losing excess weight?
- Does your pain keep you awake nights?
- Does your pain interfere with your ability to earn a living?
- Has your quality of life suffered because of your pain—your ability to travel, perform household chores or visit with friends or family?
- Have you exhausted all other options, including anti-inflammatory drugs to relieve joint pain, walking with a cane, power-walking or swimming instead of jogging?

PHYSICIAN SPOTLIGHT

The experienced, dedicated physicians of Jennersville Regional Hospital (JRH) can help with your family's medical needs. With a host of family practitioners and specialists to choose from—many of whom have offices on the hospital's campus in West Grove—a JRH physician is convenient to just about anywhere in southern Chester County.



WAYNE BREARLY, M.D., F.A.C.S.
General Surgeon

**Jennersville Regional Hospital
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(610) 869-1240

With more than 15 years experience in southern Chester County and the surrounding communities, Wayne Brearly, M.D., F.A.C.S., specializes in general surgery, including colon, rectal, endocrine, surgical oncology and laparoscopic procedures. Having gained the respect of his colleagues early in his career, Dr. Brearly has long been providing surgical services to patients in this community. He's an integral part of the Jennersville Regional Cancer Program, which is affiliated with the prestigious Fox Chase Cancer Center in Philadelphia, Pa.

In addition to his surgical skill, Dr. Brearly is known for his compassionate, personal style of care. His practice philosophy centers on his patients by providing complete and thorough education to yield the best results. No matter what the procedure, Dr. Brearly provides prompt attention to patient needs, quality surgical treatment and attentive follow-up care. He focuses on each patient as an individual—making sure he or she understands the disease or condition, treatment options and details of the surgery and recovery process. This strong relationship is maintained from the preoperative visit and operation to the last follow-up appointment. But that's not all; Dr. Brearly works closely with his patients' primary care physician and any other specialist—always maintaining lines of communication to provide an exceptional level of care.

EDUCATION:

Bachelor of Science in biology, Bucknell University, Lewisburg, Pa.
Medical degree, West Virginia University, Morgantown, W. Va.
Surgical residency, The Mercy Hospital of Pittsburgh, Pittsburgh, Pa.

PROFESSIONAL:

Certified, American Board of Surgery
Fellow, American College of Surgeons
Liaison Physician for the American College of Surgeons Commission on Cancer

The Surgery Center at JRH

If you require surgical services, Jennersville Regional Hospital (JRH) offers a comprehensive, full-service surgery center in addition to competent, experienced surgeons. To meet the needs of the growing community, JRH expanded the operating

suite to four operating rooms in 2000. The center features the latest surgical equipment, highly skilled perioperative nurses and a team of highly trained professionals providing both inpatient and outpatient surgical procedures.

Jennersville in the community



ON YOUR MARK, GET SET, GO!

Hundreds of area runners took their mark for the annual Kennett Run on Saturday, May 20. Jennersville Regional Hospital (JRH) was once again a corporate sponsor of this successful community event. JRH supports this event because it benefits numerous local charities and promotes exercise and health benefits. The Kennett Run isn't just for serious runners; many participants enjoy the one-mile fun walk or the timed 5K walk.

Learn more!

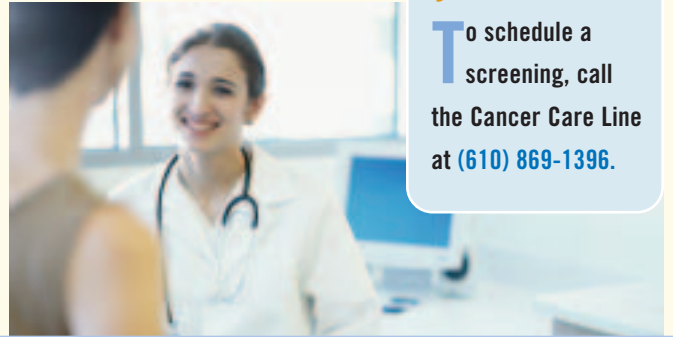
For more information, visit www.kennettrun.kennett.net.

FREE SKIN CANCER SCREENING

With the summer sun just around the corner, many individuals are eager to sport a bronze glow. Before you head to the beach, the Jennersville Regional Cancer Program wants to remind you of the importance of protecting yourself from skin cancer (see *Good day, sunshine!* on page 2) and seeking regular physician exams. Thus, we invite you to participate in a free skin screening conducted by a board-certified dermatologist on Wednesday, May 24, from 4 to 6 p.m., in Suite 205 of the Medical Office Building, 1011 West Baltimore Pike, West Grove. An appointment is required.

Protect your skin!

To schedule a screening, call the Cancer Care Line at (610) 869-1396.



Jennersville staff and volunteers Go Red!



Employees and volunteers, wearing red for heart disease awareness, took a break to be photographed for *Chester County Press*'s February 8 edition.

Photograph courtesy of Carla Lucas, editor, *Chester County Press*

In February, Jennersville Regional Hospital's employees and volunteers donned red to support heart disease awareness, particularly among women.

Kicking off hospital activities for the month was our participation in National Wear Red Day on February 3. Part of the American Heart Association's Heart month, National Wear Red Day has gathered steam since 2003, as hospitals, businesses, schools and the community have rallied in support of informing women of their risks for this deadly disease.

According to the American Heart Association, only 20 percent of women identify heart disease as the greatest health problem facing women today, and most fail to make the connection between its risk factors and their personal risk for developing heart disease. In fact, heart disease has become the number one killer of women.

Often, women are diagnosed with heart disease later in life than men, primarily because they don't recognize that what may appear as insignificant symptoms are really early signs of the disease, explains Karen Lyons, Jennersville's director of cardiopulmonary services. "I strongly encourage women to have regular check-ups with their physicians to identify risk factors in the earliest stages," says Lyons.

HEALTHWISE QUIZ

How much do you know about ADHD?

Take this quiz to find out how much you know about attention deficit hyperactivity disorder (ADHD).

- 1 Which of the following is *not* a symptom of attention deficit hyperactivity disorder?
 - a. hyperactivity
 - b. obsession
 - c. impulsivity
 - d. inattention
- 2 ADHD is thought to be caused by:
 - a. poor parenting
 - b. a genetic disorder
 - c. rheumatic fever
 - d. all of the above
- 3 Other disorders may accompany ADHD in as many as one in three cases. These include:
 - a. Tourette's syndrome
 - b. learning disabilities
 - c. bipolar disorder
 - d. all of the above
- 4 Most children who have ADHD begin to show signs and symptoms of the disorder between ages:
 - a. 1 and 2 years
 - b. 4 and 6 years
 - c. 9 and 12 years
 - d. 13 and 15 years
- 5 Adults can also suffer from ADHD. To be diagnosed with the disorder, a person must:
 - a. have shown symptoms of ADHD in childhood
 - b. have suffered from a serious illness as a child
 - c. have trouble holding down a job
 - d. be a reckless driver

ANSWERS: 1. B; 2. B; 3. D; 4. B; 5. A



STROKE SMARTS

How to spot a stroke

A stroke is similar to a lightning strike—it can happen suddenly and without warning. However, there are sometimes warning signs that lightning is imminent, such as storm clouds, rain and thunder.

Warning signs can signal a stroke, too. If you spot them and act quickly, you may prevent severe disability or death. If you or someone around you show any of these symptoms, seek emergency medical treatment immediately:

- sudden numbness or weakness in the face, arm or leg, especially on one side of the body
- sudden confusion, trouble speaking or understanding
- sudden trouble seeing in one or both eyes
- sudden trouble walking, dizziness, loss of balance or coordination
- sudden, severe headache with no known cause

These signs point to a stroke in progress. Blood and oxygen are not getting to a part of the brain as a result of a burst blood vessel or a blood clot, and that portion of the brain begins to die. Speedy medical care may minimize brain damage.

RISK FACTORS

Lifestyle factors and other health conditions that weaken blood vessels or contribute to blood clots increase your risk for stroke. You can control or treat some of them, such as high blood pressure, smoking, diabetes, carotid or other artery disease, abnormal heart rhythm, transient ischemic attacks (mini-strokes), certain blood disorders, sickle cell disease, high blood cholesterol, high triglycerides, physical inactivity, obesity and substance abuse.

Factors you can't change include increasing age, gender (more men suffer strokes), family history, race (African-Americans face greater risk) and having had a prior stroke or heart attack. Talk to your doctor about ways to reduce your risk for stroke and be prepared to act quickly if warning signs appear.

Outward bound

10 play-safe tips for your kids

What's one of the best things to say to your child? Go outside and play! Close supervision, proper protective gear and these simple precautions will help your kids safely enjoy the great outdoors:

- 1 Apply a sunscreen with an SPF of at least 15 every day—even on cloudy days—and reapply every 90 minutes, especially after swimming or sweating.
- 2 Outfit kids with brimmed hats and don't forget the sunglasses.
- 3 Keep babies under age 6 months out of direct sunlight and in the shade.
- 4 Avoid using swimming aids such as "floaties." They don't substitute for a life vest and can give kids a false sense of security.
- 5 When kids are swimming, keep a portable phone and rescue equipment like a shepherd's hook and life preserver nearby.
- 6 Supervise kids at all times near water and stay within arm's length of babies and toddlers. If you have to step



away even for a moment, get everyone out of the pool area and take little ones with you.

- 7 Insist kids wear proper protective equipment, especially a helmet, wrist guards and knee and elbow pads when bicycle riding, skateboarding and in-line skating.
- 8 Teach kids to bike skillfully. Enroll your children in a class to practice basic skills, such as balance and braking, on a smooth surface away from traffic.
- 9 Visit playgrounds that have soft surfaces like wood mulch or chips, shredded rubber tires or sand to lessen the impact of falls. Avoid play equipment on asphalt, concrete, packed dirt and grass.
- 10 Don't let kids wear helmets, necklaces, backpacks, scarves or clothing with drawstrings while on playgrounds.



Fire up the grill!

But read these food-safety tips first

For many people, summertime fare means fresh, fast, no-fuss meals cooked outdoors. However, warm temperatures can set the stage for a nasty bout of food poisoning. Take these

precautions to make sure your meals are safe:

- **Defrost thoroughly.** Place frozen foods in the refrigerator for safe thawing. If meats are out too long, bacteria can produce illness-causing toxins that remain active even during cooking.
- **Marinate right.** Keep foods refrigerated while marinating.
- **Transport safely.** When traveling, use an insulated cooler with enough ice or cold packs to maintain a temperature of at least 40° F. Wait until you're ready to leave to

pack refrigerated foods in the cooler. Then place it in the coolest part of the car—not the trunk. When you arrive at your destination, move the cooler into the shade, avoid opening it frequently and replenish ice as needed.

- **Bring extra plates and tools.** Use one

platter and spatula, tongs and sauce brush for raw foods and a different platter and utensils for cooked foods.

Don't use a fork to turn meats since puncturing can introduce surface bacteria into the meat.

- **Keep clean.** Bring paper towels and disposable wipes or a sanitizing gel for convenient hand washing and surface cleanup.

- **Prepare the grill.** Light the coals and allow the cooking surface to heat up to kill microorganisms before putting on the food.

Is it done?

Use an instant-read meat thermometer to test meat's doneness. Grill precooked meats such as hot dogs to 165° F until steaming hot. Refer to the chart at right to determine when cooked meat is safe to eat.

Meat product	Safe temperature
poultry	180° F
pork	160° F
beef, ground	160° F
beef, steaks or roasts	145° F
veal	145° F
lamb	145° F

A circle of friends

Senior program offers classes, discounts, activities and more!

What do a trip to Alaska, lunch with friends, bingo, bowling, a tour of QVC, watercolor classes and physician lectures on important health topics all have in common? These are just a few of the perks our Senior Circle members can take advantage of all year 'round.

But that's not all! Senior Circle members also benefit from optional discount programs for prescriptions, personal security systems, area merchants and eye care.

"Members can be involved as much or as little as they want," says Nancy Burke, Jennersville's Senior Circle advisor. "Our chapter is more than 500 members strong and is part of a large national organization that offers the opportunity for wonderful travel experiences at reasonable prices."

If you're interested in trying a few of Senior Circle's upcoming programs, then join us for any of the following programs:

• **Breakfast-n-Bingo: Tuesday, May 23, 9 to 11:30 a.m.**

Enjoy a delicious morning meal and a rousing game of bingo.

• **"Armchair Travel" to Austria: Thursday, May 25, 10 to 11 a.m.**

Travel to the sights of Austria with one of our hospital volunteers—without leaving the country!



• **Life Review Workshop: Wednesdays, May 31 and June 7, 10 to 11:30 a.m.**

A two-part program that helps participants create their autobiography and experience the value of reminiscing and journaling.

• **Chair-Dancing: Friday, June 16, 10 to 11 a.m.**

Exercise to a fun and unique video—all without leaving your chair. Wear comfortable clothing!

Join the circle today!

For more information or to attend any of the programs listed, call our Senior Circle advisor at (610) 869-1227.

Senior Circle membership is only \$15 per year and includes a 45-day money back guarantee since we're so sure you'll find it an outstanding value.

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To Your Health

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