

# To Your Health

A PUBLICATION OF JENNERVILLE REGIONAL HOSPITAL

Meet our newest doctors

High-tech care to keep you healthy

Beating diabetes with your fork

Hats off!  
Meet our employees of the year

JENNERVILLE REGIONAL HOSPITAL





# Nimble body, nimble mind

## Question:

**To fight memory loss and dementia, it's a good idea to:**

- A. do a crossword puzzle
- B. take up a new hobby
- C. exercise regularly
- D. all of the above

If you answered D, you're right. Scientists now know it takes more than mental stimulation to keep your brain sharp well into your later years. Physical activity gives your body and your brain a boost. A half-hour of moderate exercise—walking, golfing, gardening, performing household chores—on most days of the week can help you think more clearly and feel better at any age.

## HOW EXERCISE HELPS

Exercise increases blood flow to your brain, promoting brain-cell growth, and helps reduce stress—important since chronic stress causes the release of hormones that can damage your brain over time. Some studies suggest exercise increases levels of important chemicals that maintain brain health. Other studies on mice show that exercise appears to delay or prevent plaque development in brain regions used in memory, thinking and decision making.

Regular exercise also helps preserve healthy brain functioning by:

- **Reducing your risk for heart disease.** Exercise lowers homocysteine, an amino acid in your blood that makes

nerve cells in the brain stop working and die.

- **Controlling your blood sugar.** Diabetes is linked with several types of dementia, including Alzheimer's and vascular dementia (common to stroke survivors). Both aerobic and weight-bearing exercises control your blood sugar by increasing your metabolism.
- **Lowering your blood pressure.** Unchecked, high blood pressure can damage blood vessels in your brain and reduce its oxygen supply, leading to a decline in decision making, memory and verbal skills.
- **Controlling your body weight and improving physical fitness.** Studies show a link between dementia and being overweight, possibly because overweight individuals have more cardiovascular risk factors associated with dementia than people at a healthy weight.

## DIVERSITY IS KEY

For the most brain benefits, vary your exercise routine often. It's not how hard you exercise but how many activities you participate in that's key to preventing cognitive decline. Johns Hopkins University found that adults ages 65 and older who were involved in a number of activities (such as walking, biking, swimming, dancing and bowling) experienced less dementia than people who participated in fewer activities. One explanation could be that the variety of activities keeps more parts of the brain active.

So don't worry about how much you're sweating or how vigorously you're moving—just enjoy a variety of activities every day and keep trying new ones.

## MEET OUR NEWEST DOCTORS

The experienced, dedicated physicians of Jennersville Regional Hospital can help your family stay healthy. We'd like to introduce you to two of them.



**ALLAN HO, M.D.**  
**Obstetrics/Gynecology**

**Jennersville OB/GYN**  
**Jennersville Regional Medical**  
**Office Building, Suite 102**  
**1011 W. Baltimore Pike**  
**West Grove**  
**(610) 869-8919**

Allan Ho, M.D., a board-certified obstetrician and gynecologist, is accepting patients at Jennersville OB/GYN, a specialty practice that provides comprehensive healthcare to women of all ages.

Dr. Ho's patient-centered approach partners the latest technology and treatments with the compassion needed to offer women a positive healthcare experience. From adolescence through the childbearing and menopausal years, Dr. Ho emphasizes disease prevention, early detection and education on maintaining a healthy lifestyle.

Dr. Ho and his staff deliver comprehensive routine care, including Pap smears, breast exams, menopausal counseling, contraceptives and other gynecologic screenings, as well as surgical services.

In addition, Dr. Ho provides maternity care throughout pregnancy, labor, delivery and post-pregnancy. He and his staff offer convenient appointment scheduling and reduced wait times in a relaxing office environment.

Dr. Ho received a medical degree from the New York Medical College in Valhalla, N.Y., and completed his residency at Maimonides Medical Center and Coney Island Hospital in Brooklyn, N.Y. He's a fellow of the American College of Obstetrics and Gynecology. Before his arrival to the southern Chester County area, Dr. Ho provided care to women in a large multi-physician practice in East Stroudsburg, Pa.



**LINDA G. EVERETT, M.D.**  
**Internal Medicine**

**2217 Baltimore Pike (lower level)**  
**Oxford**  
**(610) 932-3281**

Last fall, Linda G. Everett, M.D., a board-certified internal medicine specialist, opened a medical practice in Oxford offering comprehensive disease management and preventive care.

Using a patient-centered approach, Dr. Everett evaluates patients ages 16 and older, offering the latest medical recommendations coupled with complementary methods of healthcare, including nutritional education, exercise recommendations and nonpharmacological pain relief.

In addition to offering wellness checkups and managing acute and chronic illnesses, Dr. Everett performs minor procedures, such as skin biopsies; joint, tendon and trigger point injections; and mole, wart and skin tag removal. She also performs routine pelvic exams on established patients.

Dr. Everett received a bachelor's degree in biology from Johns Hopkins University in Baltimore, Md., and a master's degree in healthcare administration from Widener University in Chester, Pa. She received her medical degree from Jefferson Medical College in Philadelphia and completed her residency in internal medicine at Christiana Care Health System in Newark, Del. Dr. Everett is a member of the American Medical Association, the American College of Healthcare Executives, the American College of Physicians and the National Medical Association.

For a list of doctors by specialty, visit [www.jennersville.com](http://www.jennersville.com) or call (610) 869-1090.

**W**ith good health habits and a little luck, you may never face a sudden medical crisis. But sooner or later, many of us find ourselves involved in one. Suppose it's chest pain, stomach cramps or a nasty kitchen accident—what's the right response? Should you get emergency help or just go see your family doctor?

A true medical emergency is a situation that's life threatening or could cause permanent harm if not treated immediately. Every minute counts. That's the difference between cases needing instant, emergency room intervention and those your doctor can handle in the office.

Doctors say there are no wrong reasons to call for medical assistance in a real emergency, especially if it's heart related. At such a critical time, don't drive yourself to the ER or get someone else to drive you—it could be dangerous. Plus, you need the expertise and equipment that's in an ambulance.

Below are examples of symptoms that constitute a medical emergency. Call for emergency assistance right away if you or a friend experiences any of them. And remember, if you're ever in doubt, play it safe and get help. It could save a life.

#### **SEEK EMERGENCY TREATMENT ...**

##### **In cases of trauma:**

- uncontrollable bleeding
- wounds with gaping edges



- wounds that involve the face or hands
- wounds caused by a puncture or wounds in which glass, metal or other objects have pierced the body
- severe burns
- head, neck or back injuries
- abdominal injuries or sudden, severe abdominal pain
- problems with movement or feeling after injury
- suspected broken bones
- animal or human bites
- contact with poisonous substances
- sunburn with nausea, vomiting, fever and chills

# When the ER is your best option

## Medical conditions that require emergency care

#### **Any time these symptoms are present:**

- chest discomfort
- difficulty breathing or shortness of breath
- nausea, dizziness, fainting or profuse sweating, especially when combined with chest pain and breathing difficulty—classic signs of heart attack
- sudden numbness on one side of the face or limbs, confusion, slurred speech, vision loss, severe headache or dizziness—all signs of a possible stroke
- severe allergic reactions from insect bites, food or beverages
- sudden or persistent vomiting or diarrhea
- coughing up or vomiting blood
- fainting, dizziness or hallucinations
- convulsions or seizures
- stiff neck with fever or headache
- sudden severe fever coupled with sensitivity to light
- stupor or dazed behavior
- drug or alcohol overdose
- attempted suicide or suicidal threats or statements

# Hats off to award winners

## 2005 EMPLOYEE OF THE YEAR



**CINDY CHAMBERS, L.P.N.**  
**Surgical Technician**

Cindy Chambers, Jennersville's March Employee of the Month, was named 2005 Employee of the Year. As a licensed practical nurse (LPN) and a surgical technician in the short procedure unit and in the Women's Center,

Cindy's patients frequently comment on her endless patience and understanding. She's a wonderful role model and excellent resource for her peers. She also wears a contagious smile.

Her dedication and hard work make her most deserving of this honor. Congratulations, Cindy, and thank you for making us all feel better with your talents and devotion to nursing.

## 2005 NON-CLINICAL MANAGER OF THE YEAR



**ED GREER**  
**Support Services Manager**

Ed Greer has been named the 2005 Non-Clinical Manager of the Year. As support services manager, Ed's responsible for the daily operations of the house-keeping and food service departments. He also conducts patient surveys

to evaluate patient care and satisfaction and determine where changes are needed. Ed also finds time to serve on the hospital's Environment of Care and Infection Control Committees. In our community, he is a member of the Oxford Lions Club.

An employee since 1999, Ed was cited for going out of his way to assist patients, their families and employees in any way he can and always with a smile. He has proven himself to be an extremely dedicated manager who recognizes the needs of co-workers, physicians and our patients.

## 2005 CLINICAL MANAGER OF THE YEAR



**HEIDI MOULISON**  
**Director of Home Services and Hospice**

Heidi Moulison was named 2005 Clinical Manager of the Year. As director of Home Services and Hospice, Heidi is responsible for the overall management of the home services department through planning and development, evaluation, budgeting and marketing of services.

Heidi was awarded the honor on the basis of her sound leadership and communication skills, as well as for her support of her staff and coworkers. She was cited for always seeking win-win resolutions to issues or concerns. She continually seeks ways to recognize and reward her employees when the occasion arises.

Additionally, Heidi is a member of the Jenners Pond Performance Improvement Committee.

## HEALTHWISE QUIZ

### How much do you know about **asthma**?

Test your knowledge and learn more about asthma.

- 1** Which of the following statements about asthma is *not* true?
- Cockroaches are a major trigger of asthma symptoms.
  - Asthma can develop at any age.
  - Approximately 4,000 Americans die from asthma each year.
  - People with severe asthma should avoid exercise.

- 2** Which of the following is a risk factor for asthma?
- hay fever
  - chronic sinusitis
  - obesity
  - all of the above

- 3** Asthma is the most common chronic childhood disease. According to the American Academy of Allergy, Asthma & Immunology, the number of U.S. children estimated to have asthma is:
- 1.5 million
  - 5 million
  - 10 million
  - 20 million

- 4** All of the following are asthma triggers *except*:
- stress
  - home appliances that use natural gas as fuel
  - corticosteroid medications
  - mold

- 5** If someone is having an asthma attack, one of the first things you should do is:
- Take him or her outside for fresh air.
  - Have him or her breathe into a paper bag.
  - Help the sufferer get his or her prescribed asthma drugs and inhaling equipment.
  - Use the sufferer's Epi-Pen to administer an injection of epinephrine.

# Conspiracy theory

How 5 risk factors join forces against your health

**W**hen it comes to heart disease, you know that risk factors like family history and being overweight don't work in your favor. Now, experts say a combination of five factors—a condition called metabolic syndrome—also conspire against you, adding up to a far greater chance of suffering a heart attack, stroke or diabetes.

You have metabolic syndrome if you have three or more of the following problems:

- **abdominal obesity**—a waist circumference of 40 inches or more for men; 35 inches or more for women
- **high blood pressure**—135/85 mm/Hg or higher
- **high triglyceride levels**—150 mg/dL or more
- **abnormal cholesterol**—HDL cholesterol levels of less than 40 mg/dL for men and 50 mg/dL for women
- **high blood glucose or insulin resistance**—a fasting glucose, or blood sugar, level of 100 mg/dL or higher

Studies show people with metabolic syndrome are twice as likely to suffer a heart attack or stroke than people without these factors.

### WHAT YOU CAN DO

You can head off future trouble if you take these steps now:

- **Lose weight.** Losing as little as 5 percent to 10 percent of your body weight can reduce insulin levels and bring blood pressure down.
- **Eat healthier.** Include more fiber-rich foods like whole grains, beans, fruits and vegetables to aid weight loss and lower insulin levels. Reduce the salt, calories and fat you consume.
- **Exercise.** Get at least 30 minutes of moderately strenuous activity most days of the week.
- **Kick the habit.** Smoking increases insulin resistance and worsens many health problems.
- **Schedule regular checkups.** Get timely checks on your blood pressure, blood sugar and cholesterol levels.
- **Consider drug therapy.** Your doctor may prescribe aspirin therapy or medication to control risk factors.



# MATCH GAME

## Finding the right doctor for you and your family

**D**ifferent stages of life bring different medical scenarios. Still, one factor remains a constant: the need for a primary care provider who knows you well and can treat you and your family best. So, how should you go about choosing a primary care doctor?

The first step is to put together a list of candidates. Ask friends, family members, co-workers or people you know who work in the medical community. You'll need to find out which doctors are on your health plan.

Once you've chosen a few candidates, call their offices and find out more by asking:

1. Which hospital does the doctor use?
2. What are the practice's office hours?
3. How far in advance do I have to book a routine visit?

4. If I'm sick, will the doctor see me the day I call?
5. Who covers for the doctor when he or she isn't available?
6. How long is the average waiting room time?
7. What is the office policy on appointment cancellations?
8. What do I do if I have an emergency after office hours?
9. Does the doctor give advice over the phone for common problems?
10. How long will I have to wait for a call back from the doctor or a staff member?

Consider your interaction with staff during your phone calls. Were they friendly, efficient and knowledgeable?

Narrow your list to one or two physicians and make an appointment to talk to them. Most likely, you'll have to pay for these visits. As you talk to the doctor, notice whether he or she pays attention to your questions or seems distracted, giving "stock" answers.

Now you should be ready to choose the doctor who can treat you and your family best—and give you peace of mind.

## Food for thought

### Eating right can help you control diabetes

**I**f you're one of the 16 million Americans who have diabetes, you understand that nutrition should always take center stage. Healthy food choices, along with exercise and medication, are vital to keeping your blood sugar, or glucose, in line and avoiding complications.



hydrate intake, sugary sweets and desserts helps control blood sugar levels. However, you must consume a moderate amount of carbohydrates to supply your body with the valuable energy they provide. But choose quality fuel. Variety among all food groups is key: fresh fruits and vegetables in abundance; beans,

brown rice and whole-grain breads and cereals; lean meat, poultry and fish; and low-fat dairy products. Drink plenty of water, too, and avoid sweetened drinks. If you drink citrus juice, limit the serving to no more than 6 ounces. If you drink soda, switch to a diet variety. It's important to stick to proper portion sizes. Learn how to measure and weigh portions. Read food labels, paying particular attention to serving sizes and total carbohydrates. A diabetes educator or dietitian can help you develop an eating plan. By learning to eat properly and controlling your weight and blood sugar levels, you can avoid most diabetes complications.

#### WHEN YOU EAT

If you have diabetes, you should eat three balanced meals and two snacks a day. Spacing food and trying to eat meals at the same time each day will help control blood sugar and weight. Eating reasonable portions of carbohydrates throughout the day—instead of consuming all your servings at one meal—will keep blood sugar levels stable.

#### WHAT YOU EAT

Planning what you'll eat at each meal will help you keep blood sugar within a healthy range all day. Limiting carbo-

# High-tech care, closer to home

Jennersville Regional Hospital (JRH) recently added two advanced healthcare technologies that are the first of their kind in Southern Chester County.

## PICTURE THIS

The hospital's new picture archival communication system will greatly benefit patients by giving doctors immediate access to X-rays and scans from remote locations, according to John Mikalajczyk, director of imaging. Using secure passwords, physicians can view images via the Internet anywhere, anytime.

For example, if a patient comes into Jennersville's emergency room with head injuries and the treating physician orders a computerized axial tomography procedure (CAT scan), the images that are generated can be viewed directly by a radiologist, neurologist or other consulting physician at his or her home, office or any location where a computer is available. This immediate, "real-time" consultation can save time in evaluating a patient's condition and greatly enhance the diagnostic process.



All of the images are stored electronically at JRH. Additionally, the images are provided to the patient and his or her physician on a CD to keep, so there is no need to return X-rays to the hospital.

## A CLOSER LOOK

The American Cancer Association recommends that all women ages 40 and older receive screening mammograms for breast cancer. However, in some cases, especially in older women, the breast tissue may be too dense for a definitive diagnosis.

Now, JRH has enhanced its MRI (magnetic resonance imaging) equipment to provide an advanced, concise bilateral screening tool for breast abnormalities. If a mammogram doesn't show clear results and a further scan is needed, this procedure can be used as an interim step before a biopsy is ordered.

70JRH



Jennersville Regional Hospital  
1015 W. Baltimore Pike  
West Grove, PA 19390

PRSRT STD  
U.S. POSTAGE  
PAID  
Lebanon Junction, KY  
Permit 19

WINTER 2006

## To Your Health

*To Your Health* is published as a community service of Jennersville Regional Hospital. There is no fee to subscribe.

The information contained in this publication is not intended as a substitute for professional medical advice. If you have medical concerns, please consult your healthcare provider.

Copyright © 2006 Jennersville Regional Hospital