

healthy YOU

a journal devoted to healthful living

Let's play!

Make fitness a family affair

ARE you so busy being mom or dad that you think you don't have time to exercise?

Here's an idea: You can combine parenting and exercise by being active with your kids.

Physical activity can help both you and your children maintain a healthy weight, build strong muscles and bones, and feel more energetic. And introducing kids to a healthful lifestyle early on can help them develop life-long habits, experts say.

Here are suggestions to get your family moving:

- ▶ Bike to school or to the library, grocery store or park.
- ▶ Take an evening walk or bike ride.
- ▶ Play outside every day with the kids after work.
- ▶ Plan active weekends. Go on a hike or go swimming.
- ▶ Play a backyard game of soccer, badminton or touch football.
- ▶ Recruit the kids to help with gardening and yard care.
- ▶ Take up a new activity—such as tennis or skiing—as a family.



- ▶ Train together for a charity run.
- ▶ Buy toys that encourage activity.
- ▶ Just for fun, make a chart to track how often and how much everyone in the family is exercising.

Finally, consider family limits on TV and computer time. When you do watch TV, don't just sit. You can do exercises and stretches while you watch. Make it fun. See who can do the most push-ups or jumping jacks during the commercials.

Random acts of fitness

4 fun ways to be active

FUN and fitness. Yes, those two words can go together. If you've struggled when it comes to exercise, try giving yourself a boost by approaching fitness from a new angle: Add small, fun bursts of activity that are easy to do throughout your day.

These four random acts of fitness can start you in the right direction and help you as you head toward a more fit and healthy lifestyle:

- ▶ Set your alarm so that you wake to stimulating music. Once out of bed, try some gentle stretches. You can do this while waiting for your morning coffee to brew, for example.
- ▶ Swap out your office chair occasionally for a large exercise ball. If you are getting bored or losing concentration, revive yourself with some quick abdominal crunches or stretches on the ball.
- ▶ Are you waiting for dinner to bake or fluffing laundry in the dryer? Do some simple exercises, like lunges or squats, while you wait.
- ▶ The next time you want to chat on your cell phone, take it and yourself for a walk around the block.

So be creative. Mix it up. And above all, have fun.



Putting asthma on the sidelines

Your child doesn't have to quit playing sports just because exercise brings on asthma symptoms.

Millions of people have exercise-induced asthma (EIA), including many very active people. It's estimated that 1 in 5 elite athletes has it, some of whom have gone on to compete in the Olympics.



Enlist help. A doctor can give you an asthma action plan. Click on "Find a Doctor" at www.unitedregional.org.

EIA occurs in people whose airways are unusually sensitive to changes in temperature and humidity. The combination of strenuous activity and breathing cold, dry air can lead to coughing, wheezing, chest tightness

and shortness of breath.

Symptoms can occur within 5 to 20 minutes of exertion.

Not realizing they have asthma, kids with EIA might withdraw from physical activity rather than appear slower or less athletic than their peers.

If you suspect your child may have EIA, take him or her to the doctor for an evaluation. Medication and a treatment plan can get your child back up and running.

Source: American Academy of Allergy, Asthma & Immunology

Sports physicals: What parents should know

You want your child to be a valuable member of the team. But you also want him or her to be a healthy and safe one.

For that reason, getting your child a physical exam before the sports season begins is a good idea.

Some schools require such physicals. They can help spot health problems that could be a danger to your child during practice or competition.

In some cases, the doctor might find something that can be treated or managed. For example, a player may have a physical problem or disability that can be managed through physical rehabilitation or by wearing special bracing or padding.

As valuable as these physicals can be, they shouldn't take the place of an annual exam for your child. A one-on-one doctor visit provides a chance for a more thorough checkup and time for a doctor to address important questions you or your child might have about health and related issues.

If you have questions or concerns about your child's health, regardless of his or her participation in sports, talk to your child's doctor.

Sources: American Academy of Pediatrics; American College of Sports Medicine



Sore subject: Recovering from a joint injury

If you've had a sprain or a strain, you know all too well about the pain. It can range from mild to excruciating. And there may be bruising, swelling, and muscle weakness or cramping.

You need relief. And you may need medical treatment. It's important to see a doctor for all but mild sprains and strains, advises the American Academy of Orthopaedic Surgeons. A doctor can determine the extent of your injury and tell you whether treatment, such as surgery or physical therapy, is needed.

For sprains and strains, doctors often suggest following a formula known as RICE:

Rest. Reduce your activities as needed. You may also need to make sure no weight is put on the injured area for 48 hours.

Ice. Apply an ice pack to the injured area for 20 minutes at a time several times a day.

Compression. Applying bandages, such as elastic wraps, can help reduce swelling.

Your doctor can tell you which is best.

Elevation. If possible, keep the injured area above the level of your heart to help decrease swelling.

Again, be sure to seek help if you are in doubt about the seriousness of an injury or how to care for it.



Play defense: Protect yourself from skin cancer

Being outdoors is often a choice and at other times a necessity, whether you're enjoying a walk in the neighborhood or doing yard work.

If you spend time outside, do consider this a necessity: Defend yourself against the sun's dangerous rays.

Skin cancer is the most common type of cancer. But the good news is that there are simple things you can do to help prevent skin cancer or detect it early enough so that it can be treated effectively.

To protect your skin, the Skin Cancer Foundation advises that you:

- ▶ Make sunscreen a habit. Choose one with a sun protection factor (SPF) of 15 or higher.
- ▶ Try to seek shade between 10 a.m. and 4 p.m., when the sun's rays are strongest.
- ▶ Avoid deliberate tanning and tanning beds.
- ▶ Wear wide-brimmed hats, long-sleeved shirts, pants and sunglasses.
- ▶ Examine your skin from head to toe at least once a month. Report any suspicious or problem spots to your doctor.
- ▶ Visit your doctor every year for a skin exam.

By taking these steps, you can enjoy the outdoors and lower your risk of getting skin cancer.

Stocked and ready for an emergency: Have a good first aid kit on hand

No matter how careful we are, life can still bring its share of bumps and bruises—and cuts and scrapes and burns—so it's a good idea to keep a well-stocked first aid kit in your home and vehicles.

A first aid kit can help you deal with minor injuries and begin treating some serious medical emergencies, according to the American College of Emergency Physicians (ACEP).

ACEP says a good first aid kit should include:

- ▶ A first aid manual
- ▶ Bandages in assorted sizes to cover cuts and scrapes
- ▶ Butterfly bandages to hold edges of minor cuts together
- ▶ Triangular bandages to wrap injuries or make an arm sling
- ▶ Elastic wraps for wrist, ankle, knee or elbow injuries
- ▶ Gauze and adhesive tape to dress cuts and scrapes
- ▶ Sharp scissors with round tips to cut tape, gauze or clothing
- ▶ Safety pins to fasten splints and bandages
- ▶ Hydrogen peroxide, antiseptic wipes and antibiotic ointment to disinfect wounds



- ▶ Disposable cold packs for treating burns and other injuries
- ▶ Tweezers for removing splinters and other foreign objects
- ▶ Over-the-counter medicines like acetaminophen, ibuprofen, decongestants and antihistamines (use only as directed)

Store first aid kits out of the reach of children. To learn more about building a first aid kit and what to do in an emergency, visit ACEP's website at www.emergencycareforyou.org.



Cool shades! Sunglasses are more than just hip

Sunglasses are much more than a fashion statement. They're also a great way to protect your eyes from serious damage from the sun.

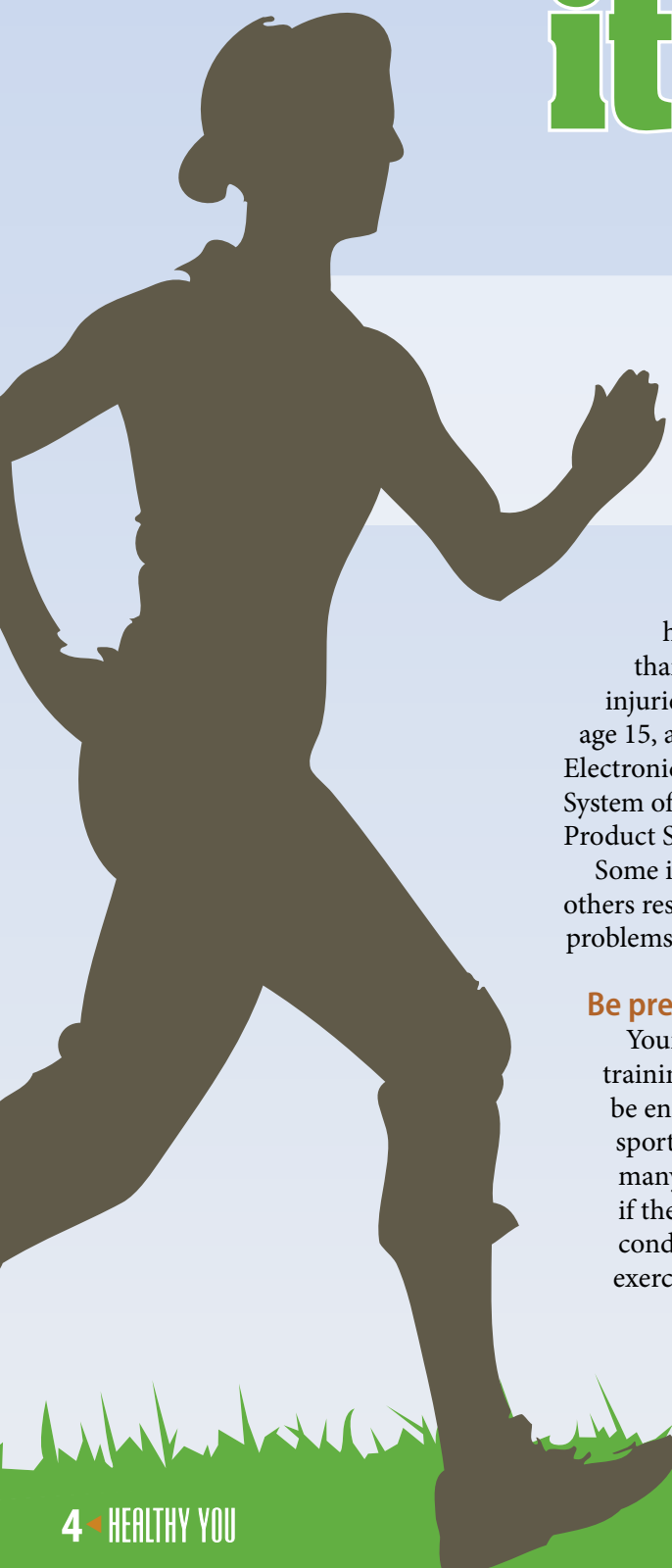
Spending too much time in the sun without eye protection can harm your eyes. The sun's ultraviolet (UV) rays can contribute to eye problems such as cataracts, macular degeneration, and cancer of the eyelids and surrounding skin.

You should wear sunglasses anytime you are outdoors during the day, according to the American Academy of Ophthalmology. Eye protection is especially important:

- ▶ During the summer, when the level of UV radiation is at least three times higher than during the winter
- ▶ At the beach and in or around the water
- ▶ When participating in winter activities, like skiing or snowboarding—especially at high elevation
- ▶ If you are taking medications that cause photosensitivity

When shopping for sunglasses, select shades that block at least 99 percent of all UV light.

Playing it safe



EVERY day millions of children participate in sports activities—some play just for fun and some play competitively. Participating in athletics improves physical fitness, coordination and self-discipline, and gives children valuable opportunities to learn teamwork.

Playing sports can also result in injuries, however. Each year, more than 3.5 million sports-related injuries occur in children under age 15, according to the National Electronic Injury Surveillance System of the U.S. Consumer Product Safety Commission.

Some injuries are minor, but others result in lifelong medical problems.

Be prepared

Young athletes need proper training to stay safe. They should be encouraged to train for the sport of their choice, because many injuries can be prevented if the athlete follows a regular conditioning program and daily exercise routine.

Joshua Schacter, DO, orthopedic surgeon at United Regional, provides some basic guidelines to prevent sports injuries in young athletes:

- ▶ Use well-maintained safety equipment.
- ▶ Practice proper exercise routines.
- ▶ Complete proper physical conditioning before play. A child who plays sports should have an annual sports physical before beginning activity.
- ▶ Wear the appropriate protective gear for the chosen sport, such as shin guards for soccer, a hard-shell helmet for baseball and body padding for hockey.
- ▶ Warm up before playing to avoid muscle injuries.

“It is important to note that children and teens may experience some discomfort during athletic



activity,” Dr. Schacter says. “Their bones and muscles are growing, so some aches and pains can be expected. Still, their complaints always deserve careful attention.”

- Signs that warrant a visit to an orthopedic surgeon include:
- ▶ Inability to play following a sudden injury
 - ▶ Decreased ability to play because of chronic or long-term complications after an injury
 - ▶ Visible deformity of an athlete’s arm or leg
 - ▶ Severe pain from injuries that prevents the use of an arm or leg

When athletes are sidelined

“When an injury does occur, it is important to follow a plan of recovery and not return to a sport too soon,” says Michael Sheen, MD, orthopedic surgeon at United Regional.

No one likes to be sidelined with an injury. One of the goals of sports medicine is to try to get an athlete back into action as soon as possible. But returning before adequate healing or recovery has taken place can put an athlete at risk for re-injury and possibly an even longer downtime.

Recovery from an injury involves a series of logical steps from the time of the injury to when an athlete is able to be back on the field or court. Each step should be outlined and monitored by a physician and physical therapist.

How flexible are you feeling?

In your quest for fitness, you might want to include one often overlooked component: stretching.

Stretching helps keep your muscles and joints limber and flexible.

That, in turn, may: ▶ Relieve muscle tension ▶ Improve posture

▶ Help you avoid injury

If you aren’t enjoying the benefits of regular stretching already, try adding it to your daily routine. Stretch when your muscles are warmed up, keep your stretches gentle, and avoid bouncing.

Find out more about proper stretching techniques—visit the American Academy of Orthopaedic Surgeons website at www.orthoinfo.org.

During the acute phase of injury, the focus should be on minimizing swelling. This involves the RICE (Rest, Ice, Compression and Elevation) formula, along with limiting activities. Depending on the type and severity of injury, treatment may also involve surgery, bracing or even casting. It is also important to maintain overall conditioning while the injury heals.

In the next phase of recovery, an athlete should work on regaining full motion and strength of the injured limb or joint. A physician, therapist or certified athletic trainer will outline an exact plan.

When strength returns to normal, functional drills can be started.

Once an athlete has progressed with motion, strength, endurance and agility and is tolerating functional drills, a higher level of sport-specific movement patterns may be tried. This is monitored by a physical therapist or certified athletic trainer. Tape, braces or supports may be helpful during

this transition time.

An athlete is ready to return to play only when he or she is practicing hard without significant difficulty and the healing has progressed to the point where the likelihood of re-injury or harm is low.

A word of caution

Systematic recovery plans are successfully used every day, at all levels of play, from the recreational athlete to the elite professional or Olympian.

All too often, athletes think they are ready to return as soon as the limping or swelling subsides. They may feel good, but they are probably only 70 to 75 percent recovered. This invites re-injury.

“Following the progression of recovery not only lessens the chance of re-injury but also ensures that an athlete will be able to perform at his or her best when returning to play,” Dr. Sheen says.

Young athletes need proper training to stay safe. Many injuries can be prevented if the athlete follows a regular conditioning program and daily exercise routine.



Surgeon's skill meets robotic precision

At United Regional, the hands of surgery are changing

WITH minimally invasive surgery, the latest tools and techniques keep incisions small. Surgeons insert long, narrow surgical instruments and a tiny video camera into the body through the incisions, and the camera projects an image of the surgical site on a video screen, which the surgeon monitors while performing the procedure.

Harnessing technology

And now, with robotic technology like the da Vinci Surgical System in the operating room, these techniques are even more effective. Millions of surgeries are performed each year using minimally invasive, robotic techniques.

Robotic surgery uses small instruments in much the same way as minimally invasive surgery. But instead of the surgeon holding the instruments, they are held by robot arms. The robot uses the instruments to cut and suture (sew) just as a human surgeon would, but with greater precision.

The da Vinci robot cannot make

movements or decisions on its own. Rather, the skill of the surgeon is combined with the precision of the robot to deliver more exact movements than possible with the human hand alone.

Instead of standing at the operating table, the surgeon controls the robotic system while sitting at a control station a few feet away. The robot arms and surgical instruments are manipulated by hand controls designed to emulate the surgeon's hand movements.

The robotic approach has several advantages, says John Montgomery, MD, gynecologist with the Clinics of North Texas, including:

- ▶ **A better view.** The magnified view of the operating field, combined with the flexibility and precision of the computer-controlled surgical tools, allows for very small incisions during surgery.
- ▶ **A steadier grip.** Surgeons have steady hands, but their fine motor control over surgical instruments is even steadier when they use robotic technology. This is a great advantage when operating in small, tight areas.

da Vinci comes to United Regional


United Regional is proud to announce the addition of the da Vinci Surgical System to our list of advanced technologies that benefit patients.

The da Vinci is the number one treatment option for prostate cancer, and local urologists will use it to perform prostatectomies. Gynecologists have also adopted the da Vinci Surgical System for gynecologic surgeries, including hysterectomies.

"Patients experience several benefits with robotic surgery," says Bart Spencer, MD, gynecologist with the Clinics of North Texas. Those benefits are:

- ▶ Less pain
- ▶ Less blood loss
- ▶ Less scarring
- ▶ Faster recovery time
- ▶ Shorter length of stay
- ▶ Quicker return to everyday activities

For the names of surgeons who perform robotic surgery at United Regional, please contact Call-A-Nurse at

 **940-764-8570** or visit www.unitedregional.org.

▶ **A quicker recovery.** Research shows that robotic surgery reduces pain and trauma to the body, allowing people to recover more quickly and return to their normal activities faster than with traditional surgery requiring a large incision.

The power of da Vinci

"The da Vinci Surgical System is the most progressive robotic laparoscopic technology available anywhere in the world today for urologic, gynecologic and certain other surgical procedures," says Robert Frischer, MD, a gynecologist with United Regional. "With this technology, even major surgeries can be performed through the smallest of incisions."



Chapel to be dedicated in memory of Frances and Wayne Watts...to the Glory of God

United Regional's chapel is scheduled to re-open in October to provide a place of solace and support for patients and their families, hospital visitors, physicians, employees, and volunteers.

A generous gift to renovate the chapel from the Al Guinn family was made in memory of longtime friends and business partners Frances and Wayne Watts, who were involved in the early development of Walsh and Watts, Inc.

"Wayne and Frances were very special people who were committed not only to our community but to sharing our Lord's message throughout the world," Mr. Guinn says. "I feel sure they would be pleased to know this chapel is being dedicated in their memory."

The 1,738-square-foot chapel is located on the first floor of the Bethania building and will include components of the former Bethania Hospital and Wichita



Frances and Wayne Watts

General Hospital chapels.

Stained-glass windows installed when the chapel was built in 1947 will still grace the east wall, and the altar formerly used in the Wichita General chapel will be moved into the newly renovated space.

"The chapel will welcome and support people of all faiths and people of no faith while they are in the hospital," says Pastoral Services Director Susan Lanford. "Its simple design and furnishings, including quietly cascading water over natural rock, will create an environment intended to soothe and comfort all who enter the room seeking a quiet, peaceful place for meditation and prayer, for finding comfort, and for regaining hope."



Caring for little ears

Newborn Sophia Diane Wallace is shown here having her hearing tested by Rodney Yap, MD, with new, more accurate equipment purchased through contributions to the Children's Miracle Network at United Regional. Newborns can now be tested as soon as four hours after birth. Sophia is the daughter of Elizabeth Wallace, of Wichita Falls.

Physicians honored on Doctors' Day

Doctors' Day contributions totaling \$9,515 were received in honor of 97 physicians and dentists affiliated with United Regional. Donors shared heartfelt stories and messages of appreciation, which were passed on to their doctors.



Phyllis Cowling President and CEO

Stevie Jo Brown Vice President of Marketing and Communications

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HEALTH CLASS UPDATE



To register for any course, call our referral line at 940-764-8570.

COMMUNITY EDUCATION SEMINARS

Is joint or back pain interfering with your daily activities? Come learn about the latest treatment options.

Walk Away from Joint Pain: Advanced Surgical Techniques in Joint Replacement

Presenting physician: Joshua Schacter, DO
Wednesday, August 4
11 a.m. registration and light lunch
11:30 a.m. presentation and Q&A
Holiday Inn at 100 Central Freeway



FOR YOUR HEALTH

Participants will receive class locations when they register for the following classes.

Advanced Cardiac Life Support for Health Care Providers

The "Basic Arrhythmia" course is a prerequisite. Provides 14 CNE contact hours.

Thursday, July 8, and Friday, July 9,
8 a.m. to 5 p.m.

Diabetes Support Group

Mondays, July 26 and September 27,
6:30 p.m.

Smoking Cessation

Learn strategies necessary to stop smoking. Attendees will receive free nicotine replacement therapy during the course.

Tuesdays and Thursdays, August 31
through September 9, 6:30 to 8 p.m.
\$25 per person

Breathsavers Pulmonary Support Group

This group is for adults with pulmonary diseases (COPD, asthma, emphysema and chronic bronchitis) and teaches self-care skills for a more active life.

Tuesdays, July 13 and September 14,
noon to 1 p.m.

Pediatric Advanced Life Support for Health Care Providers

Provides 12.25 CNE contact hours.

Wednesday, September 29,
and Thursday, September 30,
7:45 a.m. to 5 p.m.

CHILDBIRTH AND PARENTING

Prepared Childbirth

Covers preparing for delivery, pain management, newborn care and safety, and emotional changes during pregnancy.

Tuesdays, July 6 to August 3,
September 7 to October 5, 7 to 9 p.m.
\$30 per couple

Prepared Childbirth—Condensed Course

Covers the same topics as "Prepared Childbirth" but in one day.

Saturdays, July 10 or August 7,
9 a.m. to 5 p.m.
\$30 per couple

Basics of Breastfeeding

Covers the benefits of breastfeeding and teaches proper feeding techniques.

Tuesdays, July 13 or August 10,
7 to 9 p.m.
\$20 per couple

Special Siblings

Helps future big brothers or big sisters understand their feelings about the birth of a new sibling.

Saturdays, July 17 or September 18,
10 a.m. to noon
\$10 per child

Infant/Child CPR

Participants will receive an inflatable learning manikin along with an instructional DVD and other course materials.

Tuesdays, August 17 or October 19,
7 to 9 p.m.
\$35 per couple