

healthwords^{AM} FOR WOMEN[®]

Spring 2011 | VOLUME 20 • ISSUE 1

www.pmhd.org



2 What you can start doing today to help ward off diabetes

3 What to be careful of during pregnancy

4 Our pediatric team is here for you and your children

Healthcare is a team effort

You're an important part

PIONEERS MEMORIAL HEALTHCARE District is always pleased to recognize the great team spirit we have in providing quality healthcare to our community. The team—physicians, nurses, ancillary staff such as those in radiology, laboratory, pharmacy, dietary and housekeeping—have our patients' health and improvement in mind in all that they do. However, we need to recognize another part of the team—patients and their families. Our patients and their

families are important members of the team, and we want and need the help of each patient and his or her family to aid in the basic start of any care. The good news is that help doesn't require significant effort.

MEDICATION LIST

We ask that when patients come to the hospital, they bring a complete list of the medications they're currently taking, or even

(continued on page 4)

New Blood Pressure Clinic location

Each Wednesday, the clinic will be in the lobby of the Phyllis Dillard Family Medical Center at PMHD from 3:30–7:30 p.m.

healthbeat

THE LATEST HEALTH NEWS AND WHAT IT MEANS TO YOU

* THE FINDINGS: Beer may boost your psoriasis risk.

Researchers from Brigham and Women's Hospital found that drinking five or more regular beers a week raised a woman's risk of psoriasis—an autoimmune disorder characterized by scaly skin—by almost 80 percent.

WHAT YOU SHOULD DO: If you have a family history of psoriasis or a past psoriasis diagnosis, opt for any beverage besides a beer. If you must have an alcoholic beverage, consider wine or light beer, which didn't increase the psoriasis odds in the study.



* THE FINDINGS: Smoking and breast cancer don't mix.

Women who smoke or have smoked in the past have a 39 percent higher death rate from breast cancer compared to women with breast cancer who never smoked, according to researchers at the University of California, San Francisco, who think tobacco's chemicals could make cancer more aggressive.

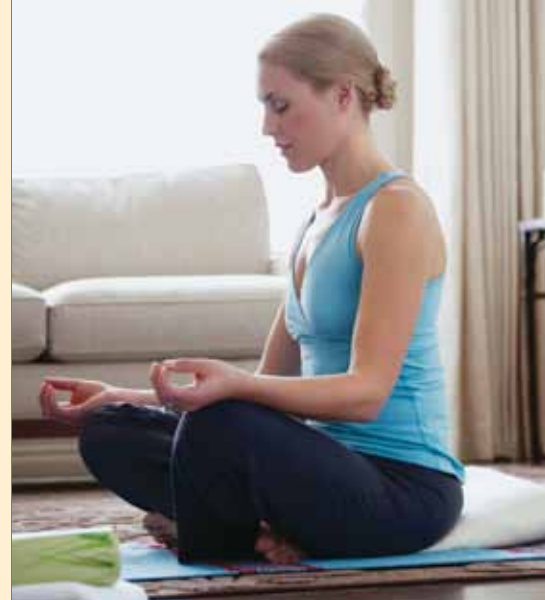
WHAT YOU SHOULD DO: Because the researchers believe that the longer you go without smoking, the lower the risk, now is the time to put down the cigarettes and talk with your healthcare provider about quit-smoking aids.



* THE FINDINGS: You can walk your way to better memory.

A study published in the journal *Neurology* found that walking at least six miles per week may help maintain your brain size and keep your memory sharper as you age. In fact, those who walked about six to nine miles a week cut their risk of memory-related illnesses such as dementia in half.

WHAT YOU SHOULD DO: Strap on a good pair of walking shoes (turn to page 4 for tips on how to pick a good shoe) and hit the road! Take a friend or the family dog along for some company.



actionplan

4 WAYS TO PREVENT DIABETES

1

Take a bite out of portion sizes.

Share entrées and desserts when eating out; drink a glass of water 10 minutes before eating to reduce hunger; serve food on salad plates to make less food look like more.

2

Move it. Dance while doing your chores; take the stairs at work or when shopping at the mall; ditch the phone and catch up with friends on a walk instead; or park far from your destination.

3

Get food-wise. Vow to try a new fruit or veggie each time you go grocery shopping; substitute white bread with whole-grain bread and use brown rice instead of white rice.

4

Make time for your mind and body. Set aside time daily to be good to yourself, such as enjoying a long soak in the tub; listening to music; or trying relaxation techniques, such as meditation.

Best for baby and mom

What to be careful of when you're pregnant

IT SEEMS LIKE EVERYONE HAS opinions about what to do or not do when you're pregnant. After all, your baby depends on you to protect him or her. Here's the lowdown on what you need to do to keep you and your little one safe and sound:

➔ **Watch what you eat.** Pregnant women face three main food-related threats: *listeria*, a type of bacteria; mercury, a harmful metal; and toxoplasma, a parasite. Avoiding these dangers is as simple as avoiding certain foods:

- raw or undercooked meat, fish and poultry, including sushi
- swordfish, tilefish, king mackerel and shark
- refrigerated smoked seafood with labels such as nova-style, lox, kippered, smoked or jerky
- hot dogs or luncheon meats unless heated to steaming hot
- soft cheeses (feta, brie, Camembert, queso blanco, queso fresco or blue-veined cheeses), unless they're labeled "pasteurized"
- raw or unpasteurized milk or juice
- unwashed fruits and vegetables
- raw sprouts, including alfalfa, clover, radish and mung bean

Wash your hands before and after preparing food to reduce the risk of foodborne illness.

➔ **Put down the cigarette.** Lighting up allows nicotine and carcinogens to be passed to your baby. It also prevents your baby from getting nourishment and increases the odds of miscarriage, preterm birth, birth defects (such as cleft lip or cleft palate) and infant death.

➔ **Avoid exposure to harmful chemicals.** That includes cleaning supplies, lead and mercury (found in old pipes and faucets, and broken bulbs and thermometers, respectively), insecticides and paint (especially paint fumes).

➔ **Hand over kitty-cleaning duties.** Merely changing a cat's litter box can increase

your risk for a dangerous infection called toxoplasmosis. Also avoid contact with pet rodents such as guinea pigs and hamsters, which may carry a virus that can be deadly to your baby.

➔ **Steer clear of saunas, hot tubs and very hot baths,** which can harm your baby or cause you to faint.

➔ **Pass on the X-rays.** Talk with your healthcare provider before getting any tests done that involve radiation.

➔ **Be cautious with medications.** Certain medications, such as some that treat skin disorders, are unsafe during pregnancy, while the safety of others, such as herbal remedies, is unknown. If you take over-the-counter or prescription medications, talk with your healthcare provider. *



Smoking prevents your baby from getting nourishment and increases the odds of miscarriage.



HealthWords for Women

is a publication
for the women of
Imperial Valley.

www.pmhd.org

Pioneers Memorial Hospital
207 W. Legion Rd.
Brawley, CA 92227

PSRST-STD
US POSTAGE
PAID
Lebanon Junction, KY
Permit No. 19

2PIM

Printed With Soy Ink
Please Recycle This Publication
Copyright © 2011 Pioneers Memorial
Hospital

PIONEERS
MEMORIAL
Healthcare District

Healthcare is a team effort

(continued from page 1)

the medications themselves. The list should include all prescribed medications taken routinely, those taken occasionally and any over-the-counter (i.e., no prescription required) medications, such as aspirin. This list, or the medications themselves (in a sealed bag), should be provided when a patient is admitted to the hospital or seen in the Emergency Department, before any outpatient surgery or radiological procedure (such as an X-ray) and when seen at Urgent Care or the Wound Care Center.

SAFETY IS OUR PRIORITY

Providing this list of medications ensures that any medication taken won't interact adversely with any new medication prescribed by the physician as part of the treatment for the current diagnosis. It's also important for the physician and hospital pharmacy staff to know the list of medications so they're continued during a hospital stay.

We provide a medical information checklist on our website to help a patient or family member complete the necessary information at www.pmhd.org/. The list should

include the name of the medication (correct spelling is important), the dosage (e.g. 2 milligrams, 1 gram), the frequency of the dosage (every morning, twice a day) and, finally, how the medication is taken (by mouth, with water, with meals or by injection). If a patient is unsure

of the dosage, he or she can simply bring the medications in a sealed bag, and our staff will help complete the list.

We care about our patients' safety as healthcare consumers and as our neighbors and friends.

Pioneers. Here for Good. ✨

When your child needs healthcare, you want only the best.

The team at **Pioneers Memorial Healthcare District** is just what you and your child need.

Yolanda SMITH, RN
Manager Pediatrics

Mohammad ADMANI, MD Afshan BAIG, MD Mirza BAIG, MD Jay BUENAFLO, MD Vishva KAPOOR, MD Saima KHAN, MD

PIONEERS MEMORIAL Healthcare District
Pioneers. Here for Good.
www.pmhd.org

Pioneers Memorial Hospital • 207 W. Legion Rd. • Brawley, CA 92227 • 760.351.3333