

Healthy Connections



MEMORIAL'S GUIDE TO HEALING AND WELLNESS • SUMMER 2015



Cool moves

5 tips for exercising in the heat

WHETHER YOU'RE OUT for your daily run or a power walk, be smart in the heat. As the mercury rises, so does your risk of getting painful muscle cramps or feeling light-headed when you exercise—or even becoming so overheated that your life is at risk.

And while hot weather can make anyone sick, it's particularly risky for people who work out in it. A key reason: Both exercise and high temperatures increase your core body temperature.

Despite this double threat, you don't need to skip warm-weather workouts. But the five precautions that follow are a must to protect you from a heat-triggered illness, including heatstroke, a potentially deadly medical emergency. These safeguards are especially important when it's humid. Humidity keeps sweat from evaporating, which is how your body cools down in the heat.

Now, here are the specifics:

1. Hydrate, hydrate, hydrate. Don't wait to drink until you're thirsty. By the time you're actually thirsty, your body is well on the way to becoming dehydrated, which makes it hard to sweat and cool down.

How much should you drink? Generally, it's a

good idea to drink 7 to 10 ounces of fluid every 15 to 20 minutes during exercise, according to the American Council on Exercise. Water is fine. But if you exercise continuously for more than an hour or two, you need a sports drink to replace lost electrolytes.

Check with your doctor about how much fluid to drink if you take water pills or you've been advised to limit fluids.

2. Use common sense. Work out in the cooler parts of the day, either early in the morning or early in the evening. When it's hot out, also dial back the intensity and length of your workouts. And strongly consider moving your workouts inside—to a gym, for example.

3. Dress for the weather. Wear loose, lightweight, light-colored clothing.

4. Ease into the heat. Not used to exercising in high temperatures? Then give your body time to adjust by gradually increasing how active you are over 7 to 10 days.

5. Pay attention to your body. Stop all activity and get to a cool place if you feel faint or weak.

Additional sources: American College of Sports Medicine; American Heart Association; Centers for Disease Control and Prevention

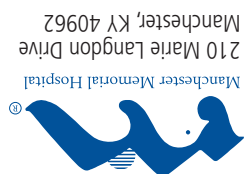
Take heat-related illnesses seriously. Call 911 or come to our emergency department if you suspect someone is sick from the heat.

September
24

Save the date for the
Memorial Foundation Gala.

For more information,

please call Deann Allen at
(606) 598-4533.



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AWARD-WINNING WORKPLACE



Adventist Health System, which includes Manchester Memorial Hospital (MMH), is honored to receive the 2015 Gallup Great Workplace Award. The award recognizes organizations for their ability to create an engaged workplace culture that drives business outcomes. This is the fifth consecutive year that

Adventist Health System and all of its hospital campuses have received this award.

“We are proud to share in this recognition with all of Adventist Health System’s employees. Employee engagement is a top priority at MMH because we understand that engaged employees offer a better patient experience and contribute to improved healthcare delivery,” said Erika Skula, President and CEO of MMH.



Above: Staff from Willowbrook Women’s Center was on hand to answer health questions.

Left: The MMH marketing and dietary teams with the CEO, Erika Skula, at the Fiesta.

Spring Fiesta: A huge success!

MANCHESTER MEMORIAL HOSPITAL (MMH) hosted the first ever Spring Fiesta on April 24 at the hospital campus, and it drew out a large crowd. This event was just for ladies—to commemorate the hard work they do every day and give them a chance to simply relax and enjoy themselves.

“We were extremely pleased with the turnout,” said Hurriyat Ghayyur, director of marketing at MMH. “It was refreshing to see these ladies stress-free and enjoying our Spring Fiesta. We were happy to give back to the ladies of our community.”

Making health fun

Chef Terry Crist did live cooking demos on healthy and nutritious recipes. Joe B. and Scarlett trimmed, styled and freshened up ladies’ hair for the day—all for free! The CREATION Health (CH) booth served fresh fruit kebabs that were a hit with the crowd. The diabetes and dietary teams were also present at the CH booth to hand out information.

CHIQ’ Med Spa displayed their services and makeup products, did makeovers and gave away five gift baskets to attendees. Additional coupons were also generously donated by Axis Coffee Shop.

Jenni Smith brought an element of fun with a Zumba session. On the side, the Red Bird Mission group carried out free bone density screenings. After getting screened, the ladies could take their results to Giriraj Gupta, MD, the hospital’s new orthopedic surgeon, to discuss their readings with him. Apart from Dr. Gupta, Ian Sink, DO, of Willowbrook Women’s Center, and Patricia Burke, MD, of Manchester Pediatrics Clinic, were also on-site.

There was also a kids section, which gave mothers a chance to enjoy the fiesta knowing their kids were in good hands. The Clay County Library team was on hand to look after the children and occupy them with activities.

“The interest shown by the community and the large number of attendees was very encouraging,” Ghayyur said. “We hope to make this bigger and better next year.”



MMH reduces number of early elective deliveries

MANCHESTER MEMORIAL HOSPITAL (MMH) significantly reduced the number of early elective deliveries (inductions) and cesarean deliveries performed before 39 weeks of pregnancy to 3 percent or less.

“We are proud of our expert team of physicians and nurses who recognized the importance of babies being born full-term and put in place policies to avoid scheduling elective inductions or cesarean deliveries before 39 weeks of pregnancy, except when medically necessary,” said Erika Skula, President and CEO of MMH.

You’re safe with us

MANCHESTER MEMORIAL HOSPITAL (MMH) was awarded an “A” grade in the Spring 2015 Hospital Safety Score. This “A” grade is one of the most meaningful honors a hospital can achieve, and one of the most valuable indicators for patients looking for a safe place to receive care.

The Hospital Safety Score is the gold standard rating for patient safety, compiled under the guidance of the nation’s leading patient safety experts and administered by The Leapfrog Group, a national nonprofit hospital safety watchdog. The first and only hospital safety rating to be peer-reviewed in the *Journal of Patient Safety*, the score is free to the public and designed to give consumers information they can use to protect themselves and their families when facing a hospital stay.

See how MMH’s score compares locally and nationally, download the free Hospital Safety Score mobile app, or access consumer-friendly tips for patients and their loved ones at www.hospitalsafetyscore.org.





The Mommy & Baby Fair

MANCHESTER MEMORIAL HOSPITAL (MMH) hosted the third annual Mommy & Baby Fair at Eastern Kentucky University's Manchester Campus on May 29.

"The Mommy & Baby Fair acts as an excellent source of information for future parents and families to learn about the community resources available to support them during this exciting time in their lives," said Hurriyat Ghayyur, marketing director at the hospital. "With awareness and education, parents can be empowered and inspired to make the right decisions for their family."

The hospital's clinical staff conducted free health screenings and gave out information on programs running at MMH. Providers Ian Sink, DO, and Patricia Burke, MD, from Willowbrook Women's Center and Manchester Pediatrics, were also present to answer questions and offer guidance to the parents.

Many other representatives from MMH were on hand to educate knowledge seekers. The hospital's CREATION Health specialist, Morgan Bowling, provided information regarding the guiding principles of CREATION Health, especially during pregnancy. The hospital's dietitian, Kellie Gray, led a discussion concerning diet changes that promote better health in expectant mothers and newborns. Megan Kunkel, diabetes educator at the hospital, was also on hand.

There were also several vendor booths present at the fair. The MMH Gift Gallery hosted a booth featuring baby accessories, stuffed toys and Mud Pie brand clothing. Vendors were not only selling their products at discounted prices but also giving them away as raffle and door prizes throughout the event.

For more information on upcoming community events, please call (606) 598-1095 or visit www.manchestermemorial.org.

Nature's gift

NATURE HAS A wonderful effect on the mind. Experiencing nature, whether through passive observance or active participation, is an important component of psychological well-being, says University of Michigan researcher Rachel Kaplan.

If you're stressed, gaze upon the beauties of nature. Studies find that simply viewing a garden or other natural vistas can quickly reduce blood pressure and pulse rate and increase the brain activity that uplifts our mood. Feasting your eyes on nature is beneficial in a variety of settings. The average anxiety level of individuals working in a building with plants was found to be lower than that of individuals working without plants.

Bring the outdoors in

Research also shows that sunlight penetration has a significant effect on job satisfaction and adds to general well-being. Having a view of natural elements helped to buffer an employee's intention to quit his or her job. Sunlight penetration was also found to increase feelings of relaxation. Results of previous studies suggest that emotional states, such as those characterized by relaxation, promote and facilitate activities requiring intense concentration.

The natural world can be motivating. One study reported a dramatic increase in student performance and retail sales when undergraduate school rooms and the campus store were exposed to abundant daylight. Other research showed improved science and other standardized test scores, reduced discipline and classroom management problems, increased engagement and enthusiasm for learning, and greater pride and ownership in accomplishments.

Research also indicates that the greener a child's play area, the less severe his or her attention-deficit/hyperactivity disorder symptoms.

For more information on CREATION Health, visit www.manchestermemorial.org.

WELCOME, NEW DOCS!



Giriraj Gupta, MD, joined the Manchester Orthopedic and Spine Center in April.



Victor Lawson, MD, joined the Manchester Ear, Nose and Throat Center in May.



The Cooper Clayton smoking cessation program

When: September 3

Where: Creekview Meeting Room at Manchester Memorial Hospital

Please call (606) 598-1095 for more information.

The taste of summer

5 reasons to feast on fresh fruits and veggies

PLUMP, LUSCIOUS BERRIES. Vine-ripened tomatoes. Melt-in-your-mouth melons. Summer comes alive with the sights, scents and flavors of fresh fruits and vegetables. Those alone can encourage you to make produce a staple of your daily diet. But if you need more inspiration, keep reading. Here are five reasons to enjoy all the goodness from the garden that's available now.

1. You can fend off illness. Fruits and veggies contain vitamins, minerals and other substances that promote good health. Eat enough of them, and you may lower your risk for some types of cancer and chronic diseases.

2. You can lighten up. Most fruits and vegetables are low in calories. But their fiber and water content makes them filling. If you eat them in place of other, more fattening foods, you can consume the same amount of food but with fewer calories, which can help you lose weight.

3. You can explore new tastes. We often get in a rut and eat only a few favorite fruits and veggies. Why not be adventurous? For instance, have you tried a casaba melon? This tasty fruit has a pale green flesh and tastes a little bit like a cucumber but mildly sweet.

Salads are a popular no-cook summer meal. Instead of using iceberg lettuce, try darker greens—such as romaine, spinach, red chard or arugula—that have more nutrients. Top your salad with shredded chayote, also



known as Mexican zucchini, or another summer vegetable that you've never considered before.

4. You can grill great things. It's the season for grilling, including fruits and vegetables. Try kebabs with pineapple, peaches and bananas. Cook them over low heat until they're slightly golden.

Firm vegetables, like corn on the cob and eggplant, can be seasoned and placed directly on a hot grill for about 10 to 15 minutes, or until they're tender. Wrap softer varieties—sliced zucchini and tomatoes, for instance—in heavy-duty foil. Cook them for about 6 to 8 minutes.

5. You can support your local farmer. A farmers market is a great place to shop. The produce you can get there is usually grown nearby, and it's often fresher than what is in a store. You may find that in-season fruits and veggies are less expensive too.

Sources: Academy of Nutrition and Dietetics; Centers for Disease Control and Prevention



Turkey wraps with mango and curried mayonnaise

Makes 4 servings.

Ingredients

- 2 teaspoons curry powder
- ½ cup fat-free or reduced-fat mayonnaise
- 2 teaspoons fresh lemon juice
- Salt and freshly ground black pepper, to taste
- 4 whole-wheat tortillas, each cut in half
- 8 ounces thinly sliced turkey
- 4 cups thinly sliced romaine lettuce
- 2 cups thinly sliced, seeded and peeled cucumber
- 1 ripe mango, peeled, pitted and chopped (about 1 cup), or 1 cup mango chutney
- ½ ripe avocado, peeled, pitted and cut into 8 thin slices

Directions

➤ Heat curry powder, stirring constantly, in a small skillet over medium-low heat until fragrant, about 2 minutes.

➤ Transfer curry powder to small bowl. Stir in mayonnaise and lemon juice. Season to taste with salt and pepper. Chill, covered, until ready to use.

➤ When ready to serve, place ½ tortilla on a work surface. Spread with about 1 tablespoon curried mayonnaise. Place ¼ of the turkey in the center. Top with ½ cup lettuce, ¼ cup cucumber and 2 tablespoons mango or chutney. Top with an avocado slice. Roll up like a burrito. Repeat process for remaining wraps.

➤ Serve, or make up to 4 hours ahead and refrigerate, wrapped tightly with plastic wrap. Bring back to room temperature before serving.

NUTRITION INFORMATION: Amount per serving: 303 calories, 10g total fat, 2g saturated fat, 39g carbohydrates, 21g protein, 7g dietary fiber, 457mg sodium.

Source: American Institute for Cancer Research



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How are we doing?

We constantly strive to offer the very best care and customer service and appreciate your feedback. We welcome a letter

or email detailing your patient care experience. Excellent, good, bad, indifferent—let us know how we are doing!

Contact us Please write to:

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Or send an email via
www.manchestermemorial.org.

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