

# Healthy Connections



MEMORIAL'S GUIDE TO HEALING AND WELLNESS • WINTER 2015

## WOMEN AND HEART ATTACKS

# Be aware of subtler symptoms

IF YOUR DAD said, "It feels like there's an elephant sitting on my chest," chances are you'd dial 911 and tell the operator, "We think it's a heart attack."

But what if your mom said, "I'm totally exhausted, and I feel sick to my stomach"—would you consider her wise to take some stomach-settling medicine and a nap?

Or would you know that her nausea and extreme fatigue could be signs she's having a heart attack?

Even though every 90 seconds a woman in the U.S. has a heart attack, many people don't know a woman's symptoms can sometimes be different and more subtle than a man's. And when a woman doesn't realize she's having a heart attack, she may not get the emergency care she needs to prevent possibly fatal damage to her heart.

### Know the symptoms

For both men and women, the most common signs of a heart attack are:



♥ Help is just a heartbeat away at our new cardiology clinic. For an appointment, please call (606) 598-4500.

- Pain, pressure, squeezing or discomfort in the chest
- Sudden cold sweats
- Fatigue for no reason
- Sudden dizziness or light-headedness
- Sharp pain in one or both arms, the upper back, the neck, or the jaw
- Shortness of breath for no apparent reason
- Nausea or vomiting

Of these, the last three tend to be more common for women than for men. Women are actually twice as likely as men to vomit or be nauseated during a heart attack.

They might also:

- Have pain or pressure in the lower chest, stomach and upper abdomen
- Feel really tired

- Experience sudden dizziness, with or without fainting
- More than half of women having a heart attack report muscle weakness that's not related to exercising. For some, extreme breathlessness—also without exertion—is the only sign they're having a heart attack.

According to a survey by the American Heart Association, many women would be reluctant to call for emergency medical help if they thought they were having a heart attack. Yet it's vital to get immediate help. Treatment is most effective if given within one hour after symptoms start.

So if you or anyone you know has one or more symptoms of a heart attack, call 911 right away. Don't wait more than five minutes to get help.

Additional source: Office on Women's Health

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210 Marie Langdon Drive  
Manchester, KY 40962

## NATIONAL WEAR RED DAY

This February 6, we encourage you to wear red as a symbol of support for women's heart health!



## A generous gift from AT&T

**M**anchester Memorial Hospital (MMH) received a contribution of \$10,000 from AT&T to support telemedicine services in area schools.

“Building a healthy community and bringing state-of-the-art medical technology to rural hospitals is vital to our overall well-being in Eastern Kentucky,” said Erika Skula, CEO of MMH. “By providing innovative health programs that reach rural students, we can assist them today, so they can lead productive lives and contribute to the future success of our commonwealth.”

Providing telemedicine to local schools will increase the availability of high-quality health care for all students on a daily basis. It will improve the overall health and well-being of students in general, thus reducing absenteeism and increasing access to the educational programs in place. For students with chronic health problems such as diabetes and asthma, it will provide access to



medical specialists who can meet their unique healthcare needs without ever leaving the school or community.

For more information on our telemedicine program, please call (606) 598-1095.



## Leapfrog awards MMH top hospital status

For the first time ever, Manchester Memorial Hospital (MMH) has been named a Top Rural Hospital by the Leapfrog Group, in its annual list of Top Hospitals for 2014. Out of more than 1,400 hospitals that completed The Leapfrog Hospital Survey, only 94 were recipients of the award—MMH being one of them.

“This award signifies Manchester Memorial Hospital’s ongoing commitment and dedication to providing the highest level of quality care and patient safety,” said Erika Skula, CEO of MMH. “Our staff work diligently to place patient safety first, and it is an honor to be recognized at the national level for this distinction.”

The award, one of the most prestigious in health care, recognizes the quality and safety of care at hospitals as measured by outcomes—how well patients do when they receive care at a given hospital—and whether a hospital has adopted practices that have been found to improve care.

“By achieving Top Hospital status, Manchester Memorial Hospital has proven it’s a premier institution and deserves to be recognized for its dedication to the families and patients in Clay County,” said Leah Binder, President and CEO of The Leapfrog Group.

This distinction caps off a wonderful year for the hospital, where MMH has also been the recipient of the QUEST Citation of Merit Award for delivering high-quality, cost-effective health care.

### AWARD-WINNING CREATIVITY

In November 2014, the Kentucky Society for Healthcare Public Relations and Marketing (KSHPRM) held its annual Thoroughbred Awards in conjunction with the KSHPRM conference in Keeneland, Lexington. During the ceremony, Manchester Memorial Hospital (MMH) won a Thoroughbred Award for the CREATION Health Choice Cards and a Certification of Merit for the print ad “Man Check.”



MMH Director of Marketing Hurriyat Ghayyur receives the Thoroughbred Award.

## GETTING SOCIAL!

Are you interested in hearing daily health tips, seeing hospital event photos, reading about important health issues and getting the latest hospital news quickly? You can follow us on Twitter, like us on Facebook or visit our website for details on how to stay informed.



Manchester Memorial Hospital

[www.manchestermemorial.org](http://www.manchestermemorial.org)



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Manchester Memorial Hospital was also honored with an “A” grade in the Fall 2014 Hospital Safety Score, which rates how well hospitals protect patients from errors, injuries and infections.

# 2015 COMMUNITY EVENTS

## EXTENDING HEALING BEYOND HOSPITAL WALLS

SAVE THIS PAGE!

EVERY DAY AT MANCHESTER MEMORIAL HOSPITAL, we try to find new ways to serve our community by building partnerships with community members through a wide variety of health and wellness programs. We work with community groups and organizations to bring quality health screenings and educational programs to surrounding neighborhoods, and we believe in helping individuals make positive health and wellness choices.

We provide health and wellness initiatives, education and resources to benefit the community. These include health assessments, clinical screenings, education classes, CREATION Health coaching, community resources and referrals, and community service opportunities.



### Mission in Motion

As of January 1, our Mission in Motion mobile health unit rolled out its free screenings for 2015. Screenings provide individuals with an indication of their overall health, tools to manage their health and instructions for addressing any health concerns with their healthcare provider. Please check your local newspaper for screening dates, or call **(606) 598-1095** for more information.

### Smoking cessation

The Cooper Clayton Smoking Cessation Program is offered free to the public at Manchester Memorial Hospital on a regular basis. This 13-week program combines nicotine replacement therapy products (patches, gum or lozenges) with a supportive group setting and trained facilitators who host the meetings. **The 2015 class dates are January 8, March 7 and September 3.**



### Mommy & Baby Fair

Every August, we provide expectant mothers a health fair designed specifically for them. The fair includes free health screenings, information booths, massages, Q&A sessions with OB-GYNs and pediatricians, photo sessions, giveaways, and shopping. We will announce the date for the next fair in the coming newsletter.



### Spring Health Fair

Each spring, Manchester Memorial Hospital holds its annual Health Fair, which is an interactive experience based on the principles of CREATION Health. Local health agencies and health partners provide a variety of wellness offerings, including free health screenings, Zumba demonstrations, martial arts instructions, massages and more. We will announce the date for the next Health Fair in the coming newsletter.



### SUMMER EVENTS

#### Summer fitness

Through a partnership with Promise Neighborhood, we provide an eight-week, 24-session summer fitness program for people in Clay County. This free program combines instruction in health and wellness with a variety of physical activities and is designed for individuals ages 16 and up.

#### Scrubs Camp

Each summer, Manchester Memorial Hospital sponsors the Scrubs Camp. Open to incoming seventh- through 12th-grade students from Clay County

interested in pursuing a healthcare career, this camp introduces the students to a variety of careers and provides them with the opportunity to observe health professionals at work. During the week, they participate in hands-on activities, tour the hospital and—when possible—scrub in for a minimally invasive surgery! Students must have at least a 2.5 GPA. For more information, please call **(606) 598-1095**.



### CREATION SERIES

#### CREATION Health seminars

At Manchester Memorial Hospital, our CREATION Health specialist is trained to teach the biblical principles of each letter in the acronym *CREATION*. Along with leading seminars that are open to the public, our CREATION Health specialist can come to your workplace or church group or any other group setting and teach the healing principles God laid out for us to adopt in order to live a happy, healthy life. These seminars are approximately 90 minutes long and cover all eight principles of CREATION Health in one go.

#### CREATION Health sessions

These are shorter to accommodate a work setting and are done over a period of eight meetings. Teaching the principles in this type of setting can help break the monotony of the workplace or re-energize a church family, as people are inspired to adopt the CREATION Health plan for living a more fulfilled life.

CREATION Health seminars and sessions include a healthy snack, a brief lecture accompanied by a few videos on the eight principles of CREATION Health and an open discussion followed by a devotion.

#### Wellness Challenges at your workplace

Worksite Wellness Challenges are available for local businesses. These challenges provide employees with general health screenings and follow-up visits to assess their improvements. Our CREATION Health team can help you create a fun challenge to motivate your employees to become healthy.

Interested in having our CREATION Health specialist teach a seminar or session series for your group? Please call **(606) 598-5104, ext. 4288, or email [morgan.bowling@ahss.org](mailto:morgan.bowling@ahss.org) today.**





**W**ANT SOME red-hot nutrition advice? Hit the produce aisle for some red fruits and veggies. They're packed with powerful plant chemicals and other substances that are good for you. Learn more about four superstar foods.

## Strawberries

**Benefits:** Strawberries are rich in anthocyanins—chemicals that may protect the heart and repair damage to DNA that can trigger cancer.

**Enjoy them this way:** Sprinkle fresh strawberries on your morning cereal, stir them into yogurt or try

them in a fruit kebab. When they're not in season, make a smoothie with frozen strawberries.

## Red Bell peppers

**Benefits:** This veggie is a super source of vitamin C, which can help fight infection, heal cuts, and keep teeth and gums healthy. Red bell peppers also contain plant chemicals that fight inflammation and may protect against cancer and heart disease.

**Enjoy them this way:** Skip the chips and nibble instead on crunchy red bell peppers dipped in a low-fat salad dressing. Or try them as a pizza topping.

## Tomatoes

**Benefits:** Tomatoes get their ruby-red color from a chemical called lycopene. It may protect against several cancers, especially prostate cancer. This likely cancer fighter may also reduce heart disease risk.

**Enjoy them this way:** Add sliced tomatoes to sandwiches and chopped ones to omelets, or serve stuffed cherry tomatoes as an appetizer—tomatoes are an incredibly versatile food. Drink some tomato juice or eat some spaghetti sauce too.

The lycopene in processed tomatoes may be more easily absorbed by the body than the lycopene in fresh ones.

## Cranberries

**Benefits:** These little red gems are a good source of vitamin C and fiber. And they may help lower the risk of heart disease, stroke, certain cancers, gum disease and stomach ulcers.

**Enjoy them this way:** Cranberries may normally grace your plate only during the holidays, but you can savor them year-round. Toss dried cranberries into a homemade trail mix or your favorite green salad for extra color.

Sources: Academy of Nutrition and Dietetics; American Cancer Society; American Institute for Cancer Research

## Super meatballs with spicy red sauce

Makes 4 servings.

### Ingredients

- 1 tablespoon extra-virgin olive oil
- 1 small onion, finely chopped
- 2 to 3 finely chopped garlic cloves
- 1 (28-ounce) can no-salt-added crushed tomatoes
- 1 (28-ounce) can no-salt-added whole plum tomatoes in tomato sauce
- 2 tablespoons dried oregano
- ¼ teaspoon red pepper flakes, or to taste
- 1 pound 93 to 95 percent lean ground beef
- 10 ounces frozen chopped spinach, defrosted and squeezed dry
- ¼ cup Italian-seasoned dry breadcrumbs
- ¼ cup chopped flat-leaf parsley
- 2 tablespoons grated pecorino or Parmesan cheese
- 1 large egg, at room temperature
- ⅛ teaspoon ground black pepper

### Directions

1. Heat oil in large Dutch oven over medium-high heat.
2. Add onion and cook for 3 minutes, stirring occasionally.
3. Add garlic and cook until onions are translucent, 3 minutes, stirring so garlic does not burn.
4. Add crushed tomatoes. To add whole tomatoes, hold one at a time over pot and squeeze it in your fist, crushing tomato through your fingers, then add sauce remaining in can. Add oregano and red pepper flakes. Simmer sauce, uncovered, for 20 minutes, stirring occasionally.
5. While sauce simmers, in mixing bowl, combine meat, spinach, breadcrumbs, parsley, cheese, egg and pepper, mixing until well-combined.
6. Divide mixture into 8 parts and form each loosely into a meatball. (Divide mixture into 16 parts for smaller meatballs, if desired.)
7. Gently drop uncooked meatballs into sauce, cover, reduce heat to medium low, and simmer until meatballs are cooked through, 40 minutes.
8. If not serving immediately, cool meatballs and sauce together in big bowl until room temperature, then cover and refrigerate for up to 3 days. Reheat, covered, in large pot over medium heat, stirring occasionally.
9. Serve meatballs in a bowl with just Spicy Red Sauce, over spaghetti or polenta, or halved to make meatball sandwiches spooned generously with sauce.

**NUTRITION INFORMATION:** Amount per serving: 380 calories, 13g total fat (4g saturated fat), 36g carbohydrate, 36g protein, 9g dietary fiber, 480mg 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:

**Patient Satisfaction**  
Manchester Memorial Hospital  
210 Marie Langdon Drive  
Manchester, KY 40962  
Or send an email via  
[www.manchestermemorial.org](http://www.manchestermemorial.org).

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