

Photo by Kevin Wilson.

THE Caring CONNECTION

Winter 2019-20



Are You at Risk for a Heart Attack? Take Steps to Protect Your Heart

Your heart works around the clock, pumping blood throughout your body so you can live your best life. That's why it's important to keep this powerful muscle as healthy and strong as possible.

Heart disease is the leading cause of death in the U.S.* Coronary artery disease (CAD), also known as coronary heart disease, is the most common type of heart disease. Atherosclerosis, the buildup of plaque (a substance made of cholesterol and fatty deposits), is the main source of CAD. It causes the coronary arteries to narrow or become blocked.

You might not have any symptoms of CAD until you experience a heart attack. A heart attack happens when an area of plaque breaks away and a blood clot forms, blocking a coronary artery and stopping blood flow to the heart. (See "Heart Attack Warning Signs" on page 2.)

Someone in the U.S. has a **heart attack** about every **40 seconds**.*

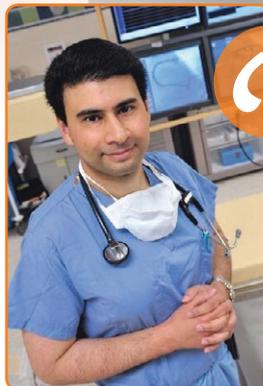
Is Your Heart at Risk?

You can take steps to improve your overall heart health if you know you're at risk for CAD. Some causes of coronary artery disease can't be controlled, but you can take control of others with lifestyle changes or medication.

CAD causes you **can't** control:

⊗ **Family history.** You're at greater risk for coronary heart disease if you have a parent with a history of heart disease.

Continued on page 2...



“ If you or someone you know experiences any of these symptoms, call 911 and seek emergency care immediately. By calling 911 it actually saves time because the necessary emergency protocols can be activated. Time is muscle and the quicker the patient gets medical attention the greater opportunity they have for a better outcome.”

— Dr. Mahmoud Sharaf, BVRMC Specialty Cardiologist

Are You at Risk for a Heart Attack?

Take Steps to Protect Your Heart

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⊗ **Age.** Getting older increases your risk for CAD.

⊗ **Gender.** Men are at greater risk for CAD, and so are women who have gone through menopause.

You **can** control the following CAD causes with healthy lifestyle changes.

✔ **High blood pressure.** Limit your sodium intake to no more than 2,300 milligrams or one teaspoon of salt a day. Some common sources of salt include bread, pizza, soup and cold cuts.

✔ **High blood cholesterol.** Avoid fried foods, fast food, bacon, hot dogs, cakes and cookies, which contain unhealthy fats and added sugar.

✔ **Smoking.** Try nicotine gums and patches, hypnosis or smoking-cessation classes to quit smoking.

✔ **Diabetes.** Keep blood glucose and A1C levels under control. A1C measures your average blood glucose level over a three-month time frame. Eventually, high glucose levels damage blood vessels and the nerves that regulate the heart.

✔ **Overweight or obesity.** Start by losing a small amount, just 3% to 5% of your current weight, to improve your heart health.

✔ **Unhealthy diet.** Choose a healthy eating plan like the DASH diet that focuses on lots of fruits and veggies, whole grains, low-fat dairy and lean protein. These foods are high in blood-pressure friendly nutrients such as potassium, calcium, protein and fiber.

✔ **Stress.** Reduce your stress levels to improve your health, both physically and emotionally. Meditation, yoga, massage and deep breathing techniques may help.

✔ **Physical inactivity.** Aim for at least 150 minutes of physical activity, such as brisk walking or biking, every week. Regular exercise can help you lose weight, reduce blood pressure and cholesterol levels and ease stress.

* Source: Centers for Disease Control and Prevention.



Heart Attack Warning Signs



Someone in the U.S. has a heart attack about every 40 seconds.* Warning signs of a heart attack include:

- Chest pain, pressure or discomfort that lasts more than a few minutes and spreads to the shoulders, neck or arms.
- Shortness of breath (with or without chest pain).
- Breaking out in a cold sweat, lightheadedness, fainting or nausea.

If you or someone you know experiences any of these symptoms, call 911 and seek emergency care immediately.

* Source: Centers for Disease Control and Prevention.



MAKE A LIFE-SAVING FASHION STATEMENT!

WEAR RED!

Why Go Red? Heart disease and stroke cause 1 in 3 deaths among women each year.

National Wear Red Day
Friday, February 7, 2020



WEAR RED, SPEAK RED.
GO RED FOR WOMEN.



Forget Fad Diets

Lose Weight Sensibly

If you're feeling frustrated by weight-loss setbacks, the promise of a quick fix may sound like a dream come true. Fad diets often create a lot of hype with celebrities promoting products and dieters boasting how many pounds or inches they lost on a diet or program. But how do you know if the claims about a diet are real or bogus?

Unfortunately, many of these fad diets are unhealthy, and some can even do more harm than good. Let's debunk some popular types of fad diets:

Diet pills. Over-the-counter weight-loss pills promise to block carbs or fat, suppress your appetite or miraculously burn fat while you sleep, but these claims can be misleading. Diet pills may cause harmful side effects and should not be taken without consulting with a doctor.

Herbal weight-loss products. Don't assume that herbal products are safe because they are "natural." Many herbal products are designed to increase urination or bowel movements and stimulate the central nervous system. The ingredients are powerful and may lead to serious side effects or interactions with other medications you're taking.

Rapid weight-loss programs. Some diets set unrealistic limits on the number of calories allowed per day or restrict the number of bites of food you can take at a meal. This approach can backfire because it can cause fatigue and nutrient deficiencies, and may actually cause your metabolism to slow down.

Mono diets. With a mono diet, you're allowed to eat unlimited quantities of one type of food — cabbage soup, grapefruit, bananas, etc. The idea is that you'll consume less when you're restricted to one type of food. However, these diets are dangerously restrictive and only set you up for food cravings and binge eating.

Fad Diet Red Flags

How can you tell which diet plans are trustworthy? A good rule of thumb is that if it sounds too good to be true, it probably is. Avoid the following:

- Products that promise rapid weight loss.
- Diets that restrict you to eating one type of food.
- Plans that require you to buy expensive prepackaged meals, juices or pills.
- Programs that promise losing weight without exercise.



“When it comes to losing weight we all want the quick results that fad diets promise. Unfortunately, most of the weight lost will be regained, and often more weight is regained than was originally lost, as these diets are usually too restrictive and unrealistic to stick with long term. To achieve long-term success, make lifestyle changes that you're willing and able to continue for the rest of your life.”

— Jamie Grieme, BVRMC Registered Dietitian

Getting Real About Weight Loss

If you're trying to lose weight, remember that the best chance for long-term success is to be sensible and develop a lifestyle that includes a balanced diet and daily physical activity. A safe weight-loss program should be focused on a balanced, nutritious diet with a variety of low-fat and low-calorie foods, such as fruits and vegetables, low-fat yogurt and whole grains. Rev up your weight loss by increasing your physical activity — aim for 30 minutes of exercise on most days.

Set realistic goals — it's safe to aim for steady weight loss of a half-pound to 2 pounds per week. Check out weight-loss apps for counting calories, recording physical activity and tracking your progress toward your goals. Talk to your doctor for help getting started with a plan for safely losing weight.



Introducing WellFit

What is WellFit?

- A supervised and guided wellness program designed to improve health and quality of life.
- For individuals with various medical conditions, high blood pressure, diabetes, chronic pain, and decreased functional abilities.
- Provides support, guidance and care to encourage a healthy lifestyle.
- Helps you get well and stay well.

Go from patient to an active participant in your own health.



“A team approach allows each client to feel supported and encouraged throughout each step of their program.”

—Melissa Iehl, MS, ATC
WellFit Coordinator

Ask your doctor or therapist about a referral to WellFit for additional health benefits.

For questions contact:

Ph: 712.732.7722, Fitness & Health Center
or iehl.melissa@bvrnc.org

Don't Dismiss Risks of Over-the-Counter Medicines

When you aren't feeling well, it can be easy to reach for an over-the-counter (OTC) medicine to treat your symptoms. But these medicines can be dangerous if they aren't used correctly. In some cases, they can mask more serious problems or even become addictive if they are misused. People can also suffer from adverse reactions when mixing over-the-counter medications with their prescriptions, other drugs, herbal remedies or alcohol.

Learn the Basics

Follow these tips to help protect yourself and your family from the potential dangers of OTC medicines.

Always read the label before taking any medication. The instructions will let you know if you are taking the right medication for your symptoms. Also, the label will explain dosing instructions and side effects.

Take the recommended dose. Although you may think more medication will make you feel

better, taking more than the recommended dose can be dangerous. Only use these drugs on a short-term basis unless directed by your doctor.

Ask about taking prescription and nonprescription medications at the same time. Your doctor or pharmacist can let you know if an OTC medicine will interact with your prescription.

Give your doctor a list of your medications and supplements. This includes all nonprescription and prescription drugs. This way, your doctor will be able to better answer your questions or concerns and prescribe new medication that won't interact with your other medicines.

Use caution when taking more than one OTC drug at a time. Many drugs contain the same active ingredients, so you may be taking more than the recommended dose without realizing it. Always compare the active ingredients in your OTC medications and call your doctor if you have questions.

Throw out OTC medicines after their expiration date. Make sure to dispose of drugs properly so children and pets cannot find them.

Remember that children are not little adults. Be especially careful when giving OTC medications to children. Check with your doctor before giving your child any OTC medication and do not give more than the recommended dose for his or her age or weight.

Keep all medicines locked up. Some pop culture has referenced medicines such as NyQuil, cold and motion sickness medicines in large doses to get high. Keep all medicines locked up to prevent access by curious kids.

Refrain from drinking alcohol while taking an OTC medicine. Many OTC medicines can react with alcohol in a potentially dangerous way, such as causing liver damage when taking acetaminophen.

Better Safe than Sorry

OTC medicines are generally safe when they're taken correctly. Paying close attention to all the medications you're taking can make you feel better and also save your life. Make sure to read all the instructions on the label and call your physician if you have an unusual reaction.

For more information about specific drug interactions, talk to your doctor or pharmacist, or visit the Food and Drug Administration's website at www.fda.gov.

Yes! I'm a Life Saver

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Address: _____

City, State, Zip: _____

Phone number: _____

E-mail address: _____

I wish to remain anonymous yes no

This gift is given in honor memory of _____

Amount enclosed \$ _____

Please make your check payable to the Buena Vista Regional Healthcare Foundation. A receipt will be mailed to you for your records. Your donation is tax-deductible to the fullest extent allowed by law.

1525 West 5th Street
Storm Lake, IA 50588

**Thank you
for your generosity!**

Be a Life Saver

1 in 4 people die from heart disease.

Help us treat and save lives by purchasing an echocardiography ultrasound. This non-invasive procedure uses sound waves to create moving pictures of the heart for doctors to identify heart damage and disease. Enhanced 2D and color image quality helps us see problems clearly and quickly.



"Having up-to-date echocardiography available locally helps doctors team up with patients to keep the hearts in our community as healthy and active as possible."

Dr. Kyle Glienke
Family & Internal Medicine

Your donation helps BVRMC purchase new equipment, but it also ensures our hospital is leading rural health care in keeping our community heart healthy.



"Our goal is to help you feel better so feel free to approach the pharmacist about any over-the-counter medication. People can feel worse with these medications if not taken properly."

— Jeff Jorgensen,
BVRMC Pharmacy Pharmacist

Apple Pistachio Crisp

This fruit-based dessert features the sweetness of apples and the nutty crunch of pistachios.

Number of servings: 4

Ingredients

- 3 apples (such as Honeycrisp, cored and cut into 1-inch chunks and unpeeled)
- ½ cup raisins
- ½ lemon (juiced)
- ½ cup old-fashioned oats
- ¼ cup whole-wheat flour
- 1 teaspoon cinnamon
- 3 tablespoons brown sugar
- ¼ cup pistachios (unsalted, chopped)
- 2 tablespoons margarine or butter (melted)



Directions

- 1 Place rack in center of oven and heat to 350 F.
- 2 Place sliced apples, raisins and lemon juice in 8-by-8 pan or baking dish; toss.
- 3 In a bowl, mix remaining ingredients except melted margarine.
- 4 Add melted margarine and mix until texture is consistent. Sprinkle over apple-raisin mixture.
- 5 Bake uncovered 45-50 minutes or until apples are tender.

Nutritional information per serving: 330 calories; 10 g total fat; 2 g saturated fat; 0 mg cholesterol; 60 mg sodium; 60 g carbohydrates; 7 g dietary fiber; 25 g total sugars; 9 g added sugars; 5 g protein; 47 mg calcium; 2 mg iron; 416 mg potassium.

Recipe courtesy of the U.S. Department of Agriculture, recipefinder.nal.usda.gov.

Baked Lemon Chicken

Fresh thyme, garlic and lemon bring out the flavor in this oven-baked chicken.

Number of servings: 5

Ingredients

- 3½ pounds chicken (skinned and cut into 10 pieces)
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 1½ cloves of garlic (thinly sliced, or 1 teaspoon garlic powder)
- 4 teaspoons thyme sprigs (4 fresh sprigs, or 1 teaspoon dried thyme)
- 3 cups onion (thinly sliced)
- 1½ cups chicken stock (or water)
- ¼ cup lemon juice
- 1 lemon (sliced into 10 slices, seeds removed)



Directions

- 1 Combine salt, pepper, garlic and thyme.
- 2 Lay chicken pieces into an 11 x 13 baking pan. Sprinkle seasonings over chicken.
- 3 Combine onions, chicken stock and lemon juice in a sauce pan. Heat to a boil.
- 4 Pour hot lemon mixture around chicken. Top each chicken piece with a lemon slice.
- 5 Bake for 30 minutes at 400 F until golden brown and juices are clear-colored.

Nutritional information per serving: 261 calories; 5 g total fat; 1 g saturated fat; 123 mg cholesterol; 521 mg sodium; 12 g carbohydrates; 2 g dietary fiber; 5 g total sugars; 0 g added sugars; 40 g protein; 54 mg calcium; 3 mg iron; 684 mg potassium.

Recipe courtesy of the U.S. Department of Agriculture, recipefinder.nal.usda.gov.



Over \$11,000 raised!

THANK YOU!



Thank you to all who participated and those who donated to help local patients in treatment for cancer.



AWARE is an ongoing fundraising program used to benefit all BVRMC patients receiving cancer treatment.

To learn how you can benefit from these funds, call Zena Olerich, BVRMC Patient Advocate, 712.213.8671.



What Is Your Body Trying to Tell You?

Your body sends messages about what's going on with your health every day. By listening to your body, you can learn more about the state of your health. Uncover clues about your health by evaluating the following:

1 Your tongue should be pink and covered with small nodules. If you're having pain or any changes to the normal appearance of your tongue, this could be a sign of problems in your mouth. See your doctor or dentist for an evaluation.

2 Your sweat is essential for keeping your body cool. But there are times when sweating is a sign of something more serious.

- Sweating excessively may be a symptom of a condition called hyperhidrosis, which can be treated with medication or surgery.
- Being unable to produce sweat means the body can't cool itself (due to heat stroke, diabetes, a genetic disorder or something else), and immediate medical help is needed.
- Heavy sweating that comes on suddenly could be a symptom of a heart attack, or it could be linked to metabolic issues, cancers, menopause and stress disorders. It's a symptom that shouldn't be ignored.

3 The color of your urine can tell you quite a bit about the general state of your health and your level of hydration.

- Clear or transparent yellow urine indicates that you're normal and well-hydrated.
- Dark yellow or amber urine indicates that you should drink more water.
- Pink to reddish urine could be caused by blood in your urine, and could be related to urinary tract infections, prostate problems, kidney disease or something else.
- Dark-brown urine can indicate a liver disorder.
- Passing large amounts of urine can be a symptom of diabetes.

4 Your nails can provide clues to your overall health. Problems that suddenly appear in the fingernails or toenails can be an indicator for skin problems or systemic health issues. If you notice changes in your nails, see your doctor or dermatologist.

5 Your eyes are a reflection of many other aspects of your health. During an eye exam, your doctor checks for clues in the eyes that may point to conditions elsewhere in the body. Inflammation, damage or swelling within the eye may be a warning sign of diabetes, high blood pressure or inflammatory conditions such as inflammatory bowel disease, Crohn's disease and ulcerative colitis.

Look for clues to potential health issues by noticing changes in your body.



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"Our six delivering providers do a fantastic job collaborating with their patients for the best possible birth experience. Many of our nurses pursue advanced certifications which prove their dedication to the best patient experience. We have over 290 years of combined nursing experience."
Trish Winger, Director of First Embrace Obstetrics



1525 West 5th Street Storm Lake, Iowa 712.732.4030

The Truth About Caregiver Depression

When you become a caregiver for a loved one, it's easy to neglect your own health and well-being when you're working hard to ensure the person under your care is safe, happy and healthy. Putting your needs aside can cause some very real and very dangerous side effects for yourself though, so you need to make sure you practice prevention as you go through your day.

Caring for a loved one is very noble, and can be extremely gratifying. But it can be difficult to juggle your own life and responsibilities with caregiving tasks. For a short period of time, it may seem doable. But over a prolonged period of time, you may feel the weight of keeping the various parts of your life afloat.

Understanding Caregiver Depression

Everyone has a bad day when everything seems to be going wrong. Depression goes deeper than that. According to a report by the Family Caregiver Alliance, 40% to 70% of caregivers have symptoms of depression.* Some potential symptoms of depression include:

- Being unable to fall asleep at night, or wanting to sleep all day.
- Feeling sad or hopeless; feeling empty.

- Having outbursts of unfounded anger, or getting frustrated over little things.
- Losing interest in hobbies or events that you normally enjoy.
- Experiencing an overall loss of energy or lack of stamina to do everyday tasks.
- Changing eating habits — overindulging or not eating enough.
- Thinking about suicide.

Focus on You

If caregiving is taking a toll on you, there are ways to try to balance your life with your caregiving duties:

- 1. Take a nap or practice meditation.** Even if it is 10 or 15 minutes to close your eyes in silence, take the time to be alone and rest.
- 2. Keep a journal.** Writing about your feelings can be an emotional outlet you didn't even realize you needed.
- 3. Join a group.** There are support groups for caregivers like you that are full of tips and tricks for getting everything done. Being around others who are in similar situations can make you feel stronger, too.
- 4. Eat your veggies.** Eating junk food can make you feel run-down, while making sure you eat healthy can help improve your overall health.
- 5. Go for a walk.** Keeping up with an exercise program can help boost your endorphins and lift your spirits.
- 6. Talk to a professional.** Depression isn't something to take lightly. If you are worried you are becoming depressed, find a therapist in your area to help you.

* Source: Family Caregiver Alliance.



SAVE THE DATE

Coping with Challenging Situations in Dementia Care

Thursday, April 9, 2020

Offering 2 Sessions:

9:00 a.m. - 12:00 p.m.
or 1:00 - 4:00 p.m.

Target Audience: Nurses, Nursing Home Staff, at home Caregivers
and anyone affected by dementia.

King's Pointe Waterpark Resort
1520 Lakeshore Drive, Storm Lake

Register online at bvrmc.org.

Speaker:

Teepa Snow, MS, OTR/L, FAOTA

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For questions call 712.213.8683
or schlenger.danielle@bvrmc.org.



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BVRMC Winter Calendar **Community Events and Opportunities**

January

- 2 Young at Heart **NO MEETING**
- 4 Childbirth Class, 8:30 a.m. to 12:30 p.m. **KEC**
- 6 Watch Me Grow, 10 a.m. to 7 p.m.
OB Department
- 7 Storm Lake Community Blood Drive,
LifeServe Blood Center, 12:30 to 6 p.m.
Main Entrance
- 7 Sibling Class, 6:30 p.m. **KEC**
- 14 Breastfeeding Class, 6 p.m. **KEC**

February

- 3 Watch Me Grow, 10 a.m. to 7 p.m.
OB Department
- 4 Storm Lake Community Blood Drive,
LifeServe Blood Center, 12:30 to 6 p.m.
St. Mark's Lutheran Church
- 6 Young at Heart, Speaker: Dr. Pymm,
10 a.m. **KEC**
- 7 Wear **Red** Day
- 17 Ask the Cardiologist, Noon to 1 p.m. **KEC**

March

- 2 Watch Me Grow, 10 a.m. to 7 p.m.
OB Department
- 3 Sibling Class, 6:30 p.m. **KEC**
- 3 Storm Lake Community Blood Drive,
LifeServe Blood Center, 12:30 to 6 p.m.
Main Entrance
- 5 Young at Heart, 10 a.m. **KEC**
- 6 Wear **Blue** Day
- 7 Childbirth Class, 8:30 a.m. to 12:30 p.m. **KEC**
- 10 Breastfeeding Class, 6 p.m. **KEC**

Please visit the “Events Calendar”
at bvrmc.org for additional
Community Events and Opportunities.



To register for any event, please
call 712.213.8683.

For all events, please enter
through the BVRMC Main Entrance.

BVRMC Calendar Key:
KEC Kallmer Education Center,
ME Main Entrance