

health connection

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Best Tactics for Preventing
and Controlling Diabetes...

Exercise and Diet



 JANE PHILLIPS
MEDICAL CENTER

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Best Tactics for Preventing and Controlling Diabetes... *Exercise and Diet*

At least 23 million Americans suffer from diabetes, a disease that occurs when blood sugar levels rise to an unsafe level. Insulin produced by the pancreas helps regulate glucose in the blood, but as people get older and gain weight, insulin doesn't do its job as well. Uncontrolled diabetes can cause circulatory damage, notably in the eyes, kidneys and legs which can lead to blindness, kidney disease and amputation. The condition has also been closely linked to heart disease.

"Diabetes is the perfect storm for heart disease as it causes or contributes to all sorts of risk factors such as elevated blood lipids, chronic inflammation, damage to small and large vessels (atherosclerosis), elevated blood glucose and chronic metabolic stress," said Laurie Smith, JPMC's Certified Diabetes Educator and Cardiac Rehab Nurse. All of these problems can damage the heart.

Several drugs that are used to treat diabetes, such as Metformin, have been studied as a means of reducing the likelihood of developing diabetes.

The NAVIGATOR trial was designed to address whether established treatments for diabetes and blood pressure could also prevent the onset of diabetes and cardiovascular events in patients aged 50 and older who had impaired glucose tolerance and cardiovascular risk factors or cardiovascular disease. Unfortunately, the results were not as promising as researchers had hoped.

The results showed that treatment with the anti-hypertensive drug Valsartan (Diovan), led to a modest reduction in the development to type 2 diabetes, but didn't significantly reduce cardiovascular events in patients with impaired glucose tolerance.

Additionally, the blood sugar lowering drug Nateglinide (Starlix), proved ineffective in halting

progression of diabetes and had no significant impact on reducing cardiovascular events. These findings further support the idea that eating a healthy diet, exercising regularly and losing weight are the best way to prevent both diabetes and cardiovascular disease.

"Physical inactivity, being overweight and having a family history of diabetes are some of the biggest risk factors for diabetes," said Shannon Bailey, JPMC's Certified Diabetes Educator and Diabetes Program Coordinator. A personal history of gestational, pregnancy-induced diabetes, and treatment with certain medications including antipsychotic drugs such as Olanzapine, Zyprexa, and Corticosteroids used to treat conditions like asthma and rheumatoid arthritis may also increase risk.

According to Sherry Jackson, JPMC's Diabetes Education Dietitian, losing weight is by far the most important way to improve blood sugar levels in overweight and obese individuals. "Eat healthfully, avoid high fat foods and exercise regularly," said Jackson. A modified-carbohydrate diet can help people maintain healthy blood sugar levels. Diets that are high in fiber, found in

whole grains, brown rice and beans, vegetables and lean protein are less likely to result in increases in blood sugar. Although people with diabetes can consume sugars like those found in juices, sodas and candy, they must be counted as part of their total carbohydrate intake for the meal.


"Daily exercise is vital, as it leads to energy expenditure and weight loss, decreases insulin resistance and lowers blood sugar levels," said Matt McAfee, Jane Phillips Wellness Connection's Certified Diabetes Exercise Specialist. Additionally, he advises people to avoid stress as much as possible and get enough sleep.

Pre-diabetes is a condition in which blood glucose levels are higher than normal but not high enough for a diagnosis of diabetes. Studies have shown that most people with pre-diabetes develop type 2 diabetes within 10 years, unless they lose 5 to 7 percent of their body weight by making changes in their diet and level of physical activity. People

with pre-diabetes also are at increased risk of developing cardiovascular disease.

If you have diabetes, take the following steps to help reduce your risk of complications:

- Talk with your doctor about your ABC goals: Δ 1c—a measure of blood glucose, Blood Pressure, and Cholesterol.
- Have your blood pressure monitored regularly.
- Check your feet daily for cuts, blisters, sores, swelling, redness and sore toenails.
- If you smoke, quit. If you find quitting difficult, ask your doctor about smoking cessation aids.
- Ask your doctor if you should take aspirin to help prevent a heart attack and/or stroke.
- Ask your doctor for a referral to JPMC's Outpatient Diabetes Education Program and/or the Wellness Connection Diabetes Exercise Program.

(Please note this article is designed to support your personal physician's treatment or advice, not replace it.) 

"Eat healthfully, avoid high fat foods and exercise regularly."



Tips for Exercising With COPD to *Breathe Easier* and *Feel Better*

If chronic obstructive pulmonary disease (COPD) leaves you feeling tired and breathless, exercising may be the last thing you want to do. But it's near the top of the list of things you should do to alleviate your symptoms.

While exercise does not directly improve lung function, by conditioning your muscles it helps build your endurance level, which, in turn, improves how well your body uses oxygen. That means you won't have to use as much energy to breathe and you'll be able to do more before you start feeling tired.

Many people with COPD benefit from exercise training that is part of a comprehensive pulmonary rehabilitation program. Typically, such programs are available through a hospital like the Pulmonary Rehab Program at Jane Phillips Medical Center and is offered on an outpatient basis.

Some programs, like JPMC's, also include resistance exercises to build leg strength. Improved leg strength helps make it easier to perform typical daily activities like preparing meals, housekeeping and grooming which can help you maintain independence. Research also suggests that improving leg strength may reduce your risk of falling. As with leg strength, building upper arm strength with resistance training makes performing daily activities easier.

Are you a candidate? Most doctors recommend pulmonary rehabilitation for people with moderate to severe COPD, forced expiratory volume at one second (FEV1) below 50% of predicted value. And Medicare will cover people recommended by their doctor with mild COPD, FEV1 at or below 70% of the predicted value.

One recent study found that people with COPD found it easier to exercise after pulmonary rehab regardless of whether their condition was mild, moderate or severe.

Findings suggest that advancing age shouldn't be deterrent to pulmonary rehab. In a study of 74 people with COPD who ranged in age from 65 to 83, a comprehensive program that included training of the upper and lower significantly improved the distance the participants could walk in six minutes.

To learn more about JPMC's Pulmonary Rehab Program, call 918/331-1904. Participation in a pulmonary rehab program requires a referral by a physician.

Most people with COPD who don't have a pulmonary rehab program nearby can and should exercise on their own.

If you're not used to exercising, begin walking slowly at a very comfortable pace for a short period, try starting with five to ten minutes daily three to five days a week. Do not increase your walking time until you can walk the entire time without stopping to rest.

When you can walk without stopping, increase your walking time by one to two minutes each week. Make your goal walking 30 minutes without stopping many people with severe lung disease are able to reach this goal over time. Try not to let bad weather stop you. You can always walk around your local mall if you can't exercise outdoors.

There are many daily physical activities that provide your body with exercise, including gardening, golfing or even shopping. If you like dancing, swimming, yoga or Pilates, ask your physician if they're good options for you. It helps to choose activities you enjoy; that way you'll be more likely to stick with them.

They key to performing these

activities safely is to pace your breathing in coordination with the activity. You can learn more about paced breathing through a pulmonary rehabilitation program. Ask your physician for a referral or check with the American Lung Association or the American Association for Cardiovascular and Pulmonary Rehabilitation.

Before you start an exercise program, remember these two important points. First, if you haven't previously exercised, check with your doctor before starting to be sure it's okay. Your physician can also tell you what types of exercises are best and how much you should do.

Second, if your physician prescribed oxygen for regular use, be sure to use it when you exercise. Oxygen will help relieve breathlessness, making it easier for you to exercise.

Also, don't forget that if you stop exercising regularly, all the gains you made will be lost. So if you're exercising as part of a pulmonary rehab program, you'll need to incorporate your exercise routine into your daily life after the program ends. One option is to ask if your program has a maintenance plan that allows you to continue exercising with others with COPD.

The Wellness Connection offers an affordable, safe, clean environment and professional staff to help you continue your program.

If you've been a home-based exerciser from the start, try some new exercises so you don't get bored with the same old routine. If you need motivation, try

exercising with a friend. You'll likely end up motivating each other.

Tips to remember when exercising with COPD:

- Stop exercising if you feel dizzy or weak, have palpitations, become short of breath or experience pain. If you are in a great deal of pain or discomfort, call your physician.
- Don't exercise outside on high ozone days or on days that are too cold, hot or humid outside. Extreme temperatures can make breathing difficult.
- If your medications change, ask your physician whether the adjustment will affect your ability to exercise.
- If your exercise regimen has been interrupted for a few days, reduce your activity level when you resume and then build up to your regular schedule. **JP**



SCHOOL'S OUT... KEEP KIDS SAFE

School breaks give kids and caregivers much-needed refueling time, with relaxed schedules and more play time. During these breaks, however, children may get the impression that rules also have been relaxed, an assumption that can lead to dangerous situations or even accidents. Child safety is just as important during these breaks as when school is in session.

For parents who work full-time, their children may spend these breaks with childcare providers or babysitters, or even at home with older siblings for short periods of time.

How can we arm our kids to help them stay safe during these breaks from school?

Here are some child safety tips for you to use in preparation for these non-school occasions:

Child Home Safety

- Leave two emergency phone contacts, including that of an at-home neighbor, if possible. Tell your child who they are and show them where the information is posted.
- Even the youngest child should know when and how to dial 9-1-1. Most emergency operators are experienced in dealing with young children and can comfort and reassure a young caller while help is on the way.
- Provide specific activities that can keep them safely busy while you are gone. A game, puzzle, an art project, or a scavenger hunt can provide hours of fun and keep little hands busy.
- Let your child or his sitter know you want play to be restricted to inside or if you are comfortable with outdoor play while you are gone.
- If you have a no-friend-over rule while you are gone, make that clear to your child and the sitter. You are the best judge of whether

your child is old enough to handle the company of a friend without your direct supervision.

- Before you leave, put away all matches and candles and any other objects that curious minds might want to explore.

Your Child on Field Trips

- Find out all you can about the outing: where they are going, how they will get there, who will be with them, what they'll be doing and when they will be back.
- Instruct your child NEVER to leave her buddy or the group, even when making a trip to the

bathroom. It has been proven that there is safety in numbers.

- Put your name and phone number in your child's pocket so that in case of an emergency he has the information.
- Ask your provider if they will give children a special meeting place in case they are separated from the group so you can reinforce those instructions. Otherwise, tell your child to sit down and wait for a policeman, someone else in uniform or his provider. He will be found more quickly if he remains in one place.
- Suggest that the children on the field trip all wear the same color shirts so that anyone separated from the group is easier to spot.

Child Safety When Staying With A Care Provider

- Asking your child questions

like, "What did you like best about today?" paves the way for conversation about his likes and dislikes while under the provider's care, and can give you a clear picture of your child's day.

- Visit with the provider and your child together and watch their interaction to get a sense of how their personalities and communication styles go together.
- Teach your child about good touch and bad touch. Let them know what you want them to do if a situation doesn't feel right to them.
- Ask the provider for a calendar of weekly activities so your child will know what to expect each day. With a calendar, you know whether she should wear sandals or tennis shoes or if you need extra money or a towel.

School breaks can be memorable and fun if you and your child get together on what is expected and what rules should be observed year-round. Taking a break from school shouldn't mean that we forget to reinforce the rules of child safety for our kids. **JP**






McIver Receives Board Certification as Specialist in Oncology Nutrition

Jennifer McIver, RD, CSO, Clinical Dietician at JPMC, has achieved Board Certification as a Specialist in Oncology Nutrition. McIver is one of the registered dietitians to offer oncology nutrition counseling to patients at Jane Phillips Cancer Center and Jane Phillips Medical Center.

To become board certified by the Commission on Dietetic Registration (CDR), the credentialing agency for the American Dietetic Association (ADA), a registered dietitian must successfully meet rigorous specialty practice requirements and pass a nationally administered examination. Board Certified Specialists in Oncology Nutrition work directly with individuals at risk for, or diagnosed with, any type of malignancy or pre-malignant condition, in a variety of settings (e.g. hospitals, clinics, cancer centers, hospices, public health), or indirectly through roles in management, education, industry, research practice linked specifically to oncology nutrition.

The CDR's mission is protecting the nutritional health and welfare health of the public through dietetics certification. CDR currently awards seven separate and distinct credentials.

The ADA is the world's largest organization of food and nutrition professionals. The mission of the Commission on Dietetic Registration is to protect the nutritional health and welfare health of the public through dietetics certification. CDR currently awards seven separate and distinct credentials. 

Bringing Medical Care Home

If you or a loved one is faced with an injury or illness, Jane Phillips Regional Home Care can help you recover in the comfort of your own home. Jane Phillips Regional Home Care's professional staff of nurses, aides, social workers, and physical, speech, and occupational therapists works together with the patient's physician to deliver quality care at the patient's home. Nurses are on call 24 hours a day, seven days a week to assist patients.


"We offer patients compassionate, individualized care at home," said Jeanne Sexton, RN, Nurse Manager. "Our team of caregivers is trained in many different areas and works together to help patients improve their well-being while maintaining their independence at home."

In addition to providing nursing care, physical therapy, occupational

therapy, and speech therapy to patients, the staff members of Jane Phillips Regional Home Care offer psychiatric nursing, wound care, diabetes education, and newborn and pediatric care.

Jane Phillips Regional Home Care also offers LifelineSM, an in-home monitoring unit that allows patients to signal for emergency assistance with the push of a button.

"Our dedicated staff members get to know patients on a personal level as well as professionally," said Sexton. "With home health services, patients receive the care they need close to home, with the added bonus of familiar faces who truly care about their well-being."

For more information about Jane Phillips Regional Home Care services, please call 918/331-2650. 

JPMC Super Sitters Baby-sitting Seminar Offered

**July 16 and August 6, 2010
9 a.m.-2:30 p.m.**

This one-day class offers both baby-sitting and first aid skills for your 11-15 year old. They will learn basic child care principles and how to handle emergencies and simple first aid-techniques. The cost for the class is \$25 per participant. Upon completion of the course, participants will receive a participation certificate.

Please call 918/331-1425 to enroll for the seminar. Enrollment is limited. Registration deadline is one week prior to the class. The class will be held at Jane Phillips Medical Center in the first floor education classrooms.

The following items will be covered during this class:

- Instructions on minor first aid, poison prevention, and managing a choking child.
- Disciplining a child, child development, planning activities for each age group of children.
- Accident management, recognizing emergencies, and calling for emergency help.
- Safety precautions, car seats, fire, and security.
- Interviewing the parents to receive the necessary information needed for the baby-sitter.
- Infant care (bottling, diapering, feeding).

Participants will receive a resource packet to take home.




JPMC Welcomes New Radiologist

James A. Bolene, MD, recently joined Jane Phillips Medical Center's medical staff as a radiologist with Radiological Services, Inc.

Dr. Bolene is board certified by the American Board of Radiology in Diagnostic Radiology. He graduated from the University of Oklahoma College of Medicine in Oklahoma City. Dr. Bolene completed his residency training at Integris Baptist Medical Center of Oklahoma and his internship at St.

Luke's Hospital in Fargo, North Dakota.

Prior to joining Radiological Services, Inc., Dr. Bolene worked at Muskogee Radiological Group, Inc. and Lubbock Diagnostic Radiology. 

SAVE THE DATES FOR GLITZ 2010

The Bluestem Regional Medical Development Foundation's annual fund-raiser, Glitz 2010, will be held on Friday, September 17 at 6:30 p.m. at Jane Phillips Medical Center. The theme this year is "Glitz Make A Deal."

The evening features both a silent and live auction and a buffet dinner. Tickets are \$100 each. A portion of each ticket is tax deductible. The deadline to RSVP is September 10. Call the Bluestem Foundation office at 918/331-1431 to make reservations or for more information.


Bluestem Foundation is also hosting its Glitz Open golf tournament fund-raiser on Thursday, September 23. The tournament will feature both morning and afternoon rounds at Adams Golf Course.

Cost is \$500 per team. The morning round starts at 8:30 a.m. and the afternoon round starts at 1:30 p.m.

To register a team, contact Mike Wilt at 918/331-1364 or by email at mwilt@jpmc.org.

Funds raised for both events benefit Jane Phillips Medical Center's continuing staff education.

The Bluestem Regional Medical Development Foundation supports the mission of Jane Phillips Medical Center.

The funds raised provide resources beyond the funding capabilities of the hospital's operating budget allowing employees to acquire additional instruction. This translates into a more knowledgeable and versatile staff which benefits both the hospital and the community. 



Looking for a Physician?

Call Our Physician Information Line
918/331-1297

Monday-Friday
8:30 a.m. - 4:30 p.m.

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Skin Conditions: Sun Safety Tips

Many people love the warm sun. The sun's rays make us feel good, and in the short term, make us look good. But our love affair isn't a two way street: Exposure to sun causes most of the wrinkles and age spots on our faces and is the number one cause of skin cancer.

In fact, sun exposure causes most of the skin changes that we think of as a normal part of aging. Over time, the sun's ultraviolet (UV) light damages the fibers in the skin called elastin. When these fibers breakdown, the skin begins to sag, stretch, and lose its ability to go back into place after stretching. The skin also bruises and tears more easily—taking longer to heal. So while sun damage to the skin may not be apparent when you're young, it will definitely show later in life.

How Does the Sun Change My Skin?

Exposure to the sun causes:

- Pre-cancerous (actinic keratosis) and cancerous (basal cell carcinoma, squamous cell carcinoma and melanoma) skin lesions,
- Benign tumors,
- Fine and coarse wrinkles,
- Freckles,

- Discolored areas of the skin, called mottled pigmentation,
- A yellow discoloration of the skin,
- The dilation of small blood vessels under the skin.

How Can I Protect My Skin From the Sun?

Nothing can completely undo sun damage, although the skin can sometimes repair itself. So, it's never too late to begin protecting yourself from the sun. Follow these tips to help prevent sun-related skin problems:

- Apply sunscreen with a sun protection factor (SPF) of 15 or greater 30 minutes before sun exposure and then every few hours thereafter.
- Select cosmetic products and contact lenses that offer UV protection.
- Wear sunglasses with total UV protection.



- Wear wide-brimmed hats, long sleeved shirts and pants.
- Avoid direct sun exposure as much as possible during peak UV radiation hours between 10:00 a.m. and 3:00 p.m.
- Perform skin self-exams regularly to become familiar with existing growths and to notice any

- changes or new growths.
- Eighty percent of a person's lifetime sun exposure is acquired before age 18. As a parent, be a good role model and foster skin cancer prevention habits in your child.
- Avoid tanning beds. **JP**



JPMC To Host Blood Drive July 28

Every minute of every day, someone needs blood. To help with this, Jane Phillips Medical Center is hosting a American Red Cross blood drive on Wednesday, July 28 from 7 a.m. to 5 p.m. in the lower level classrooms at the hospital.

Typically, more accidents happen in the summer, so the need for blood is higher. Also, high schools, colleges and universities are closed and therefore fewer locations and donors are available for blood drives.

While all blood types are needed during the critical summer months, Type O negative is always in high demand because it can be transfused to patients with any blood type, especially in emergency situations. Type O negative donors can make the difference between an adequate blood supply and a summer shortage.

Make your blood donation appointment today by calling Jane Phillips Medical Center's Public Relation's office at 918/331-1297.

Individuals who are 17 years of age, meet height and weight requirements (at least 110 pounds based on height) and are in generally good health may be eligible to donate blood. Bring a Red Cross blood donor card or other form of positive identification.

After the July drive, the next scheduled blood drives at Jane Phillips Medical Center will be September 22 and November 24. **JP**

massage Hands-on Help for Pain

These days you might think twice before reaching for a pain reliever. Many over-the-counter pain medications, including the standbys acetaminophen (Tylenol, others) and ibuprofen (Advil, Motrin, others) are linked to potential dangers when not used properly. While you don't need to throw out these drugs, you could also think outside the (pill) box. Massage therapy offers a low-risk approach to pain relief. It relies on physical force or guided movements applied to the body.

Hands-on approaches to treating pain and illness have been used for thousands of years. While some hands-on practices have been studied extensively, many are just beginning to undergo scientific scrutiny. Here's your guide to massage treatments that broaden your options for pain relief.

Almost everyone feels better after the soothing strokes of a massage. Massage involves applying pressure to the body's soft tissues by rubbing, kneading or rolling. A variety of techniques and styles have evolved, including:

- Deep tissue—manipulates deeper layers of muscle and connective tissue.
- Swedish—includes long strokes, kneading, deep circular movements, vibration and tapping.
- Sports—is similar to Swedish

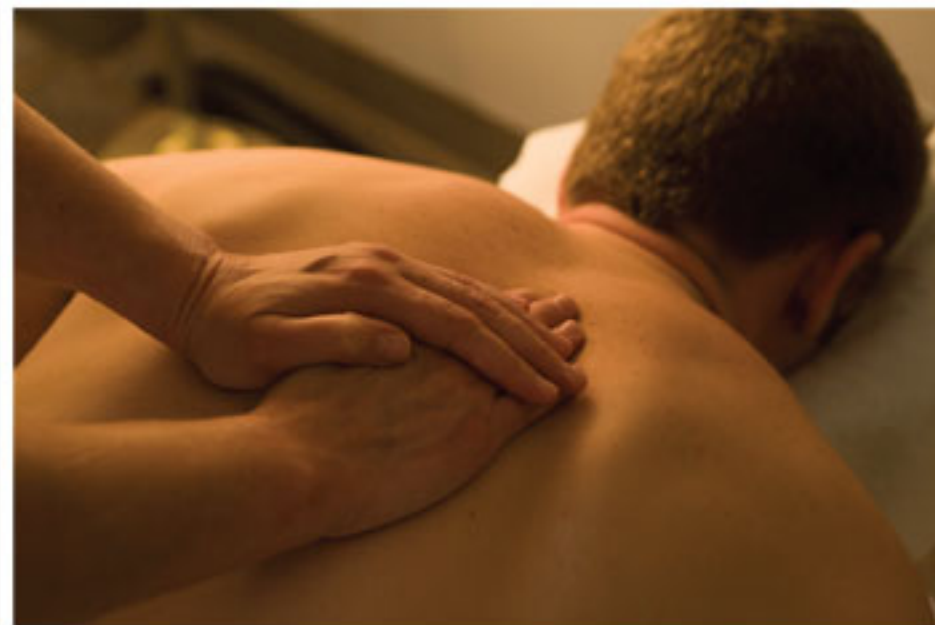
massage but is tailored for athletes.

- Trigger point—targets muscle "knots" that are painful when pressed.

During a massage you will lie down with your clothes (or most of them) off, covered with a sheet or towel. The massage therapist uses his/her hands, fingertips and fists to manipulate your muscles, skin and tendons. Some massage therapists use oils or lotions to reduce friction.

Massage can help reduce pain, muscle soreness and swelling and it improves circulation, joint flexibility and range of motion. It can help if you have ongoing (chronic) back pain or pain from fibromyalgia, migraines, knee osteoarthritis, or cancer. Massage can also help ease anxiety and depression and reduce pain after surgery.

Massage is generally safe if you



work with a trained practitioner. But talk to your personal physician first if you have:

- Burns or open wounds,
- A skin infection,
- A history of a recent heart attack,
- Cancer,
- Deep vein thrombosis,
- A broken bone,
- Rheumatoid arthritis, or
- Severe osteoporosis.

Pain relievers still have a place, but hands-on massage therapy might be worth exploring for chronic pain.

A combination of approaches often works best in achieving long-term control.

Jane Phillips Wellness Connection offers massages to the public. The Wellness Connection is located on the ninth floor of the Medical Center.

For more information about massage or to schedule a massage, call the Wellness Connection at 918/331-1102. All massages are by appointment only. **JP**



Bluestem Foundation To Host Electronics Fundraiser Sale

Bluestem Foundation, which supports the mission of Jane Phillips Medical Center, is hosting an electronics fundraiser on Monday, July 12 from 7 a.m. to 6 p.m. and Tuesday, July 13 from 7 a.m. to 4 p.m. The sale will be held at Jane Phillips Medical Center in the first floor classroom. All proceeds will benefit Jane Phillips Medical Center and Bluestem Foundation.

The public is invited to come by and do some early Christmas in July holiday shopping!

There will be lots of name brand electronics, including laptop computers, digital cameras, video cameras, portable DVD players, LCD televisions, memory cars, digital picture frames, MP3/MP4 music and video players, and GPS navigation systems. In addition, luxury linen and designer fragrances will be available.

Payment may be made by cash, check, and all major credit cards. Standard manufacturer warranties apply. **JP**