

Health CONNECTIONS

YOUR HEALTH, YOUR LIFE

THE DIRTY TRUTH:
HAND WASHING
MATTERS

WHY YOU NEED A
PRIMARY CARE
PROVIDER

LOOK INTO OUR
Crystal Ball:
DIET DOS AND DON'TS

Waiting Can Be a LOSING GAME

Life's busy schedule can often make weight loss seem like an elusive idea — you may have good intentions but often procrastinate. Here is some motivation: The longer you wait, the greater the risk for obesity-related cancers.

In a study published in *PLOS Medicine*, researchers examined approximately 74,000 post-menopausal women from the Women's Health Initiative to see how time affects the risk of various cancers in

overweight or obese women. The results suggest that the longer a woman is overweight, the more vulnerable she is to several obesity-related cancers such as colorectal, liver, pancreatic and post-menopausal breast cancers.

This study is the first of its kind and shows that, even in small amounts, losing weight sooner rather than later better your chances of avoiding cancer.

FOR EVERY DECADE OF
BEING OVERWEIGHT OR
OBESE, THERE WAS A

7%

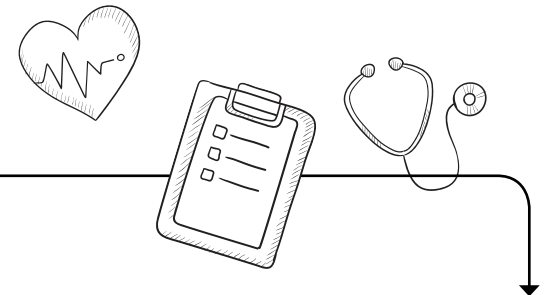
INCREASE IN
CANCER RISK.

Better Contact Lens CARE

According to the Centers for Disease Control and Prevention (CDC), more than 40 million Americans wear contact lenses. Although using contact lenses is generally safe, they can cause serious vision-related complications if they're not cared for properly.

The CDC studied more than 1,000 cases of serious contacts-related corneal infections between 2005 and 2015 and found that roughly 25 percent of these cases may have been prevented if users avoided certain behaviors, including wearing lenses longer than prescribed, improper cleaning and swimming or sleeping in them.

Lesson to learn? Follow your optometrist's or ophthalmologist's instructions carefully. Don't sleep, swim or shower while wearing contact lenses, and remember to properly clean them and change out your contacts case regularly.



THE IMPORTANCE OF PRIMARY CARE

Every year, nearly 20 million people over the age of 65 go to the emergency room. While it is important to receive emergency care when needed, new research reveals that older adults can reduce their chances of an ER visit if they receive regular primary care.

Published in the *Annals of Emergency Medicine*, the study revealed that Medicare beneficiaries have lower chances of going to the ER if they regularly receive outpatient care from the same doctor or a small number of doctors. Examining more than 3 million Medicare patients, researchers observed up to a 20 percent decrease in ER visits in individuals who fostered a continuous relationship with their doctor versus patients who did not.

Check out our hospital website for primary care doctors near you.

FAST FACT

71 percent of heart attacks recorded each year are first-time heart attacks, according to the Centers for Disease Control and Prevention.

Trust Accredited HEART CARE

During a heart attack, time is muscle. Seek immediate care from a hospital that provides evidence-based, quality cardiac treatment.

Hospitals that have accreditation from the Society of Cardiovascular Patient Care have the tools and protocols in place to immediately care for heart attack patients. The level of accreditation can vary based on the treatments available at the hospital, but when you visit an Accredited Chest Pain Center, you can expect:

- emergency medical services (EMS) and Accredited Chest Pain Centers to work together to ensure resources are available when you arrive
- follow-up care offered early after discharge so your heart health can continue to be monitored, as recommended by the care team
- outcomes to be tracked and evaluated to help inform evidence-based guidelines that Accredited Chest Pain Centers follow

Patients report feeling more satisfied with the health care they received at an Accredited Chest Pain Center. Other benefits include:

- fewer readmissions and dollars spent on healthcare
- improved times for the door-to-balloon procedure, or the first device used to restore blood flow to the heart, which should take place within 90 minutes
- shorter hospital stays

This approach to cardiac care extends beyond the hospital to the community through outreach programs to teach preventive health. When it comes to chest pain, it means educating community members about how to spot a heart attack and what to do in the first critical moments.

A GROUP EFFORT

Barstow Community Hospital is the only hospital in the High Desert that has received Chest Pain Center Accreditation from the Society of Cardiovascular Patient Care, an international not-for-profit organization that focuses on transforming cardiovascular care by bringing together quality, cost and patient satisfaction.

"Achieving and maintaining accreditation provides a special standard of care for each patient that creates consistency," says cardiologist Rabani Zaheer, M.D., medical director for Barstow Community Hospital's Accredited Chest Pain Center. "Everyone on our team — from receptionists to nurses to doctors and Desert Ambulance staff — are more equipped to handle patients with chest pain and heart attacks."



During a heart attack, every minute matters, so know the warning signs. If you experience them, call 911, get to the nearest emergency room and count on the nationally Accredited Chest Pain Center at Barstow Community Hospital. Visit SCPC.org/services/cpc.aspx to learn more.

If you experience heart attack warning signs, call 911 and get to the nearest emergency room.

Dr. Zaheer is an independent member of the medical staff at Barstow Community Hospital.

IS WEIGHT LOSS In Your FUTURE?

With so much conflicting advice in magazines and blogs, making the right calorie choices can feel like gazing into a crystal ball. If you're one of the 30 percent of Americans who resolve to lose weight every year, start by separating fortune-telling from facts.



**To burn more calories,
build more muscle.**

VERDICT: GOOD ADVICE!

One pound of muscle can burn three times as many calories at rest as a pound of fat, according to the American Council on Exercise. That's why men — who tend to have less body fat and more muscle mass than women — are more efficient calorie-burners. It seems unfair, but there's a silver lining. People who carry excess weight burn more calories during exercise than fit people do. If you're overweight and just starting to exercise, a little bit will go a long way. Once your initial weight loss slows down, start incorporating more muscle-building exercises such as weight lifting and ab crunches into your routine.

**Boost your metabolism by
changing when you eat.**

VERDICT: TRY AT YOUR OWN RISK.

You may have heard of diets based on the idea that if you constantly shift when and how many calories you consume, your metabolism learns to be more efficient. Similar diets opt for five or six micro-meals instead of the traditional three square meals a day. Unfortunately, science doesn't back up these diet trends. A small-scale study published in 2014 in the *International Journal of Preventive Medicine* showed minor advantages of calorie shifting over simple calorie restriction, but it did not improve participants' resting metabolic rate.

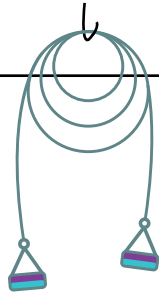
A BETTER IDEA:

Listen to your body. Don't wait to eat until you're starving, which can lead to poor nutritional choices. Don't eat out of boredom, either. When snacking, choose filling foods, such as whole-grain crackers, green vegetables and other foods rich in complex carbs, which have appetite-curbing effects for as long as 24 hours.

THE MYTH OF THE AGING METABOLISM

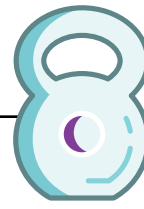
You've heard the excuse before — "When I was young, I could eat whatever I wanted. Then I turned 40, and my metabolism slowed to a halt." The truth is, your metabolic rate doesn't slow down because you age, but rather because you lose muscle mass as you age. According to the National Institutes of Health, sedentary adults lose about 8 percent or more of their muscle mass every decade after age 40. You can't stop aging, but you can prevent muscle loss through regular physical activity. Try these tools to preserve your muscle mass and keep your metabolism going strong.

Consult your primary care provider before starting a new exercise regimen.



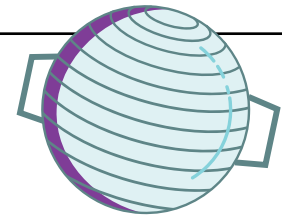
Exercise Band –

These giant rubber bands provide resistance to stretch and tone your muscles without harmful impact on your bones.



Kettlebell –

Increasingly popular among fitness buffs, kettlebells enable ballistic exercise, a unique combination of aerobic, strength and flexibility training.



Medicine ball –

Medicine balls filled with water can offer a harder challenge. As the water sloshes around inside, it requires more muscle engagement to control the ball.

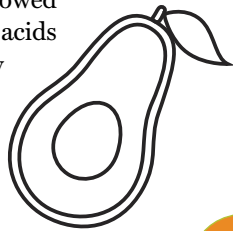
58%

A study published in 2016 in the *BMJ Open* journal found that 58 percent of Americans' total energy intake comes from ultra-processed foods, which include candy, desserts, packaged baked goods, reconstituted meat products, and sweet and savory snacks. On average, the amount of added sugar in these foods is eight times greater than in regular processed foods.

To lose bad fat,
EAT GOOD FAT.

VERDICT: TWO THUMBS UP!

Eating a well-balanced diet is a better weight-loss strategy than restricting or eliminating certain food groups. Unsaturated fats found in eggs, vegetable oils, nuts, seeds and avocados are considered good fats because they decrease harmful LDL cholesterol and provide important nutrients such as fatty acids. A 2007 study published in the *American Journal of Clinical Nutrition* showed that consuming fatty acids actually reduces body fat and improves metabolic health.



Zero-calorie means
zero weight gain.

VERDICT: KEEP WISHING.

Several studies suggest zero-calorie beverages could actually contribute to weight gain. One preliminary study published in the journal *NeuroImage* in 2008 found that the brain can tell the difference between caloric and noncaloric sweeteners, which could trigger the body to crave the calories it was expecting to get — and lead to overeating. A 2015 study published in the *Journal of the American Geriatrics Society* found that older adults who drank diet soda every day for almost a decade experienced an increase in waistline size three times that of those who never drank it.

A BETTER IDEA:

To satisfy your sweet tooth, stick with natural sources of sugar, such as whole fruit or a teaspoon of honey. Pair your sweet with a protein or complex carb to avoid a blood-sugar crash.

FAT TO FIT

For every 20 pounds you weigh, you can expect to burn an additional 10–12 percent of calories during exercise. For example, a 160-pound woman will burn about 255 calories during 30 minutes of jogging. A 180-pound woman will burn about 286 calories doing the same thing, according to the Calorie Control Council.

This explains why it becomes harder to lose weight as you become slimmer!



Q



A

With

Rao Daluvoy, M.D.

Women and men of all ages can develop hernias, so it's important to know what a hernia is. We talked with Dr. Daluvoy at Barstow Community Hospital to learn the basics.

Q. First things first: what is a hernia?

A. A hernia is when an internal organ or tissue bulges through an abnormal opening in the body, such as a hole or weakness in your abdominal wall. Hernias can occur at various parts of your body but are commonly found in the navel, the groin or anywhere you have had a surgical incision. Often the hernia creates a bulge you can see and feel. Hernias are generally painful and can sometimes damage your internal organs.

Q. How do I know if I have a hernia?

A. Some hernias are present at birth; others develop slowly over a period of months or years. Hernias can also suddenly occur. Experiencing an unusual or painful bulge in the affected area is the most commonly reported symptom. Some patients also report discomfort in the abdomen and swelling in the groin that worsens with activity. It should be noted that you could have more subtle symptoms as well — including dull aches and pains. We need a computed tomography (CT) scan or ultrasound to confirm or diagnose a hernia.

Q. Is there anything I can do to prevent a hernia?

A. One of the most powerful ways you can lower your risk is simply by maintaining a healthy weight. Being overweight adds pressure to your abdominal area, which can create a hernia or make an existing one worse. Also you can stop smoking as chronic coughing from smoking increases your abdominal pressure. However, I believe much of it has to do with genetics, which is something that you just cannot change.

Q. Can you treat my hernia?

A. I specialize in repairing hernias surgically. Hernia surgery is often relatively low risk. For many patients, it can be performed laparoscopically, which typically means you recover faster and get back to your life sooner. Many hernias require the placement of mesh in order to reinforce the weakness in the abdominal wall, which lessens the chance for the hernia to come back.

Wondering if you have a hernia?



Call (760) 255-9000 to make an appointment with Dr. Daluvoy. Same-day appointments are often available.

Dr. Daluvoy is an independent member of the medical staff at Barstow Community Hospital.



Patient results may vary. Consult your doctor about the benefits and risks of any surgical procedure or treatment.

HANDS OFF!

These everyday items could be crawling with germs and bacteria that can make you sick. Proceed with caution, and wash your hands frequently to stay healthy.

KEEP 'EM CLEAN

To get your hands clean and help prevent illness, follow these steps from the Centers for Disease Control and Prevention.

- Step 1:** Use clean water to wet your hands.
- Step 2:** Work soap and water into a lather all over your hands — the palm, back of the hand, around fingernails and between fingers.
- Step 3:** Wash for 20 seconds (long enough to sing Happy Birthday twice).
- Step 4:** Rinse off soap under clean, running, warm water.
- Step 5:** Air dry or use a clean surface to dry your hands.

5%

ONLY 5 PERCENT OF PEOPLE WASH THEIR HANDS CORRECTLY, ACCORDING TO A MICHIGAN STATE UNIVERSITY STUDY.

KITCHEN SINK

According to the National Sanitation Foundation (NSF), 45 percent of kitchen sinks are contaminated with dangerous coliform bacteria (*Salmonella* and *E. coli* are part of this family).

Clean tip:

Sanitize sponges and scrub your sink regularly.

Note: Beware the sponge!

75% have coliform bacteria.

CELL PHONE

Research from NSF found:



Clean tip:

Wipe your phone down with a lint-free cloth daily.

5% TESTED POSITIVE FOR COLIFORM BACTERIA.

23% TESTED POSITIVE FOR YEAST OR MOLD.

WET LAUNDRY

Germs survive cold washes. Use hot water, at least

140° Fahrenheit.

Clean tip:

Use a detergent with bleach or peroxide in it to kill germs. Or hang your laundry in the sun to dry — the ultraviolet rays kill germs.

SHOPPING CART

Clean tip:

Grab a disinfecting wipe and clean the cart before use.

Food Protection Trends found that of the shopping carts in one study:

72% HAD COLIFORM BACTERIA.

51% HAD E. COLI.

73%

OF WEIGHT TRAINING EQUIPMENT AT GYMS IS CONTAMINATED WITH RHINOVIRUS, (THE CULPRIT BEHIND THE COMMON COLD), ACCORDING TO A STUDY IN THE CLINICAL JOURNAL OF SPORTS MEDICINE.

If a minor illness or cold gets you down, call your primary care doctor.

WANT TO READ MORE?

Visit BarstowHospital.com/signup to receive other health and wellness articles and register for our eNewsletter.

**THOSE WHO SIGN UP WILL BE ENTERED
INTO A DRAWING FOR A FITBIT!**

No purchase necessary. Void where prohibited. You must be 18 years of age or older.

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (760) 256-1761.

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If severe joint pain interferes with your life, take the first step toward relief at BarstowOrthopedics.com. Here you'll find information about a unique orthopedic experience built around a simplified 3-step joint replacement process. You can also find a doctor, learn about our program, and see if you might be a candidate for joint replacement. So start your journey back to the active life you love.

Visit BarstowOrthopedics.com today.

RELIEF FROM HIP AND KNEE PAIN

starts at BarstowOrthopedics.com

3 STEPS TO JOINT REPLACEMENT

- 1. Discovery.** You'll choose a family member or friend as a "coach" to help with your recovery, and meet your care team for a comprehensive learning session.
- 2. Surgery.** Our staff will be with you every step of the way.
- 3. Recovery.** You'll recover and work with nurses and therapists who specialize in orthopedic care before returning home with your coach.



Patient results may vary. Consult your physician about the benefits and risks of any surgical procedure or treatment.