
SIMPLE SWAPS for Healthier Meals

Fevers, Rashes,
Tummy Troubles:

When to Go to the ER



Bone Health

AT EVERY AGE



UnityPoint Health
Trinity



ROCK the Clock



DON'T LET THE time change wreak havoc on your family's routine. Try these tips to reset your body clock from springing forward:

- **Plan ahead.** Start adjusting to the time change two weeks prior, setting alarms and scheduling naps 10 minutes earlier every two days.

- **Forgo sugar and caffeine.** Avoid caffeine after lunch and sugary snacks after dinner to make it easier to wind down at night.



- **Follow the light.** Use light-blocking curtains if your children don't understand why they need to go to bed when it's still light out. Mom and Dad should avoid bright lights – such as those from smartphone and tablet screens – after 8 p.m.



- **Still can't catch your ZZZs? Visit unitypoint.org and search "Sleep Center" to learn how we can help you get a better night's rest.**

Oh, the Pain!

YOUR BABY IS fussing, moaning and drooling – it must be a new tooth. Here are a few do's and don'ts to help ease your little one's teething pain.

Do:

- Gently massage the gums with a clean finger.
- Give your baby a rubber teething ring. Make sure the ring is large enough that it can't be swallowed.
- Offer your baby a clean, damp towel that has been chilled in the refrigerator, not frozen.

Don't:

- Use teething rings that have liquid or gel inside, as the contents can be ingested if the rings break open.
- Let your baby gnaw on a frozen towel or other frozen objects as these can bruise the gums and cause more discomfort.
- Rub medicated gels on your baby's gums. They contain numbing agents that may cause swallowing difficulties if ingested.

- **Need more help caring for baby? Visit unitypoint.org to find a UnityPoint Clinic pediatrician who can meet all your child's health care needs.**



The **4** Basics of BIKE SAFETY

WITH SPRING WEATHER ahead, it's time to dust off those bike helmets, inflate those flat tires and start pedaling. Before you do, take a moment to review some basic helmet safety tips:

- 1. Check the fit.** The helmet your child wore last summer may not be age-appropriate anymore.
- 2. Make sure it's secure.** Helmets should sit level on your child's head. Tighten the chin strap so no more than one or two fingers can slide underneath it.

- 3. If you crash it, trash it.** Helmets aren't designed to provide protection against multiple impacts.

- 4. Lead by example.** Wearing your own bike helmet tells your kids you take safety seriously – and they should, too.

- **Visit unitypoint.org/livewell for more tips on keeping you and your children safe all year long!**

Swap This for That

NO ONE LIKES GOING ON A DIET – SO DON'T! HERE ARE SOME VERSATILE, HEALTHY INGREDIENTS YOU CAN SUBSTITUTE INTO YOUR FAVORITE EVERYDAY RECIPES.

AN OVERHAUL OF your eating habits can seem daunting. Start small by changing up your favorite recipes with a few simple swaps.

Swap This for That

Mayonnaise



Avocado



Not only does this make an excellent mayo substitute on sandwiches, you can also use it as a substitute for butter in baking.

Pasta



Zucchini

This member of the squash family can be sliced into ribbons and used as noodles in spaghetti or lasagna. It can also be baked as an alternative to French fries.

Sour cream



Yogurt

The tart Greek variety can be used in dips, and regular plain yogurt can replace mayonnaise in egg salad, potato salad and other similar dishes.

Cereal



Oats

Oatmeal doesn't need to be boring. Dressing it up with your favorite fruits and toppings allows you to control your breakfast's sugar levels, which can shoot sky-high in boxed cereals.

Mashed potatoes



Cauliflower

Its delicate flavor and rich nutrient content make cauliflower a good substitute for starchy white potatoes.

■ Get more healthy recipes and lifestyle advice at unitypoint.org/livewell.

Squeeze More Fitness Into Your Day

IT CAN FEEL DIFFICULT TO REACH AND MAINTAIN A HEALTHY WEIGHT WHEN YOU'RE ON THE GO WITH YOUR FAMILY, BUT THE BENEFITS TO YOUR HEALTH – NOT TO MENTION YOUR MOOD – CAN BE INVALUABLE!

RESEARCH SHOWS THAT short spurts of activity can be just as effective for losing weight as long sweat sessions at the gym. The key to making those short spurts work for you is finding creative ways to fit them into your daily routine.

Walk More

Simply getting more steps into your day can do wonders for weight loss. Start by parking at the back of the parking lot and by taking the stairs instead of the elevator. Add even more steps by replacing your afternoon coffee break with an energizing 15-minute walk or taking a few laps around the field during your child's soccer practice. Finally, use an after-dinner walk to bond with your children and ask about their days.



Play More

Let your children be your personal trainers – when they go outside and play, go with them! Be “it” during a game of tag. Play a round of touch football. Fire up the Wii or Xbox Kinect and Dance, Dance Revolution your way to a smaller waistline.

■ When lifestyle changes aren't enough, **UnityPoint Health - Trinity** can help. Call (866) 417-2500 to learn about nonsurgical weight loss options and minimally invasive and traditional weight loss surgeries.



Building Healthy Bones

to Last a Lifetime

WHEN YOU THINK OF OSTEOPOROSIS, YOUR MOM OR GRANDMOTHER MAY COME TO MIND. BUT OSTEOPOROSIS ISN'T ONLY A CONCERN FOR OLDER ADULTS. THE HABITS YOU DEVELOP THROUGHOUT YOUR YOUNG ADULT YEARS CAN WARD OFF WEAK BONES AND FRACTURES WHEN YOU'RE OLDER.

OSTEOPOROSIS IS CHARACTERIZED by low bone density that results in weak, brittle bones. The disease affects an estimated 10 million adults and greatly increases the risk of sustaining a serious fracture, especially in the wrist, hip or spine.

"Osteoporosis has a huge impact on health and can really limit a person's ability to perform activities," said Michael Berry, M.D., orthopedic surgeon at ORA Orthopedics. "Taking preventive measures is certainly easier than treating an existing problem."

While genetics do play a role in osteoporosis development, there are many things you can do to strengthen your bone health. Eat calcium-rich foods, for example, or take up a weight-bearing exercise, such as dancing. Whatever you choose, it's never too early to begin building strong bones.

Ready to get started? Consider the following myths and learn more about bone-boosting habits for the entire family.

Myth: Osteoporosis only affects women.

Fact: According to the National Institutes of Health's Osteoporosis and Related Bone Diseases National Resource Center, men are less likely to develop osteoporosis because they have a larger peak bone mass than most women, and unlike women, their bones aren't affected by the significant hormonal changes that take place during menopause. However, men can develop osteoporosis, typically after age 65 or 70.

BE KIND TO YOUR JOINTS

Most people who have joint replacement surgery have osteoarthritis in their knee or hip joints. Typically, hip arthritis isn't preventable because most cases are caused by abnormal hip development, according to John Hoffman, M.D., orthopedic surgeon and director of Unity Point Health – Trinity's Rapid Recovery Joint Program. But many knee arthritis risk factors are within your control.

"Sports injuries, especially those that are more serious, significantly increase your risk for knee osteoarthritis," Dr. Hoffman said. "Your knees are also extremely sensitive to weight. Due to obesity, we're seeing people as young as age 40 or 50 who need knee replacement."

Maintaining a healthy weight and taking exercise safety precautions can help prevent knee osteoarthritis. Despite your best intentions, however, you may still develop osteoarthritis as you age. If you find you need joint replacement surgery, our Rapid Recovery Joint Program helps shorten recovery through improved pain control and an extra emphasis on physical therapy. Many who have a joint replacement through the Rapid Recovery Joint Program are able to return home the day after their procedures.

Myth: Sports injuries or broken bones contribute to osteoporosis.

Fact: "Sustaining a sports injury or breaking a bone early in life doesn't play a role in osteoporosis development," Dr. Berry assured. "If anything, being physically active can help prevent osteoporosis in the future. Broken bones should heal fully without any lasting compromise."

Even though sports injuries don't increase your risk of osteoporosis, they can cause a variety of other orthopedic concerns. Stay safe during exercise by slowly building up to vigorous activity, warming up your muscles for five to 10 minutes before your workout and stretching after exercise.

Myth: Kids and teens don't need to worry about bone health.

Fact: Adults reach their peak bone mass by age 30, making the childhood and teen years an optimal time to build bone density. According to Dr. Berry, physical activity is one of the most important ways for people of all ages to improve their bone health. Children and teens should get 60 minutes of exercise every day, while adults should get 30 minutes.

In addition, enjoy foods rich in calcium and vitamin D. As a general rule, children between ages 9 and 18 should consume 1,300 milligrams (mg) of calcium – approximately three glasses of milk – each day. Adults between ages 19 and 50 should consume 1,000 mg of calcium. Children over age 1 and adults should also consume 600 international units (IUs) of vitamin D daily.

Ensure everyone is getting enough calcium by purchasing leafy green vegetables, such as broccoli or kale, and encouraging your children to drink a glass of low-fat milk with meals. Get your daily vitamin D by spending time in the sun and eating salmon and fortified foods, such as milk, orange juice or whole-grain cereals. Finally, emphasize to your children the importance of avoiding cigarettes and alcohol and limiting sodas and other caffeinated beverages. These can hinder calcium absorption or contribute to bone loss in other ways.

■ **For more information on treatment of bone and musculoskeletal injuries, visit unitypoint.org/bonehealth.**



Is It an **E**mergency?

SOMETIMES A LITTLE BIT OF LOVE AND OVER-THE-COUNTER MEDICATION CAN EASE YOUR CHILD'S AILMENTS – **BUT HOW DO YOU KNOW WHEN EMERGENCY CARE MAY BE NEEDED?**

WITH SOME CHILDHOOD injuries, including broken bones, severe burns, and head or neck injuries, the answer to that question may be obvious. Other times, it's less clear. Here's a guide to knowing when to stay put or head to the emergency room.

Fever

- **Go to the ER** if your child has a fever and you have concerns about excessive sleepiness, lack of responsiveness or difficulty breathing.
- **Stay at home** if your child's fever can be controlled by medicine and he or she is responsive and otherwise acting normally.

Rashes

- **Go to the ER** if the rash is accompanied by hives on his or her face, painful or infected blisters, or breathing problems.
- **Stay at home** if the rash is minor, and keep it clean with mild soap and water.

Vomiting and Diarrhea

- **Go to the ER** if you have concerns about dehydration, including no urination for 8 hours.
- **Stay at home** if your child can hold down liquids, and offer plenty of fluids to keep your tot hydrated.



When in Doubt, Seek Help

If you can't tell whether your child's symptoms warrant an ER visit, try calling your child's health care provider first. If he or she can't be reached, head to your nearest emergency facility or dial 911.

■ **What's the wait? Visit unitypoint.org for the latest wait times at UnityPoint Clinic Express Care and UnityPoint Health - Trinity emergency room locations in your neighborhood.**

THE EXPRESS LANE

TO QUALITY CARE

The UnityPoint Health – Quad Cities/ Muscatine region offers multiple UnityPoint Clinic Express Care locations in Iowa and Illinois, where you can receive high-quality care with short wait times and no need for an appointment. The clinics have extended weekday and weekend hours, and unlike a trip to the emergency room, express care services typically cost the same as a trip to your provider's office.

“Express Care clinics are a fast, efficient and cost-saving approach to health care,” said Jamie Trapkus, M.S., clinic administrator at Express Care John Deere Road, Moline and Bettendorf. “Our medical staff's expertise is amazing. We staff board-certified physicians, physician assistants and nurse practitioners, and all have years of experience in both urgent and primary care. People can trust that they will be well taken care of by our medical staff.”

THE DARK SIDE

of a Golden Glow

HITTING THE TANNING BED TO GET BRONZED SKIN AHEAD OF A TROPICAL VACATION OR WEDDING ISN'T WORTH SACRIFICING YOUR HEALTH.

A TAN ISN'T an indication of skin health; it's the body's reaction to harm from ultraviolet (UV) rays. Indoor tanning subjects the skin to intense UVA and UVB radiation. The price of adding color to a complexion can be steep: Over time, tanners may develop coarse, wrinkled or age-spotted skin – or skin cancer.

Each tan increases an individual's risk of developing skin cancer, including basal or squamous cell carcinoma or the most serious variety, melanoma. Indoor tanning before age 35 makes the tanner 75 percent more likely to develop melanoma during his or her life, according to the Skin Cancer Foundation.

The best way to instill healthy attitudes is to set a good example for your children and your friends. Avoid tanning and encourage those who look up to you to do the same. Bathing suit and prom fashions will change, but healthy, untanned skin will never go out of style.

HELP TURN THE TIDE

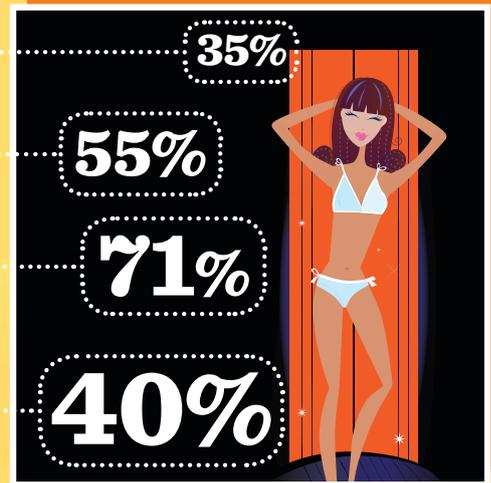
Despite growing awareness of the dangers of indoor tanning, many Americans remain drawn to it.

American adults who have tried indoor tanning, according to a 2014 study in the journal *JAMA Dermatology*

College students who have tanned indoors, according to the same study

Tanning salons' clientele who are young women ages 16 to 29, according to the Skin Cancer Foundation

Female college student tanners involved in one study who first tried indoor tanning with their mothers. Nearly **32** percent of those tanners tanned indoors more than **25** times a year.



THE 'BASE TAN' MYTH, DEBUNKED

Think getting a base tan in a tanning bed before heading to the beach or lake will strengthen your skin's defenses against sunburn? Think again. Research indicates tanning may increase risk of sunburn.

"'I'm going to get a base tan' is similar to saying, 'I'm going to smoke a couple cigarettes before I go out with friends tonight, just to get my lungs used to it,'" said Judy Howell, R.N., cancer nurse navigator at

UnityPoint Health – Trinity Cancer Center. "In both cases, you're engaging in two unhealthy behaviors. There is no such thing as a safe tan."

To truly protect your skin, skip indoor tanning and turn to more tried-and-true methods of sun protection: wearing protective clothing, seeking shade and using sunscreen.

Don't get burned. Learn about ways to prevent skin cancer at unitypoint.org.



Affiliated with *Trinity Health Foundation*
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Coordinated care. Built in.

Learn how at our new Heart Center and Emergency Department open house.

In a perfect world, there would be an amazing hospital. Where you could get heart care that's coordinated by an award-winning team of physicians and staff. Where you'd have access to the latest cardiac technology. And in times of crisis, the Emergency Department would actually be built and organized to help doctors and nurses treat you faster. Well, the world just got a little more perfect.

Open house
Sunday, March 29, 2015
Noon to 5 p.m.
Trinity Rock Island



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