Spring Into WELLNESS

Healthy Heart Habits

Strong Bones, STRONG BODY
DON’T LET THE upcoming time change wreak havoc on your routine. Try these tips to reset your body clock and beat the spring-forward blahs:

• **Follow the light.** Get at least 15 minutes of bright sunlight during the day. At night, avoid bright light – including light from smartphone and tablet screens – after 8 p.m.

• **Forgo your afternoon fix.** Avoid caffeine after lunch to help your body wind down sooner at night.

• **Plan ahead.** Make sure to get at least 30 minutes of moderate exercise during the days leading up to the time change, and try to go to bed and wake up at the same times every day.

**Trouble sleeping? Visit unitypoint.org and search for “Sleep Center” for solutions for a better night’s rest.**

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**Spring Is in the Air ... and So Is Pollen**

FOR SOME, IT’S a glorious time of year, but for the 40 million Americans with seasonal allergies, those particles of pollen released from flowers, grass and trees spell misery. This year, do something about it before allergies strike. Allergy medications often take several weeks to reach their full effect, which is why the American Academy of Allergy, Asthma & Immunology recommends beginning prescription antihistamine use before you start experiencing symptoms.

You can also reduce allergy symptoms by avoiding the allergens that cause them. If possible, stay inside on days when pollen activity is high. Shower and change clothes after spending time outdoors. Keep your house, office and car windows closed, and consider purchasing a HEPA air purifier for your home.

**Is it allergies or something more? Visit your family doctor or find one at unitypoint.org.**

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**STROKE:**

Every Minute COUNTS

IF YOU WERE having a stroke, would you know? Many people delay treatment for stroke because they don’t believe they’re having one. According to the American Stroke Association, delaying treatment for more than three hours significantly increases your risk of long-term disability and death.

If you think you’re experiencing a stroke, check for the following signs:

- facial numbness and drooping
- weakness in one or both arms
- difficulty speaking
- confusion or inability to understand others
- blurred vision
- trouble walking or loss of balance
- sudden severe headache

If you or a loved one experiences any of these symptoms, call 911 immediately.

**Prevent a stroke by learning your risk factors and taking action. Visit unitypoint.org/healthaware to take a StrokeAware risk assessment.**
Healthier Lifestyle, HEALTHIER YOU

MAKING EVEN SMALL CHANGES TO YOUR DIET AND INCREASING PHYSICAL ACTIVITY CAN LOWER YOUR RISK FOR CONDITIONS SUCH AS HEART DISEASE AND TYPE 2 DIABETES.

AS YOU AGE, your body requires fewer calories to function. However, the amount of nutrients you require doesn’t change. Because of this, placing your focus on nutrient-rich foods is important to managing your weight, as is including even small amounts of exercise in your daily routine.

Fruits and vegetables in a variety of colors are always good options when trying to eat more nutrient-dense foods. For proteins, choose seafood, lean meats, poultry and eggs, which also provide the immunity-boosting vitamins B12 and D. Whole grains, such as oatmeal, brown rice and whole wheat bread, are good replacements for white bread and other refined grains.

Incorporating exercise into your daily routine is also important. If you aren’t used to physical exercise, start slowly with a daily walk. Activities that improve your balance and flexibility, such as yoga and Pilates, boost core muscle strength, which protects against falls and back pain. Aerobic exercise is also beneficial to your overall health. Be sure to warm up and cool down properly, and stay hydrated.

■ The Trinity Wellness Department offers risk assessments, personalized coaching and recommendations to help you improve your health. Call (309) 779-3700 for more information.

Know the Signs

IN 2012 ALONE, 1.7 million people age 20 and older were diagnosed with Type 2 diabetes. According to the Centers for Disease Control and Prevention, one in four Americans with diabetes still doesn’t know he or she has it.

Don’t be caught off guard – knowing your chances of developing the disease can help you protect yourself.

Though some risk factors, such as family history, cannot be controlled, you can change certain factors, such as physical inactivity, your weight and your blood glucose level. Knowing the ideal range for your blood

glucose numbers is important in helping you determine your risk level. For a fasting blood glucose test, the normal range is generally under 100, while the range for prediabetes is 100 to 125 and the range for diabetes is 126 and above.

Just 30 minutes of exercise per day can reduce your chance of developing Type 2 diabetes by 40 percent. Along with a healthier diet, this can lead to weight loss, as well as a lowering or elimination of the risk that comes with being overweight or obese.

■ Reduce your risk of developing diabetes by taking our free DiabetesAware risk assessment at unitypoint.org/healthaware.
Eight Osteoporosis Risk Factors
You Should Keep in Mind

As your age increases, so does your risk of osteoporosis—a degenerative condition characterized by weak, brittle bones. Taking extra precautions as you enter life’s golden years can help maximize your bone health.

Adults typically reach their peak bone mass by the age of 30. If you don’t take steps to maintain the calcium levels in your bones, such as eating a calcium-rich diet, your calcium stores begin to decrease following this peak. As calcium levels become progressively lower, bones lose density until they become weak, brittle and more susceptible to injury, signaling osteoporosis. Once this disease develops, adults are at risk for serious fractures or breaks, especially in their wrists, spine and hips.

“Osteoporosis has a huge effect on health,” said Michael Berry, M.D., orthopedic spine surgeon at ORA Orthopedics. “If osteoporosis progresses to the point that your bones are no longer strong enough to support your body weight, you may experience difficulty moving and performing daily activities and may become disabled as a result.”

What’s Your Osteoporosis Risk?
Assessing your likelihood of developing osteoporosis can help determine if you should be taking greater strides to protect your bones. The following eight factors influence your risk:

1. Age – Osteoporosis typically affects men and women older than 50, and risk increases with age.

2. Postmenopausal women have an especially high risk. According to the National Osteoporosis Foundation, women lose up to 20 percent of their bone mass within five to seven years following menopause.

3. Corticosteroid use – Corticosteroids are used to treat a variety of medical conditions, including chronic obstructive pulmonary disease, asthma and certain autoimmune diseases. According to Dr. Berry, corticosteroid use lowers bone quality, so you should talk with your health care provider about other medication options if you have taken corticosteroids for long periods of time.

4. Diet – If your diet is low in calcium or vitamin D, you could be at risk. Adults between the ages of 51 and 70 should consume 1,200 mg of calcium and 600 IU of vitamin D per day. Enjoy low-fat dairy products and leafy green vegetables to get your daily dose of calcium. Salmon, tuna fish, fortified orange juice and fortified whole grains, such as cereal, are good sources of vitamin D. Limit consumption of sodas, caffeinated beverages and alcohol, which all negatively impact bone density.

5. Ethnicity – The National Institutes of Health reports that white women and women of Asian descent

PUTTING A (RAPID) STOP TO CHRONIC JOINT PAIN

If you’re experiencing joint pain, stiffness or swelling, you may wonder about joint replacement. But how do you know if you’re ready for surgery?

“Most people begin restricting their activity level when they start having pain because they have little discomfort at rest,” said John Hoffman, M.D., orthopedic surgeon and director of UnityPoint Health – Trinity’s Rapid Recovery Joint Program. “This is a temporary solution, however. Eventually, you’ll want your life back. When you reach that point, it may be time for surgery.”

Though the thought of total joint replacement may seem intimidating, Trinity offers several programs to make joint replacement easier. Prior to surgery, individuals have an opportunity to participate in our Joint Academy, which
are more likely to develop osteoporosis than women of other ethnicities.

5. Exercise – “Being physically active is the most important thing you can do to protect your bones,” Dr. Berry said. “Adults who are active and also perform resistance exercises, such as lifting light weights, have higher bone mineral densities than adults who don’t exercise.”

6. Family history – Osteoporosis tends to run in families. If your mom, grandmother or another close relative had brittle bones, talk with your health care provider to see if you need earlier or more frequent bone density screenings. Current guidelines recommend bone density screenings for women older than 65 and men older than 70.

7. Gender – Women comprise approximately 80 percent of adults affected by osteoporosis.

8. Smoking – Research indicates that smoking lowers bone density, and the longer you smoke, the greater your risk of developing osteoporosis.

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

educates patients and their families about what to expect. Following joint replacement, our Rapid Recovery Joint Program allows you to start walking right after surgery, with the goal of returning home the next day.

“Health care providers participating in the Rapid Recovery Joint Program use long-lasting local anesthetic medicine instead of narcotic medication for pain relief, which helps patients remain alert, comfortable and better able to participate in physical therapy,” Dr. Hoffman said. “Individuals put full weight on their leg the day of their procedures. The next day, they walk 200 feet with a walker, go up and down a few stairs and get into a chair by themselves. These measures allow us to reduce their hospital stay from an average of three days and nights to one night.”

For more information about total joint replacement services at Trinity, visit unitypoint.org/rapidrecovery.
How to Love YOUR HEART

HEART DISEASE AFFECTS MEN AND WOMEN ALIKE, BUT THERE ARE STEPS EVERYONE CAN TAKE TO REDUCE THE RISKS AND LIVE A HEALTHIER LIFE.

WE’VE ALL WATCHED the scene unfold in commercials, movies or television shows. A middle-aged man is jogging or powering through a stressful afternoon at the office when, all of a sudden, he grabs his chest and collapses in pain, the victim of a sudden heart attack that he never saw coming.

The scenario can be the same for women and younger adults, who are also at risk for heart disease but may have ignored the warning signs. That’s the tricky thing about this common and dangerous disease – it’s easy to ignore until it’s too late. But if you listen to your body and establish healthy habits early on, you can take control.

Get Heart Smart
Your body often sends clues to tell you something isn’t right, especially in the case of heart disease. Some signals that your heart is in distress include:
• chest pain or discomfort
• fatigue
• irregular heart beat
• jaw pain
• shortness of breath
• swelling in the legs

In some cases, however, there may be no clear warning signs. So if you have a family history of heart disease – which may increase your risk – talk with your doctor about steps you can take to reduce your chance of developing the disease.

Establish Healthy Habits
According to the American Heart Association, several lifestyle behaviors and choices can greatly benefit your heart health. Specifically, it is important to eat healthful foods, maintain a healthy weight, stay active and stop smoking. Also, pay close attention to blood pressure, blood sugar and cholesterol levels.

Half of those who experience a heart attack didn’t know they were at risk. Visit unitypoint.org/healthaware to take our free HeartAware risk assessment.

Community-focused Cardiac Care

UnityPoint Health – Trinity Heart Center services are now close to home for Muscatine County residents. In January of this year, the Trinity Muscatine Cardiology Clinic officially opened for business. Led by cardiologist Harry R. Wallner, M.D., the facility was established to provide a robust selection of cardiology services delivered by an on-site, full-time physician and staff.

“We wanted to establish a consistent presence in the community to assist Trinity Muscatine’s emergency department if necessary and also to serve patients who were driving to Iowa City for cardiac care,” said Bobette Patterson, R.N., director of Trinity’s cardiovascular service line. “Now these patients don’t have to travel as far. The services they need are at their back door.”

The Trinity Muscatine Cardiology Clinic, located at 1608 Cedar Street in Muscatine, is open Monday through Friday, 8 a.m. to 5 p.m. For more information, call (563) 262-2000.
The Truth About
Colorectal Cancer

Colorectal cancer is the third most common form of cancer in the United States. Yet misconceptions about the disease persist despite its prevalence. It’s time to separate myth from fact.

Myth: Colorectal cancer is primarily a men’s disease.

Fact: Women are just as likely as men to get this type of cancer. In 2011, approximately 70,000 men and 65,000 women were diagnosed with the disease.

Myth: Colorectal cancer is hereditary, so there’s nothing you can do to prevent it.

Fact: While family history does play a role, lifestyle choices are also an important factor. People who are physically active, don’t smoke, have fewer than three alcoholic drinks per day, and consume plenty of fruits, vegetables and whole grains are less likely to develop the disease than others. The American Cancer Society recommends eating at least 2 1/2 cups of fruits and veggies every day to cut down on your chances of getting colorectal cancer.

Myth: Taking fiber supplements protects you from colorectal cancer.

Fact: Research has not shown fiber supplements to be an effective prevention tool. The best way to get fiber is by consuming whole grains and fibrous fruits and vegetables. One research study found eating 6 ounces of whole grains daily was associated with a 21 percent reduction in colorectal cancer risk.

Myth: Colorectal cancer is almost impossible to treat, so there’s no point in finding out if you have it.

Fact: When detected in its early stages, colorectal cancer is actually one of the most treatable types of cancer. That’s because most colorectal cancers begin as polyps – benign growths on the lining of the colon and rectum. During a colonoscopy, doctors can remove these polyps and effectively stop the cancer before it starts. The U.S. Preventive Services Task Force recommends men and women receive regular colorectal cancer screenings beginning at age 50.

Awareness is Power

UnityPoint Health – Trinity Cancer Center offers a free online risk assessment for colon cancer. The CancerAware tool asks a series of questions to evaluate your overall risk. Each section of the assessment provides educational information about risk factors and prevention. The evaluation takes 10 minutes or less, and you have the option of sharing your results with a cancer nurse navigator at Trinity Cancer Center, as well as arranging a follow-up consultation.

“Colon cancer is one of the most preventable cancers if found early,” said Judy Howell, R.N., cancer nurse navigator at Trinity Cancer Center. “The online assessment tool is a great starting point for people who want to learn more about their risk factors.”

Talk to your family doctor about scheduling a colon cancer screening, or visit unitypoint.org/healthaware to take our free Colon CancerAware risk assessment.
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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