

LiveWell

SUMMER | 2015



UnityPoint Health
Trinity

STAY SAFE

This Summer

Caring for an

**Aging
Loved One**

Expanded
**HEART CENTER
AND EMERGENCY
DEPARTMENT**

Sunscreen 101

SUNSCREEN HELPS PROTECT YOUR SKIN FROM THE SEARING SUMMER SUN. HERE'S HOW TO MAKE SURE YOU ARE APPLYING THE RIGHT KIND AND AMOUNT AT THE RIGHT TIME.

What to Apply

Choose a product with broad-spectrum coverage that protects from both types of harmful rays – ultraviolet A and ultraviolet B. Sunscreen should have a sun protection factor (SPF) of at least 30.

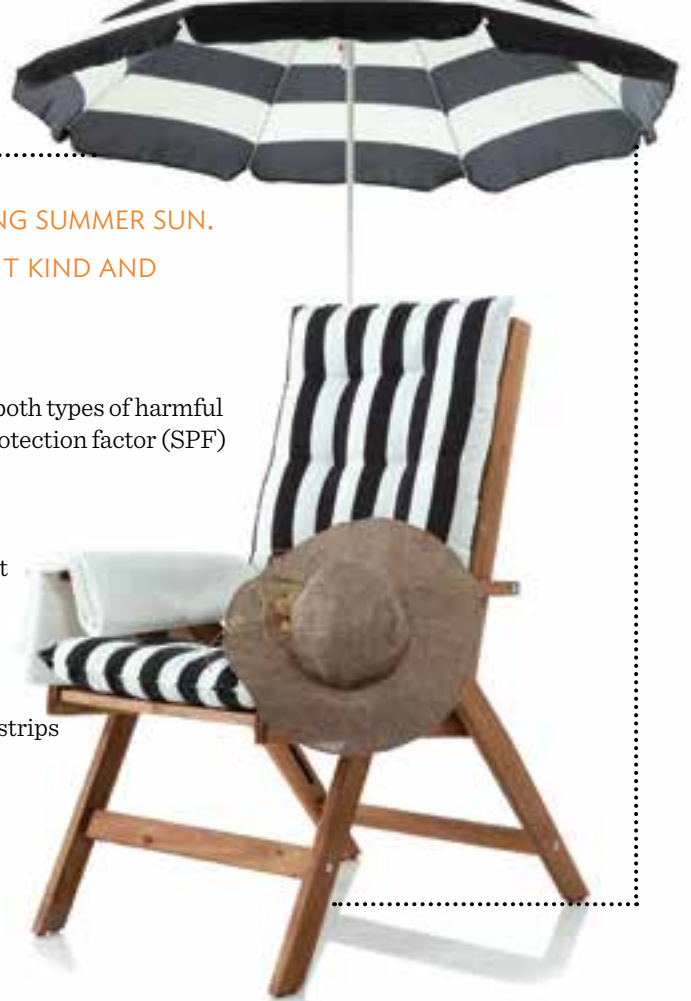
When to Apply

Some sunscreens can take up to 30 minutes to fully absorb, so it's best to apply it before you go outside. Reapply at least every two hours or more frequently if you sweat or go for a swim.

How Much to Apply

When it comes to sunscreen, more is better. Apply two finger-length strips of product to each exposed area.

■ For more information about protecting your skin, visit unitypoint.org/livewell.



'HEY, Who Invited the Mosquitoes?'

USE THESE TIPS to keep biting, flying visitors from crashing your backyard cookouts this summer:

- **Create a headwind.** Placing an electric fan on your deck or patio and setting it to “medium” or “high” will make it difficult for mosquitoes to approach. It also blows away the carbon dioxide humans produce, which attracts mosquitoes.
- **Declare war on weeds.** Get rid of weeds and unruly vegetation around your home and bordering your yard – these are mosquito magnets.
- **Go to the source.** Eliminate spots where the next generations of mosquitoes can thrive by overturning containers of standing water, getting rid of spots where water could pool, and keeping water in fountains and bird baths circulating.



■ If an insect bite's redness, swelling or pain level worsens, it could be infected, and you should see your primary care provider (PCP) promptly. Need a PCP? Visit unitypoint.org and click “Find a Doctor.”

Eat Green!

STICKING TO A heart-healthy diet can be difficult when most summer get-togethers center on grilled meats and ice cream. Luckily, the summer months offer many good-for-you eats right in your backyard, making it easy to shift mealtime focus from burgers to produce.

When it comes to selecting fruits and veggies for your gathering, freshness counts. Visit your local farmers market or start your own garden to ensure ample access to healthy choices. Gardening also offers a great workout and can ease stress. Ready to take the challenge? Tomatoes, cucumbers, peppers, watermelon and cantaloupe are among the options that grow well in warm weather.

■ **No garden at home? No problem! Stop by the farmers markets at Trinity Bettendorf between 3 and 6 p.m. on Mondays and also Saturdays from 8 a.m. to noon at Trinity Moline to check out a variety of fresh fruits and veggies.**



Outrun Aging

A RECENT STUDY FOUND THAT JUST FIVE TO 10 MINUTES OF LOW-INTENSITY JOGGING PER DAY CAN EXTEND YOUR LIFE BY SEVERAL YEARS.

LAST YEAR, NEARLY 90 runners ages 75 and older gathered at the starting line of the New York City Marathon. While running 26.2 miles may not be realistic for you, it's still possible to enjoy running at any age. Running improves cardiovascular health, promotes a healthy weight and strengthens bones.

Not So Fast

Picking up running in your 50s, 60s and beyond can present a few challenges, especially if you have health problems. Keep these tips in mind before you start:

- **Ease into it.** Start with five-minute jogs and increase your time or distance incrementally each week. There are many free smartphone apps, such as C25K®, that can help you build your endurance safely.
- **Take it at your own pace.** Slow and steady may not win the race, but it will help prevent undue stress on your cardiovascular system.
- **Stay loose.** Active stretching before and after running helps ease arthritis pain and prevent muscle strains.
- **Find your time.** Avoid running in the morning or evening if you have arthritis, as this is often when joints are stiffest and achiest.

■ **Contact your health care provider before starting a new exercise routine. Need a provider? Visit unitypoint.org for a clinic in your neighborhood.**



When
It's **HOT**
ENOUGH...

KNOWING THE SYMPTOMS OF HEAT-RELATED ILLNESS CAN HELP YOU STAY SAFE DURING OUTDOOR WORK AND PLAY THIS SUMMER.

HIGH TEMPERATURES AND humidity can make tending the garden or riding bicycles with your family potentially dangerous, particularly during the middle of the day. If you experience any of the following symptoms, don't ignore them – they could be signs of a heat-related condition:

- Arm, leg or stomach pain – these are symptoms of **heat cramps**, which occur when the muscles lose salts after high-intensity activity in hot weather. Stop what you're doing, find a cool place, stretch and sip water.
- Dizziness, nausea, heavy sweating and a mild fever – **heat exhaustion** is the likely culprit. Rest and fluid replenishment may solve moderate cases, but severe episodes, which may include fainting, deserve immediate medical attention.
- Sudden reddening of the skin and a high fever – a flushed complexion, lack of sweat and a fever greater than 105 degrees Fahrenheit indicate **heat stroke**, a medical emergency.

■ **If you experience symptoms of heat illness, call your provider or visit a UnityPoint Clinic – Express Care. Visit unitypoint.org to find the location nearest you.**



A Health Care Space

Worthy of Our Community

THE NEW HEART CENTER AND EMERGENCY DEPARTMENT AT UNITYPOINT HEALTH – TRINITY ENABLE THE MEDICAL STAFF TO DELIVER THE BEST POSSIBLE CARE TO EVERY TYPE OF PATIENT.

THE EXPANSION PROJECT that started in 2013 has added three stories and 90,000 square feet of new and improved space for the Trinity Rock Island Heart Center and Emergency Department. The redesigned space relieves the strain of increasing patient volumes and allows the Heart Center to accommodate new technologies and more patients.

“In the last 20 years, we’ve seen the development of new interventional techniques and equipment that significantly improve care for heart patients,” said Sanjeev Puri, M.D., interventional cardiologist and medical director of cardiology services at Trinity. “This expansion brings our facilities up to par with some of the best heart care centers in the country.”

More Services in One Place

The expanded Heart Center features twice as many cardiac treatment rooms as the old space, as well as an additional cardiac cath lab that offers the space necessary to house the latest and most advanced equipment.

“The larger space enhances the excellent services and care we currently provide to our patients,” said Bobette Patterson, M.H.A., B.S.N., R.N., director of the cardiovascular service line at Trinity. “We will also be able to offer new, cutting-edge interventional procedures and further develop plans for a structural heart disease program.”

In order to create a more comprehensive, one-stop center for heart care, the cardiac rehabilitation program has been relocated to the Trinity Rock Island Heart

Center from its current home on the Trinity Moline campus. Previously, patients who underwent open-heart surgery or cardiac catheterization at Trinity Rock Island would participate in the cardiac rehab program for up to 12 weeks at Trinity Moline. Now heart patients will be able to remain in one place for every stage of their care.

“Having cardiac services spread out among our campuses led to a lot of confusion and unnecessary travel for patients,” Patterson said. “Our new rehab program also has three times the amount of space as the old facility, which will eliminate overcrowding.”

Smarter Care Delivery

The ER is located on the main floor of the facility with the cath lab below and cardiac rehabilitation above, all connected by a dedicated elevator.

When an emergency physician determines a patient with chest pain is having a true heart attack, that patient can be transported quickly and easily to the Heart Center to receive lifesaving treatment in one of the cardiac cath labs. This intuitive layout not only improves efficiency, but it also enables Trinity to maintain short door-to-balloon times – the amount of time between when a heart attack patient enters the ER and when his or her blockage is opened by a surgical balloon or stent. The shorter the door-to-balloon time, the better a patient’s chances of surviving a heart attack and experiencing a full recovery.

The ER also includes an observation unit for patients who experience chest pain but aren’t having a heart attack. With easy access to stress testing and other diagnostic equipment on the floor above, emergency physicians can work hand-in-hand with cardiologists to assess a patient’s acute heart symptoms more efficiently.

“The layout of the Heart Center and ER facilitates a more coordinated approach to care for cardiac patients,” Patterson said. “The effort that has gone into planning this new space has made Trinity Rock Island a great place for our health care providers to work and an even greater place to receive care.”

■ **To learn more about the new Heart Center and ER, visit unitypoint.org.**



GOING WITH THE FLOW

Our new ER features distinct evaluation and treatment areas for different types of patients, including:

• **Twenty-two all-private emergency beds** for patients with medically emergent needs who require thorough evaluation and testing. A dedicated bariatric room features specialized equipment to better serve the needs of larger patients.

• **An eight-station rapid assessment zone** for patients who are well enough to walk and are experiencing less acute symptoms.

• **A 12-bed observation unit** for patients who don’t meet the criteria for full hospital admission but may have symptoms that warrant further surveillance.

• **A crisis stabilization unit** for patients who present with serious behavioral health issues such as acute anxiety or psychosis.

The carefully planned layout helps improve patient flow, giving medical staff even more room to treat patients.

“We’ve always had a great medical team able to deliver excellent care in spite of our limited space,” said Kevin Kurth, M.D., F.A.C.E.P., medical director of emergency medicine and chief medical informatics officer at Trinity. “Now we have a facility that matches that level of excellence for our patients.”

The \$61 million expansion of our Heart Center and ER is the largest construction project in the hospital’s 40-year history.



parkinson's



Your Parkinson's Disease Primer

YOU'VE HEARD OF THIS PROGRESSIVE BRAIN DISORDER, BUT DO YOU KNOW THE SYMPTOMS?

NAMED FOR THE physician who first published a description of the condition in 1817, Parkinson's disease is a neurodegenerative brain disorder. Over the course of the disease, the brain slowly stops producing a hormone called dopamine. With diminishing dopamine, the person loses the ability to regulate movement, body and emotions.

A PACEMAKER FOR THE BRAIN?



For patients with advanced Parkinson's disease, medications may no longer be helpful for controlling symptoms such as tremor, rigidity, stiffness and walking problems. A surgical procedure called deep brain stimulation (DBS) can reduce symptoms and possibly decrease the need for medication.

"A thin wire called a lead, or electrode, is inserted and placed on a targeted area in the brain," said Srinivasan S. Purighalla, M.D., neurosurgeon on staff at

There is currently no cure for Parkinson's disease. While the disease itself is not fatal, the condition causes other fatal problems late in the disease.

Early Warning Signs

Symptoms of Parkinson's disease include tremor in the hands and legs, slow movement, stiffness in the limbs and torso and impaired balance and stability. The National Parkinson Foundation identifies the following five warning signs of Parkinson's:

- **Tremor or shaking.** Uncontrollable shaking (unrelated to a medication you're taking or an injury) is a common, early symptom.
- **Small handwriting.** While writing can change over time, a sudden change in handwriting can indicate Parkinson's disease.
- **Loss of smell.** Anyone can have trouble smelling due to a cold or stuffy nose, but if you find you can't smell foods (particularly bananas or dill pickles) as well, tell your physician.
- **Trouble sleeping.** More than just a night's worth of tossing and turning, this symptom may cause you to fall out of bed while asleep or kick and punch during the night.
- **Difficulty moving.** Unlike the stiffness of osteoarthritis, those with Parkinson's describe feeling like their feet are stuck to the floor.

UnityPoint Health – Trinity. "The insulated wire passes through the neck and shoulder, connecting to a neurostimulator. The neurostimulator is similar to a pacemaker in that it is implanted under the skin near the collarbone and is the battery pack for DBS."

Neurosurgeons at UnityPoint Health – Trinity offer DBS, along with other surgical and nonsurgical options for Parkinson's. Learn more about treatment options for Parkinson's disease at a community class to be held on Monday, June 8, at 5:30 p.m. at the Holiday Inn on Elmore in Davenport. To register, visit unitypoint.org.

Caregiver Recharge

TAKING CARE OF AN AGING LOVED ONE ALSO MEANS
TAKING CARE OF YOURSELF.

FOR MANY PEOPLE, becoming a caregiver wasn't a choice but a necessity. Caregivers often have full-time jobs in addition to their caregiving responsibilities. The stress of caring for a loved one is often made worse by the emotional burden of watching your dependent spouse or parent deteriorate due to dementia or another illness. If caregiving has left you drained, take steps to regain *your* physical, mental and emotional well-being:



- **Body** – Make time for physical activity every day. It could be as simple as going for an early-morning walk or watching a home workout video while your loved one is taking a nap. Find a primary care provider who can take care of both your and your loved one's medical needs so you don't fall behind on your own routine screenings and exams.

- **Mind** – Up to half of all family caregivers meet the diagnostic criteria for major depression. Keep an eye out for signs and symptoms of depression in yourself, including loss of appetite, feelings of hopelessness and suicidal thoughts. See a counselor or join a caregiver support group to talk through your feelings and find support.

- **Spirit** – Caring for an aging family member can trigger negative feelings, such as guilt. You may have low self-esteem and think you're not doing a good enough job. Make a conscious effort to identify negative emotions and replace them with positive self-talk. Remind yourself you're doing the best job you can and that you deserve to take breaks.

BRINGING CARE HOME

When you or a loved one is living with a health condition, it is important to have the proper equipment on hand. That's why Trinity Home Care Products offers a full array of home medical equipment recommended by your physician, as well as 24/7 on-call emergency assistance.

"We have clinical specialists on staff to guide customers through the equipment-selection process and provide education and follow-up care to ensure the utmost comfort and compliance," said Tammy Pauwels, executive director of outpatient services, UnityPoint Health – Trinity. "Our goal is to improve quality of life by providing the right assistance."

For more information about our home medical equipment services, visit unitypoint.org/trinityhomecareproducts.



Affiliated with Trinity Health Foundation
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Get back to the life you love



Trinity Physical Rehabilitation can help with follow-up therapy after a hospital stay – whether that’s due to joint replacement surgery or stroke – or with any other illness or injury like arthritis that limits a person’s ability to live life to the fullest.

Our care programs include:

- Aquatic therapy
- Arthritis management
- ASTYM certification (instrument-assisted soft tissue mobilization)
- Fibromyalgia
- Hand therapy
- Industrial and work programs
- Joint replacement therapy
- Lymphedema management
- Neurological disorders
- Pain management
- Spine rehab
- Sport injury rehabilitation
- Stroke rehabilitation
- TMJ
- Vestibular/balance therapy



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