

Life & Health

WINTER 2015

A JOURNAL DEVOTED TO HEALTHFUL LIVING

WOMEN'S HEALTH

Resolve to stay well

STAYING healthy is often a matter of daily decision making.

Choosing to buy a sandwich made with whole-grain bread. Deciding to quit smoking. Finding time for a visit to the gym, a swim at the pool or an invigorating walk with a friend over lunch.

Some decisions that affect your health may come around less frequently—but they're just as important.

Scheduling a mammogram every year, starting at age 40.

Checking your blood pressure at least every two years.

Having a colonoscopy every 10 years, starting at age 50.

These health screenings are vital for keeping track of your health, but they're sometimes so infrequent that they can easily be forgotten. So, how can you remember them?

Working closely with your doctor is a good start. (When was your last general checkup, by the way?)

Below is a list of recommended immunizations that help prevent illness caused by viruses or bacteria.

Take this page to your next medical visit, and it can help serve as a starting point for discussing your screening and immunization needs. And—based on things like your family's history, your race or ethnicity, and your lifestyle—you and your doctor can come up with a plan that is tailor-made to help you stay healthy.

Sources: Academy of Nutrition and Dietetics; Agency for Healthcare Research and Quality; American Cancer Society

IMMUNIZATIONS FOR WOMEN

Don't take a risk: Protect yourself from infection

It's not just kids that need to get vaccinated against disease. Adults do too.

Here are some common shots and when you might need them:

- ▶ Influenza (flu) vaccine: Yearly.
- ▶ Pneumococcal (pneumonia) vaccine: Usually at age 65, but talk with your doctor.

- ▶ Tetanus, diphtheria, pertussis vaccine: Get a booster every 10 years. Ask your doctor if you need a Td or Tdap shot.
- ▶ Varicella (chickenpox) vaccine: Ask your doctor.
- ▶ Human papillomavirus (HPV) vaccine: Through age 26. Ask your doctor.

- ▶ Zoster (shingles) vaccine: At age 60.
 - ▶ Measles, mumps, rubella (MMR) vaccine: Ask your doctor.
 - ▶ Meningococcal vaccine: Ask your doctor.
- Protect your health: Ask your doctor about the immunizations that are recommended for you.**

Source: U.S. Department of Health and Human Services



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Why weight?

Now's the time to act on those unwanted pounds

STEPPING onto your bathroom scale and discovering that you've gained 5 pounds can leave you feeling discouraged. But not nearly as discouraged as you'd be if the scale showed you were 10 pounds heavier—and now facing twice the effort to get the weight off.

There's a lesson to be learned here: When pounds start creeping up, you want to stop the trend—and reverse it—as soon as you can.

pounds as soon as they appear than it is to take off the 30 pounds they might become down the road. So it's smart to weigh yourself regularly and take action when the scale begins moving up.

Start by keeping track of what you eat and how much physical activity you get. According to the Centers for Disease Control and Prevention, this can help you monitor your progress and spot trends.

What can happen

Weight gain becomes more likely

as you age. Metabolism slows and, often, you become less active. Those changes can spell trouble for your waistline.

But weight problems can be further compounded if you're not eating well. Just consuming 100 extra calories a day will cause you to gain a pound in a little more than a month. In three years' time, that could total nearly 30 extra pounds.

It's easier to shed 3 or 4 unwanted

Explore the benefits of losing weight. Try our infographic at www.hrhs.org/healthyweight.

For example, maybe you'll see that you tend to gain weight when life is busiest and you don't get regular exercise.

Scheduling time for a daily walk or a trip to the gym could make a difference.

Likewise, if you find you're frequently eating fast food, you might decide to change your habits. Cutting calories and exercising are the best strategies for staying trim.

Even if you've already gained a lot of weight, you can try not to gain more. Your health is worth the effort, and your effort is likely to reap rewards.

numbers to know

36,500

The number of calories you'd cut in one year if you ate just 100 fewer calories every day. Try simple things, like snacking on vegetables instead of chips.



Academy of Nutrition and Dietetics

1/2

The portion of your plate that should be filled with fruits and vegetables. They provide vitamins and nutrients, and they're high in fiber, so they're filling. An added bonus: They can be low in calories.

Produce for Better Health Foundation

2 TO 8 PERCENT

The typical decline in metabolic rate during each decade of life. With a slowing metabolism, you burn fewer calories. One way to boost your metabolic rate: Start a weight-training program.



Academy of Nutrition and Dietetics



CARE FOR BABIES, KIDS AND TEENS

Accepting new patients

CHILDREN often sit on chairs designed for their height because their legs are shorter than an adult's. Toddlers drink from sipping cups because they don't yet have the skills to handle a regular glass. And children ride on bicycles with training wheels because a youngster's sense of balance is still a work in progress.

All these items recognize that children and grown-ups are different in many ways.

The healthcare providers at Sentara Halifax Pediatrics recognize those differences too, and they're prepared to address the needs of even the youngest patients.

Why choose a pediatrician?

Pediatrics is derived from the Greek words for *child* and *treatment*. And that's the essence of a pediatrician: a physician who is trained in the treatment of children.

Pediatricians and pediatric nurse practitioners specialize in the physical, emotional, mental and social development of children—from birth through adolescence to adulthood.

As your child's primary care provider, a pediatrician or pediatric nurse practitioner can:

- ▶ Treat acute illnesses (such as strep throat) and chronic ones (such as asthma).
- ▶ Give your child all the necessary immunizations that can help protect him or her from some serious diseases.
- ▶ Offer you advice on how to help keep your child healthy and on common parenting issues, such as discipline and toilet training.
- ▶ Guide you in anticipating your child's needs through the years.
- ▶ Refer you to a specialist if your child requires one.

To make an appointment with one of our pediatricians, call **434-517-8022** or go to **www.hrhs.org/pediatrics**.

The faces of Sentara Halifax Pediatrics

Sentara Halifax Pediatrics, which opened Dec. 1, 2014, offers quality care for every child. Two pediatricians and a pediatric nurse practitioner offer personalized,

comprehensive care and create a trusting relationship with each family.

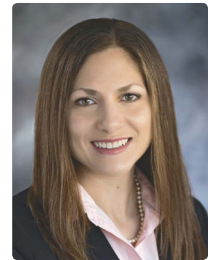
Pediatrician Deborah D.O. Abaitey, M.D., joined Sentara Halifax Pediatrics in early January. She completed her residency in pediatrics at Woodhull Medical Center in Brooklyn, New York, and her internship in pediatrics/surgery at the Komfo Anokye Teaching Hospital in Kumasi, Ghana. She received her medical degree from the Kwame Nkrumah University of Science and Technology in Kumasi.

Pediatrician Anne J. Lombardi, M.D., completed her pediatric residency at Baylor College of Medicine. She received her medical degree from the University of North Carolina at Chapel Hill School of Medicine. Dr. Lombardi joined Sentara Halifax Pediatrics in early January.

Pediatric Nurse Practitioner Senecca E. Kirkhart, C.P.N.P., joined Sentara Halifax Pediatrics when it opened in late 2014. Kirkhart earned her master's degree in advanced practice pediatric nursing, pediatric nurse practitioner, from the University of Maryland, Baltimore. She completed her bachelor's degree in nursing at Edinboro University of Pennsylvania.



Deborah D.O. Abaitey, M.D.



Anne J. Lombardi, M.D.



Senecca E. Kirkhart, C.P.N.P.

2015

Spring forward to good health!

HEALTHY LIVING EXPO

Blood pressure.

Stop by to receive your accurate blood pressure reading. Medical professionals will measure whether your blood pressure is high, low or normal. If your blood pressure is too high, you could be at risk of a heart attack or stroke.

Body mass index screening.

Controlling your weight is an important part of living a healthy life. Body mass index (BMI) is a measure of body fat based on height and weight that applies to adult men and women. This test is easy—all you have to do is step on the scale, and everything will be calculated.

Cholesterol and blood glucose screenings.

A cholesterol test measures the amount of cholesterol and triglycerides in your blood and can help determine your risk of buildup of plaques in your arteries. High cholesterol levels usually don't show any signs or symptoms and often are a significant risk factor for heart disease, so a cholesterol test is important. Getting your blood glucose (blood sugar) levels tested is essential. High blood glucose is one risk factor that can increase your chance of getting diabetes—or of developing complications, if you have it. The cholesterol and blood glucose tests are done at the same time. All it takes is one quick stick of a finger. Appointments are required for this test. Call 434-517-3635.

Depression and anxiety screenings.

Do you find yourself worrying about things you can't control? Are you under a lot of stress at work or in your personal life? Sentara Behavioral Health Services will be on hand to give a short and easy questionnaire to determine if you are facing problems with depression or anxiety. They will be able to help find the best option for you to start managing stress and worries.



EVERY March, we change our clocks and revise our schedules as we spring forward to daylight saving time. This year, why not make that the time you spring forward to good health as well? You can do that by visiting the annual Healthy Living Expo on Sunday, March 22. It's fun, free of charge, and guaranteed to get you revved up and ready to spring into a healthier lifestyle.

Our focus at the expo will be to

provide you with free screenings followed by an opportunity to talk with a healthcare professional about your results. We've got nine screenings at this year's event. You're invited to take advantage of one, some or all!



Check out the annual Healthy Living Expo, hosted by Sentara Halifax Regional Hospital. The expo will welcome visitors from 1 to 3 p.m. on Sunday, March 22, at Halifax County High School.

Head and neck cancer screenings.

Do you have a sore in your mouth that won't go away? Fernando Gomez-Rivera, M.D., of Sentara Southern Virginia Ear, Nose & Throat, will be providing screenings to help detect signs of head and neck cancer.

HIV testing.

In an effort to help save lives, the Halifax County AIDS Service Organization is focusing on providing education and promoting awareness of HIV/AIDS. They will be providing rapid HIV tests that produce results in 20 minutes or less.

Oral health.

Are your teeth giving you trouble? A dentist will be in attendance to take a look at the problems you are having and give advice on what to do next.

Vision screenings.

Having a hard time seeing like you used to? Want to get it checked out? The South Boston Lions Club is actively involved in preventing blindness and preserving sight throughout Halifax County. They will be at the expo providing vision screenings to adults and children.

'I have my results. Now what?'

What can you do after you have gotten your screenings and have the results? Once again, this year we will offer a one-on-one opportunity for you to speak to a medical professional about your results and what they mean. He or she will work to answer any questions you may have.

We want you to understand the information you have been given. They will be able to help determine what your next steps are in living a healthier life.

What else will you find at the expo?

► Do you wonder about your eating habits? Are you overweight? Our dietitian will be on hand to talk to you about nutrition, weight loss, exercise and healthy eating. Or you can simply enjoy a sample of tasty, healthy foods.



► Are you going to be a mommy? Do you have questions regarding you and your baby? To receive answers, stop by the Family Birthing Center booth from Sentara Halifax Regional Hospital.

► Learn how cardiopulmonary rehabilitation can make and keep you fit. Local fitness providers will also be at the expo to talk about exercise plans.

► Are you a smoker? Check out the Jar of Tar, and learn how to take the first step to quitting.

► And we mustn't forget door prizes! When you enter the door, be sure to give us your name and contact information so you can be entered to win!

All of this and much more is waiting for you at the 2015 Healthy Living Expo. Mark your calendar for Sunday, March 22!

Listen to your heart

Cardiovascular disease is responsible for 1 in every 3 deaths in the U.S.



HEART DISEASE. It's the leading cause of death among men and women in the U.S. In fact, more than 1,600 Americans die of heart disease every day.

You can help get that number down by keeping these numbers at healthy levels: your cholesterol, blood pressure, blood sugar and weight. These four factors, along with cigarette smoking, have a big effect on your heart health.

Work with your primary care provider to learn more about your risk factors for heart disease. Together, the two of you can come up with ways to keep your ticker in top form.

Do you ♥ your heart? Ask your doctor about your risk factors.

735,000

The number of Americans every year who have a heart attack.

10 minutes
3 times a day
5 days a week



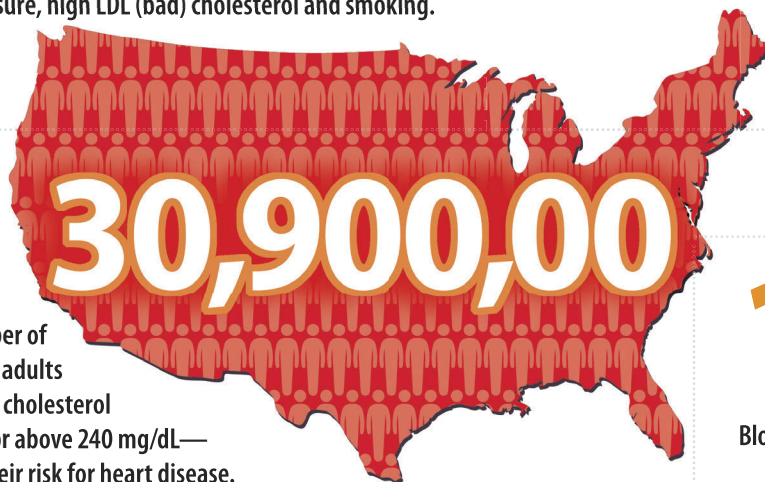
A 10-minute walk, three times a day, five days a week, can help you protect your heart.



About 49 percent of Americans have at least one of the major risk factors for heart disease—high blood pressure, high LDL (bad) cholesterol and smoking.

80%

You can reduce your risk of heart attack by this amount by controlling your blood pressure, cholesterol and weight and avoiding smoking.



The number of American adults who have cholesterol levels at or above 240 mg/dL—raising their risk for heart disease.

140/90

Blood pressure reading that indicates high blood pressure, a major risk factor for heart disease.

Sources: American Heart Association; Centers for Disease Control and Prevention

Don't shrug off shoulder pain

THE shoulder is the most flexible joint in your body. But because it's so flexible, it tends to be unstable—which can lead to a variety of problems.

Your shoulder joint is made up of bones held in place by muscles, tendons and ligaments. Many shoulder problems are caused by the breakdown of soft tissues in the shoulder—usually because of overuse.

Shoulder problems are more likely to occur as you get older, according to James Treadwell, D.O., an orthopedic surgeon at Sentara Southern Virginia Orthopedics. Dr. Treadwell specializes in orthopedic care for upper extremities, such as shoulders, elbows, wrists and hands.

“Although the shoulder can be easily injured during sporting activities and manual labor, the primary source of shoulder problems is often the natural age-related degeneration of the soft tissues,” he says. “Overuse of the shoulder can lead to more rapid age-related deterioration.”

Types of shoulder problems

According to the American Academy of Orthopaedic Surgeons (AAOS), most shoulder problems fall into four major categories:

- ▶ Tendon inflammation (bursitis or tendinitis) or tendon tear.
- ▶ Instability.
- ▶ Arthritis.
- ▶ Fracture.

“Injuries or shoulder problems often result from athletic activities,” says Dr. Treadwell. “But you can also hurt your shoulder performing everyday tasks like washing walls, hanging curtains or gardening.”

Signs of trouble

The AAOS advises you to see a doctor if you have pain and your shoulder:

- ▶ Is stiff and doesn't rotate normally.
- ▶ Feels like it is loose or could pop out of place.
- ▶ Lacks strength to perform daily activities.

If you are concerned about

your shoulders, a doctor may be able to prescribe exercises that can strengthen your shoulder muscles and prevent injury.

“In the case of an acute injury causing intense pain, it's important to seek medical care as soon as possible,” says Dr. Treadwell. “If the pain is less severe, it may be safe to rest a few days to see if time will resolve the problem. If your symptoms persist, then it's best to see a doctor.”

To schedule an appointment with an orthopedic specialist at Sentara Southern Virginia Orthopedics, call **434-572-4074**.

Bursitis and tendinitis

TWO JOINT AILMENTS THAT AREN'T SO SWELL

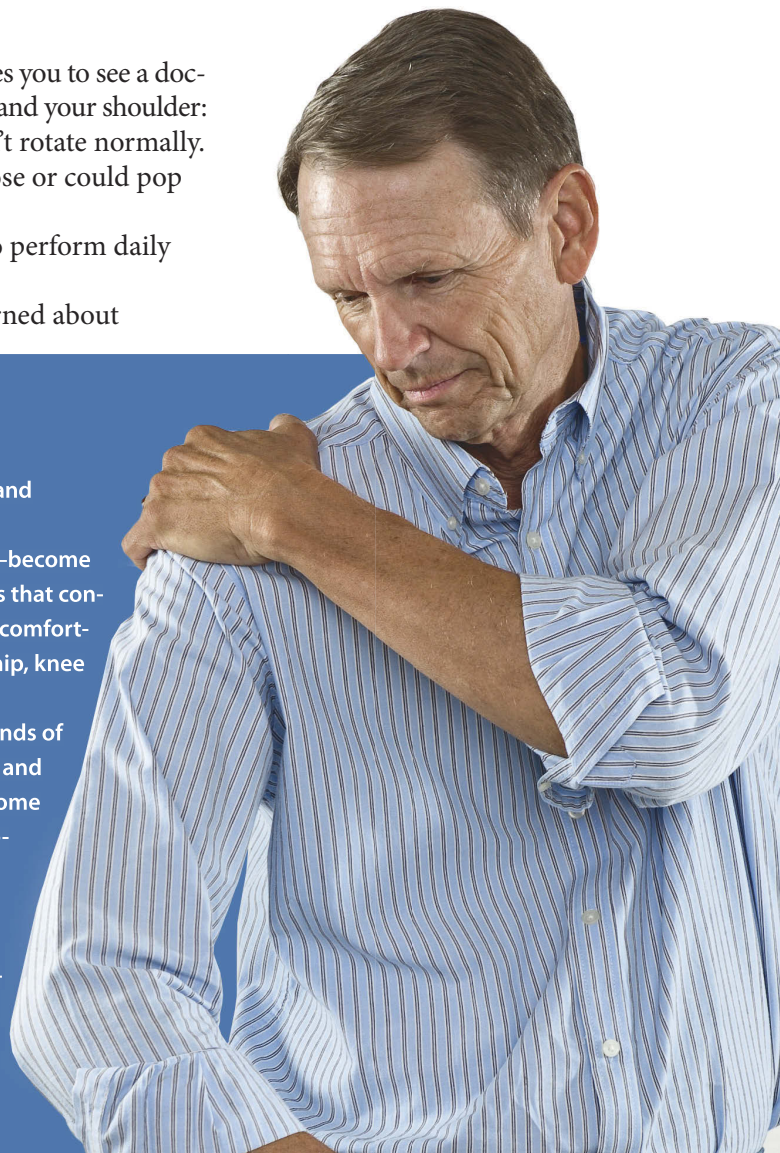
Overusing a joint can trigger two things you don't want: bursitis and tendinitis.

With bursitis, bursae—small, fluid-filled sacs near the joints—become swollen and tender. Likewise, in tendinitis, tendons—the tissues that connect muscles to bones—also swell painfully. These common, uncomfortable conditions occur most often in the shoulder, elbow, wrist, hip, knee and ankle.

People who put excess stress on joints or who do the same kinds of movements every day—such as athletes, carpenters, gardeners and data entry workers—are at heightened risk of these ailments. Some common forms of tendinitis are named after the sports or movements that increase their risk, such as tennis elbow, swimmer's shoulder and jumper's knee.

Treatment typically involves rest, tightly wrapping or elevating the affected area, and taking a medicine (such as aspirin or ibuprofen) to reduce pain and swelling. If these and other steps fail to ease symptoms after 6 to 12 months, surgery to repair damage and relieve pressure on tendons or bursae may be advised.

Source: National Institute of Arthritis and Musculoskeletal and Skin Diseases



Sunday, March 22, 1 to 3 p.m. at
Halifax County High School.

Choose from nine free health
screenings and discuss your
results with medical professionals.
See page 4.

calendar

See and search our entire event

 calendar online. Go to

www.hrhs.org and click
on "Wellness Events." All classes
are located at Sentara Halifax
Regional Hospital, unless otherwise
indicated.

Alzheimer's Support Group

**Fourth Wednesday of each month,
Feb. 25, March 25, 3:30 p.m.**
Sentara Woodview, 103 Rosehill Drive,
South Boston

Join others who are caring for someone
with Alzheimer's disease or a similar form
of dementia. Call **434-517-7529** for more
information.

The Arc of Southern Virginia

Tuesday, March 3, 6:30 p.m.
Leggett Auditorium

The Arc helps people with intellectual
and developmental disabilities in Meck-
lenburg, Halifax and Charlotte counties
to be fully active in their communities.
Call **434-222-8931** for more information.



Baby Basics and Beyond

Monday, March 30, 7 to 9:30 p.m.
Edmunds Room

Especially beneficial for first-time moms
and dads. Topics include diapering, infant
illnesses, feeding and bathing a newborn,
cord and circumcision care, and much
more. Call the Family Birthing Center at
Sentara Halifax Regional Hospital at
434-517-3336 to register.

Better Breathers Support Group

Thursday, March 19, 6 p.m.
Edmunds Room

For people who have lung problems, who
are caring for someone with lung disease or
who are interested in learning about lung
disease. To learn more, call **434-517-3846**.

Bosom Buddies Support Group

Monday, Feb. 9, 7 to 9 p.m.
Edmunds Room

Bosom Buddies is open to anyone
who has breast cancer or is interested
in learning more about breast cancer.
Call **434-374-5207** for more information.

Breastfeeding Class

Monday, March 23, 7 to 9:30 p.m.
Fuller-Roberts Conference Room

This class prepares moms-to-be for
successful breastfeeding experiences.
To register, call **434-517-3336**.

Diabetes Group Class

Monday, Feb. 9, 16, 23, 9 a.m. to noon
Monday, March 9, 16, 23, 5:30 to 8:30 p.m.
Leggett Auditorium

Learn to monitor your blood glucose levels,
take medication appropriately, plan nutri-
tious meals and snacks, make exercise an
important part of your life, manage stress,
and prevent complications related to
diabetes. Registration is required.
Call **434-517-3694**. Free.

Look Good...Feel Better

Dates scheduled as requested

This hourlong workshop for women under-
going active cancer treatment explains how
to moisturize your skin, add color and excite-
ment to your face, and achieve a brighter
outlook on life. Free skin care/makeup kit
for participants. Registration is required.
Call **434-476-2714** for more information.



Prepared Childbirth Class

Saturday, Feb. 28, 8:30 a.m. to 4:30 p.m.
Edmunds Room

Moms-to-be and their birthing partners learn
how to work together to have a positive
birthing experience. Class includes discus-
sion of relaxation techniques, anesthesia and
postpartum adjustments, as well as a tour of
the Family Birthing Center at Sentara Halifax
Regional Hospital. Call **434-517-3336** to reg-
ister or for more information. Fee required.

RISE (Resource Information Sessions of Encouragement)

**Fourth Tuesday of each month, Feb. 24,
March 24, 1 to 3 p.m.**
Leggett Auditorium

A series of monthly meetings offering sup-
port and encouragement for those who are
experiencing loss. Call **434-517-3716** for
more information.

Stroke/Aphasia Support Group

Tuesday, Feb. 10, March 10, 2 p.m.
Edmunds Room

This support group is for stroke survi-
vors, co-survivors, and anyone wishing
to learn more about stroke and aphasia.
Call **434-454-7606** for more information.