

STRENGTHEN BODY AND SPIRIT WITH VOLUNTEER WORK



Reagan Burns, R.N., gives Bryanna Gravlin, 2, a teddy bear. The MMH Auxiliary ensures all pediatric patients and newborns receive a soft, cuddly teddy bear when they are in the hospital.

Volunteering helps others. But did you know it also can improve the volunteers' quality of life and even affect their health?

Benefits of Volunteering

Experts say that volunteering is good for people of all ages, though most research has focused on older adults. Benefits include higher self-esteem and a greater sense of well-being.

Volunteering may boost physical health, too. Research found that older adults who volunteer have lower mortality rates than those who do not. Moreover, a recent study showed that volunteering for just one organization raised a person's life expectancy more than volunteering for several did.

Several factors may explain these findings. For example, experts say that meaningful relationships, being productive, and keeping active are vital to healthy aging. Volunteering makes these possible.

Lend a Helping Hand

If you're interested in volunteering, consider joining the Massena Memorial Hospital Auxiliary. The auxiliary is an enthusiastic group of nearly 180 people who support Massena Memorial Hospital through in-hospital deeds or fundraising in the community.

In the hospital, you can volunteer for:

- Hostess Committee
- Beverage Cart
- Gift Shop
- Medical Library
- Information Desk
- Patient Gifts

Other areas of volunteering include publicity, community health programs, special fundraisers, and the annual basket drawing. ■

Celebrate the spirit of giving. Volunteer for the MMH auxiliary today. Call Public Relations at 315-769-4305.

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TAKE HIGH BLOOD PRESSURE SERIOUSLY

QUICK TIP

Normal blood pressure is lower than 120/80 mm Hg. Between 120 and 139 or 80 to 89 is considered prehypertension—which can lead to hypertension. Anything above these levels is classified as high blood pressure.

Hypertension—or high blood pressure—can lead to life-threatening illnesses, and researchers are now learning that it also may cause mental and physical disability as a person ages.

Nearly one-third of American adults have hypertension, which usually lasts for a lifetime once it develops. Medications, along with exercise and proper diet, can control the condition, but about 30 percent of people with high blood pressure don't know they have it. Plus, blood pressure remains high in as many as half of those being treated.

A Silent Killer

Hypertension generally has no symptoms, so the only way to know your blood pressure is high is to get it checked. Experts recommend blood pressure testing at least once every two years beginning at ages 18 to 20. You may need

more frequent screening, depending on results.

Uncontrolled hypertension can cause:

- Stroke
- Heart attack
- Heart failure
- Kidney failure

It also can lead to blindness or result in leg amputation due to changes in blood vessels.

Lowering Blood Pressure Saves Lives

New research is adding to the list. People with uncontrolled hypertension may be more likely to have problems with memory and thinking as they grow older. They also seem to be especially prone to developing dementia, according to recent studies.

People whose blood pressure is high and uncontrolled may eventually have difficulty carrying out normal daily tasks as they grow older. But successful treatment can help. ■

did you know?

Controlling high blood pressure can cut the risk for heart failure in half, reduce stroke incidence by 40 percent, and lower heart attack risk by 20 to 25 percent.

BABY YOURSELF AND THE NEW BABY

One of the most rewarding parts of healthcare is bringing a new life into the world. At Massena Memorial Hospital, we handle it with an extra-tender touch.



Beautiful changes are coming to Massena Memorial Hospital, especially for moms-to-be. Currently under construction is the Northwest Addition, which will be home to the Tender Touches Birthing Center expansion.

The addition will house two new labor, delivery, recovery, and postpartum rooms (LDRPs). The current labor-and-delivery rooms also will be renovated into LDRPs.

“The LDRP model allows the hospital to provide a family-centered care model with a patient room that is homey and comfortable,” explains Sue Beaulieu, R.N., M.S.N., chief nurse executive. “We are making wonderful, patient-friendly changes to our birthing center

to make sure our moms-to-be are well-cared for and comfortable during this special time, with additional space for the baby to be able to ‘room-in’ with Mom.”

When Mom comes to the hospital, she will be given a private room where she can stay until it’s time to go home. Decorated in warm earth tones and equipped with the latest technology for monitoring the safe birth of your child, each room also will feature:

- Flat-screen televisions
- A comfortable sleeping chair for Dad or another loved one
- Private bathrooms and showers

“It is our hope that the addition of LDRPs, the availability of regional anesthesia, and an increased number of nursing staff will make childbearing a pleasant and exciting step in our patients’ lives,” says Kaye Ann Douglas, M.D., OB/GYN, chief of perinatology. ■

Once you choose to have a baby, your next choice should be Tender Touches Birthing Center. Massena Memorial Hospital offers the best-trained staff, the best-equipped facility, and a nurturing environment in our community. Start your journey into motherhood at www.massenahospital.org/tender-touches.php.



PETER PUMPKIN SQUARES

- 1 can (16 oz.) pumpkin
- 1½ cups brown sugar
- 4 eggs
- ¾ cup cooking oil
- 1½ cups all-purpose flour
- 1½ cups rolled oats
- 1 tbsp. ground cinnamon
- 2 tsp. baking powder
- 1 tsp. baking soda

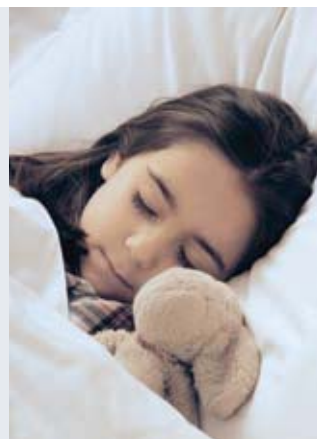
Margarine or butter to grease the pan

1. Preheat oven to 350 degrees.
2. In a medium bowl, stir together the pumpkin, brown sugar, eggs, and oil. Mix well.
3. In a large bowl, mix the flour, oats, cinnamon, baking powder, and baking soda.
4. Add the pumpkin mix to the flour mix. Stir well.
5. Grease a 9-by-13-inch baking pan with butter or margarine.
6. Pour the batter into the greased baking pan.
7. Bake for 30 minutes.

Serving Size: one bar
Yield: 24 servings
Calories: 180
Total fat: 8 g
Sodium: 110 mg
Carbohydrates: 25 g
Fiber: 2 g
Protein: 3 g

A GOOD NIGHT'S REST STAVES OFF WEIGHT GAIN IN CHILDREN

Nearly 800 mothers were asked about their children's sleep habits in third and sixth grade. Longer sleep time in third grade was linked with a lower risk of becoming overweight in sixth grade. For every additional hour of sleep in sixth grade, the risk of becoming overweight that same year was reduced by 20 percent. Experts say school-aged kids should get at least nine hours of sleep a night.



MEET ANTOINETTE ENG, M.D.

Please join Charles F. Fahd, II, CEO of Massena Memorial Hospital (MMH), and Erik St. Pierre, M.D., chief of staff, in welcoming Antoinette Eng, M.D. Dr. Eng joins the emergency medicine team of physicians: Erik St. Pierre, M.D.; Rose Heisse, M.D.; and Michael Casares, M.D.



Dr. Eng brings outstanding clinical skills to MMH's Emergency Medicine.

"We are so fortunate to have such a highly trained physician. Dr. Eng's pleasant demeanor and outstanding clinical skills will be appreciated by all patients who frequent our Emergency Department," says Dr. St. Pierre.

The New England native comes to Massena with extensive experience and training in emergency medicine. Dr. Eng completed a premedical program at Harvard University, then attended University of Rochester School of Medicine and Dentistry for a doctorate in medicine in 2005. After medical school, she completed her residency at Albany Medical College Emergency Medicine Program.

"I like working in emergency medicine because you see everything. Being a solo practitioner, it is very challenging and hands-on," explains Dr. Eng. "In the ER it is fast-paced, and I use many of the skills I learned in my training, such as reducing a complicated fracture."

"Dr. Eng joining our staff is once again confirmation of MMH's commitment to having the finest ER in the North Country," says Fahd. "We are open 24 hours a day, seven days a week, staffed with physicians, registered nurses, nursing attendants, and registration clerks to help the community."

A FLU SHOT REMINDER

The single best way to prevent the flu is to get a flu vaccination each fall. The flu shot is approved for use in people older than 6 months, including healthy people and people with chronic medical conditions. About two weeks after vaccination, antibodies develop that protect against flu virus infection.

When to Get Vaccinated

The Centers for Disease Control and Prevention (CDC) recommends October or November as the best time to get vaccinated, but getting vaccinated in December or even later still can be beneficial. Flu season can begin as early as October and last as late as May.

Who Should Be Vaccinated?

In general, according to the CDC, anyone who wants to reduce his or her chances

of getting the flu can be vaccinated. However, certain people should be vaccinated each year. They are either people who are at high risk of having serious flu complications or people who live with or care for those at high risk for serious complications.

If you are a member of one of the following groups, you should get a flu shot:

- People ages 50 and older
- Residents of long-term care facilities
- People with chronic diseases, including diabetes and asthma
- Women who are pregnant or will be pregnant during flu season
- People with weakened immune systems
- Children ages 6 months to 19 years
- Close contacts of children ages 0 to 59 months
- Healthcare workers who have contact with people in the above groups ■



COMMUNITY EDUCATION, EVENTS, AND SUPPORT GROUPS

For additional information on any hospital event, please call the Public Relations Office at 315-769-4262. All classes, events, and support groups are **FREE** unless otherwise noted.



Childbirth Preparation Classes

These classes are offered continually throughout the year on Wednesdays at 7 p.m. A mom-to-be should sign up by 20 weeks gestation. To register, please call 315-769-4349.

Breast-Feeding Support Group

Please join us. This group is for moms who are nursing infants or toddlers, and for pregnant women who are interested in learning more about breast-feeding. Meets the first Tuesday of the month, 10 to 11:30 a.m., in the Community Education Room, Lower Level. Facilitated by Snow Harper-Moulton, R.N., certified childbirth educator.

MMH Quit Tobacco Workshops

North Country Tobacco Cessation will offer these workshops on Tuesdays, November 4 and 18 and December 2, 16, and 30. Meets in the Lower Level Conference Room at 4 p.m. FREE nicotine replacement products—patches, gum, or lozenges—are available through the workshop.

Emotions Anonymous

Meets every Sunday at 11 a.m. in the Community Education Room. This meeting is open to all ages. Emotions Anonymous is a 12-step program that helps people learn to live at peace despite the difficulties of daily living. Don't suffer any longer—there is hope.

Fibromyalgia Support Group

Meets the second Tuesday of each month at 6:30 p.m. in the Lower Level Conference Room.

Celiac Support Group

Meets the first Tuesday of each month at 4 p.m. Learn more about a gluten-free lifestyle. Join us to share questions, concerns, and recipes that may work.

MS Support Group

Meets the fourth Tuesday of the month at 7 p.m. in the Community Education Room.

Narcotics Anonymous

Meets every Saturday at 7 p.m. in the Community Education Room.

Overeaters Anonymous

Meets every Thursday at 7 p.m. in the Community Education Room.

FREE Screenings! Skin Tumor/Lesion Detection Clinic

Sanjay Shah, M.D., FACS, offers screenings the second Wednesday of each month in the Levine Outpatient Center. For an appointment, call 315-769-4340.

Community Blood Drive

MMH Blood Drive on Wednesday, November 19, 11 a.m. to 4 p.m., in the Community Education Room.

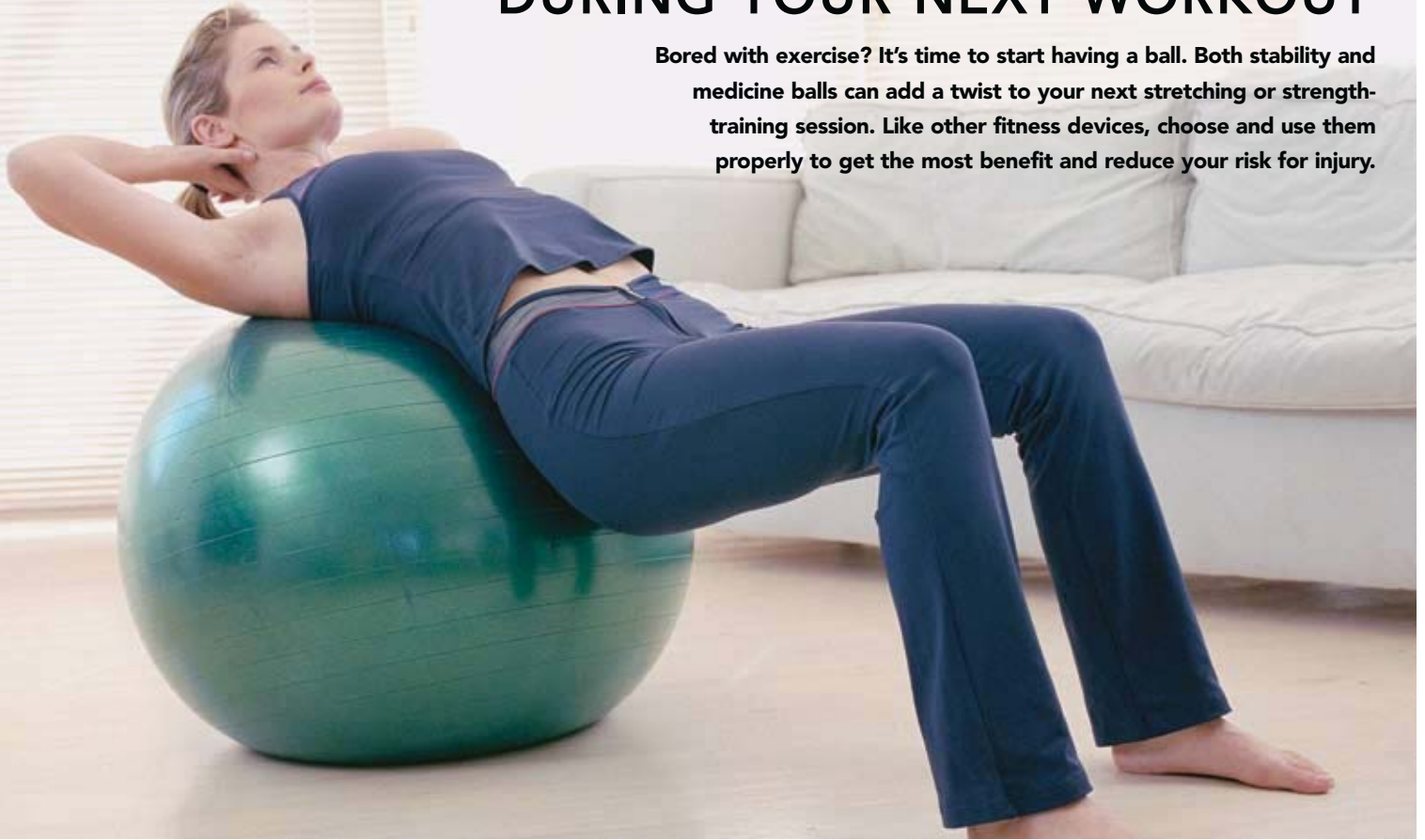


Book Fair

The auxiliary will host a two-day book fair on November 10, 10 a.m. to 6 p.m., and November 11, 7 a.m. to 3 p.m., in the Community Education Room. Everyone is welcome to attend.

GET THE BALL ROLLING DURING YOUR NEXT WORKOUT

Bored with exercise? It's time to start having a ball. Both stability and medicine balls can add a twist to your next stretching or strength-training session. Like other fitness devices, choose and use them properly to get the most benefit and reduce your risk for injury.



QUICK TIP

Want to boost your upper-body power? Try picking up a medicine ball. They are smaller, weighted balls. Be sure to choose a weight that will allow you to complete 12 to 15 repetitions. Here's a sample exercise to try:

■ **Pullover.** Lie on your back with your knees bent. Extend your arms over your head, firmly holding on to the ball (do not let the ball touch the floor). Pull the ball up and over to your chest or hips. Keep your lower back on the ground.

Also known as Swiss balls, inflatable stability balls challenge your muscles by providing an uneven base. They also use your core during strength training. So they're ideal for exercisers who have low back pain.

If you're healthy and pain-free, save Swiss balls for abdominal and back work. Studies show they don't provide benefit for upper-body or leg exercises.

Swiss balls come in various sizes. To choose the right one for you, sit on the ball with your feet on the floor and your knees bent. Your knees and hips should form 90-degree angles.

Start with these exercises:

- **Ball stretch.** Lie down over the ball to stretch muscles on the opposite side. For example, lying on your stomach extends your back, while lying on your back stretches abs.
- **Swiss-ball superhero.** Lie on your stomach

over the ball. Slowly raise one arm, then the other, over your head. Then, slowly raise each leg 2 to 4 inches off the floor. As you get stronger, try raising the opposite leg and arm at the same time.

■ **Back stabilization.** Lie on your stomach over the ball. "Walk" your hands forward until the ball is under your legs and then "walk" your hands backward to your original position. Next, "walk" your hands forward until the ball is under your legs again and then slowly raise each arm over your head, alternating between your right and left arm. When you're stronger, try to perform push-ups. "Roll" back to the starting position.

Some people use Swiss balls as office chairs, but there's no proof of claims they prevent pain or improve posture and balance. Sitting on a ball may actually cause pain by squashing muscles, tendons, and nerves. ■

MAMMOGRAMS KEY IN BREAST CANCER FIGHT

Breast cancer deaths are down, partly because the disease is found earlier—when it’s easier to treat—in women who have mammograms. But experts are concerned this success story may be leading women to the dangerous conclusion that breast X-rays aren’t important. As fewer women get mammograms, more deaths could result.

Women still have about a one in eight lifetime risk of developing breast cancer, according to the National Cancer Institute. Plus, as women age, the odds of developing the disease rise dramatically.

That’s why health experts recommend women get a mammogram every one to two years beginning at age 40. Those at higher risk for breast cancer because of personal or family health history of the disease should ask their doctor about when to start and how often to get tested.

“When you get an exam done annu-

ally, we are better able to detect problems and often it allows for more treatment options, which is the best strategy for successful treatment,” says Paula Marshall, MMH mammography radiologic technologist.

Use these tips for a successful mammogram:

- Get any special instructions from the screening facility before you go.
- Make the appointment for a week after your period when breasts are less tender.
- Tell screening staff if you have breast implants, you are pregnant or might be, or if you’re breast-feeding.
- Dress in a shirt with shorts, pants, or a skirt so that you only need to remove upper clothing.
- Don’t wear deodorant, perfume, lotion, or powder under your arms or on your breasts the day of your mammogram. They can make shadows on the X-ray, making it harder to read. ■



Women’s Imaging Center offers state-of-the-art digital stereotactic mammography five days a week, from 7 a.m. to 4 p.m. Pictured to the left are Mammography Radiologic Technologists Paula Marshall, Mary Baines, and Jen DeSilva.

YOU MIGHT BE DRINKING YOUR CALORIES

During the past few decades, the amount of calories consumed has increased in the United States. Have calories from drinks added to this upswing? Researchers looked at four national surveys of food and drink intake from a span of 37 years. They found that by 2002, caloric intake from drinks had increased from an average of 236 calories per day to 458 calories each day. Soda, alcohol, and fruit drinks were the main sources of the extra calories. Study authors note that excess calories from drinks may be adding to rising obesity rates.

AEROBIC EXERCISE BEST FOR HEADING OFF HEART FAILURE

Exercise training is recommended for patients with mild to moderate heart failure symptoms. But what type of exercise is best? To find out, researchers reviewed 14 randomized, controlled trials on the effects of exercise in stable patients with heart failure. Most of the people in the studies were middle-aged men. Overall, aerobic training saw improved heart function similar to that seen with certain medicines. But trials testing the benefits of strength training were not conclusive.



IS YOUR PET MAKING YOU SICK?

There are many benefits of owning a pet, including positive effects on mental health. But did you know that many infections can pass from pets to people? One study found that about 4 million pet-related infections occur every year. Common infections include toxoplasmosis and ringworm. Follow these tips to prevent getting an infection from your pet:

- Avoid contact with pet feces.
- Make sure your pets are diagnosed and treated when they’re sick.
- If you are pregnant, have someone else change the cat litter box.



during a procedure,” says Paul Auger, R.N., certified registered nurse anesthetist. Patients continually receive a tailored dose of anesthesia throughout surgery.

A Better Patient Experience

“Many patients are concerned that they may not get the optimal dose of anesthesia. No patient wants to receive too little anesthesia and wake up during surgery or, on the other hand, get more anesthetic than they need,” explains Dane Brenno, R.N., certified registered nurse anesthetist. “With the BIS monitor, we can effectively decrease the chances of underdosing or overdosing by monitoring each patient’s level of consciousness throughout surgery.”

The BIS monitor benefits patients by:

- Reducing the average amount of anesthetic drug administered. Customizing the quantity of drug to meet each patient’s needs enables patients to wake up faster. They also recover with less grogginess, nausea, and vomiting. Because patients feel comfortable sooner, they are often discharged sooner and can continue recovery in the comfort of their own home.
- Reducing the risk for patient awareness with recall during surgery. If patients receive too little anesthetic, they may be awake during surgery, aware of what is happening, and retain memory of this experience afterward. BIS monitoring has been shown to reduce the risk for awareness with recall. ■

The MMH Foundation raised more than \$34,000 in this year’s telethon to purchase the state-of-the-art BIS monitors. If you’d like to help MMH as we strive to bring the best in technology to our community, consider a donation. Call 315-769-4602 or visit www.massnahospital.org.

Individual anesthetic needs can vary widely based on such factors as age, weight, and medical history. A new technology at Massena Memorial Hospital (MMH) allows anesthesiologists to continually watch and adjust anesthesia levels throughout surgery—meaning patients get the safest, most accurate dose.

State-of-the-Art Sedation

MMH installed a BIS™ (pronounced “biz”) monitor in each operating room. A noninvasive sensor is placed on the patient’s forehead to record brain waves. The brain waves are computed into a number, ranging from zero to 100, that correlates to the patient’s level of consciousness. At 100 the patient is wide awake and at less than 60 the patient is likely unconscious, according to clinical studies.

With the monitor, anesthesiologists can make fine-tuned adjustments to the types and quantities of anesthetic drugs administered. “This is another tool we use to help customize each patient’s anesthetic

FOCUS ON HEALTH

Charles F. Fahd, II
Chief Executive Officer

Tina Corcoran
Senior Director of Public Relations, Planning, and Physician Recruiting

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