

Health Connection

FROM YOUR FRIENDS AT PAYSON REGIONAL MEDICAL CENTER

**The right care ...
right here**

**Mark your
calendars!**

Community events
at Payson Regional

**Good day,
sunshine!**

Greet the day
with an SPF

**10 play-safe tips
for your kids**



**Payson Regional
Medical Center**

Good day, sunshine!

Greet the day with an SPF

You don't have to be a sun worshipper to take sun protection seriously—even limited exposure can cause damage. Skin cancer is the most common kind of cancer in the United States, affecting nearly half of all Americans who live to age 65. Although most cancers don't appear until after age 50, skin cancer results from years of accumulated sun damage. However, you can avoid sun damage and enjoy your favorite outdoor activities by taking sensible precautions and using a sunscreen that protects your skin from damaging ultraviolet rays.

THE ABCS OF SPFS

Sunscreen products are rated according to their sun protection factor (SPF)—the length of time a product will protect you from sunburn caused by ultraviolet B (UVB) rays. But sunscreens don't provide complete protection. You still need to be cautious about timing and limiting your sun exposure.

Your best bet when shopping for a sunscreen is to choose a product with an SPF of at least 15, according to the American Cancer Society. Check the label to make sure it provides “broad-spectrum” protection, which protects against UVB rays and ultraviolet A (UVA) rays. UVB rays cause sunburns that can lead to superficial skin cancers known as basal cell carcinomas and squamous cell carcinomas. They can also lead to the more deadly skin cancer, melanoma. UVA rays penetrate even more deeply into the skin, damaging connective tissue.

SAVE-YOUR-SKIN TIPS

If you'll be outside, slather on sunscreen and find a shady spot, but keep in mind that sunlight reflects off surfaces such as water, sand and pavement. Avoid the sun between 10 a.m. and 4 p.m., when rays are strongest. To block sunlight,



wear sunglasses, a broad-brimmed hat and clothing made from tightly woven fabric, preferably long-sleeved shirts and pants. For your sunscreen to be most effective:

- Apply about 30 minutes before going outdoors.
- Use liberally. Apply 1 ounce of sunscreen to cover all exposed areas of your body, including your neck, ears and scalp.
- Reapply every 90 minutes—more often if you sweat heavily or go swimming.
- Use even on cloudy days—UV rays can still reach you.

Harmful UV rays can pass through car windows, too, so apply sunscreen to exposed skin if you'll be driving during peak sun hours.

Make applying sunscreen a habit—like brushing your teeth—but don't rely on sunscreen for full protection against skin cancer. Be sure to examine your skin each month for unusual changes and see your dermatologist if you spot any irregularities.

“When outside, apply sunscreen liberally every 90 minutes.”



Bouncing back from joint pain

With all the wear and tear we place on our joints, it's no wonder that almost 639,000 people underwent hip or knee replacement surgery in 2003, according to the Centers for Disease Control and Prevention. Knees and hips, in particular, are prone to problems—largely because they play a part in almost everything we do—but shoulder, finger, ankle and elbow joints can need replacement as well.

WHY ARE JOINT REPLACEMENTS NEEDED?

Joint replacement surgery, also known as arthroplasty, becomes necessary when conditions such as arthritis destroy the cartilage that cushions and separates bones. Over time, the friction of bone against bone wears away the joint, causing it to become stiff and painful.

Additionally, sports-related injuries and falls can create the need for surgery. Generally, arthroplasty becomes an option when joint pain disrupts your daily routine.

GETTING NEW PARTS

Surgeons can create a new joint, relieving your pain and providing greater freedom of movement. During the procedure, destroyed bone and tissue are removed and replaced with prosthetics, or artificial parts. The parts are made from durable metal, plastic or ceramic and can last up to 20 years.

Newer minimally invasive techniques are being performed more often, using smaller incisions—just 3 to 5 inches, compared with 6 to 12 inches in standard procedures—and reducing recovery time. Your hospital stay may be reduced to one or two days from four or three, and some patients go home the same day as surgery. However, minimally invasive surgery is not for everyone; patients who are overweight, elderly or frail or who have bone abnormalities do not make good candidates.

With hip or knee replacement surgery, expect to use a walker, crutches or a cane initially after the procedure. As you recuperate, a physical therapist will help you perform exercises to strengthen the joint, guiding your movements so you don't accidentally dislocate the replacement. Barring the unforeseen, you should be walking unassisted two to six weeks later. And though grueling workouts like 10-mile runs may still be too tough for artificial hips or knees, make plans to resume long-lost activities like dancing or strolling on the beach within six months.



Do you need joint replacement surgery?

Your overall health and age and the condition of your joints will help you and your healthcare provider decide whether you're suitable for joint replacement. If you can answer yes to any of the following questions, you may want to consider surgery.

- Are you still in pain even after losing excess weight?
- Does your pain keep you awake nights?
- Does your pain interfere with your ability to earn a living?
- Has your quality of life suffered because of your pain—your ability to travel, perform household chores or visit with friends or family?
- Have you exhausted all other options, including anti-inflammatory drugs to relieve joint pain, walking with a cane, power-walking or swimming instead of jogging?

Community events 2006

PAYSON REGIONAL MEDICAL CENTER



Prenatal Classes

Includes labor, delivery and newborn care. Scholarships available upon request. Wear com-

fortable clothes and bring your coach. Nutritious snacks are provided.

When: Three-week series: Wednesdays, June 7, 14 and 21, 6:30–8:30 p.m.; or Saturdays, July 8, September 16 and November 11, 9 a.m.–1 p.m.

Call: (928) 472-1226 for information about classes, tours and pre-registration

Cost: \$30

Line Dancing

Line dancing burns calories, increases metabolism, stimulates endorphins and relieves depression and anxiety. Meet Phyllis for beginner/intermediate classes.

When: Fridays, 11 a.m.–noon

Cost: \$1 per class

Call: (928) 472-9290 or Phyllis at (928) 474-0507

Easy Exercise

For individuals with chronic fatigue, fibromyalgia, arthritis or anyone wanting to start an easy exercise program. Bring a mat, two pieces of 12-by-12-inch foam padding, a small pillow and two 2- to 3-pound hand weights. Dress comfortably.

Call: Kathy at (928) 472-9290

Knitting Club

Knitting relieves stress and lowers blood pressure in adults, experts say.

When: Tuesdays, 9 a.m.–12:30 p.m.

Beginners to advanced knitters are welcome.

Call: (928) 472-9290 to register

Diabetic Support and Education Group

This series of classes, presented by Payson Regional Health Outreach, offers information from community health providers.

Call: (928) 472-9290

Fibromyalgia Support Group

Participants and their families discuss ways to manage fibromyalgia.

When: Second and fourth Friday of each month, 10:30 a.m.–noon

Call: (928) 472-9290 to register

Cancer Support and Education

Cancer patients receive a cancer workbook and learn about issues cancer patients and their families face.

Where: Resource Center at 215 N. Beeline Highway

When: Monday to Thursday, 9 a.m.–4 p.m.

Call: Kathy at (928) 472-9290

Restless Legs Group

Restless legs syndrome is an overwhelming urge to move the legs, usually caused by uncomfortable or unpleasant sensations.

When: Third Saturday every other month

Call: Beverly Davis at (928) 468-6626

Healthy Woman

For women ages 25 to 54, this program discusses various health issues through

free classes and seminars. If you're not a Healthy Woman member, call to register.

Call: (928) 472-9290

Senior Adult Health Screenings

Where: Payson Regional Health Outreach Facility

When: Call for days, 7–10 a.m.

Call: If you haven't attended a Senior Circle health fair in the last six months, call (928) 472-9290 to register.



First Aid and Heartsaver CPR Class

Heartsaver CPR course is a modular course that teaches lay rescuers how to recognize and treat life-threatening emergencies. Students also learn to recognize warning signs of breathing difficulties in children and heart attack and stroke in adults.

When: Last Saturday of the month, 8 a.m.–4 p.m.

Call: Lynn Sommars, PRMC director of risk/education management, (928) 472-1256

Cost: \$50 (includes all materials)



Dear community,

In 2005, Payson Regional Medical Center (PRMC) had the privilege of caring for over 62,000 patients from the local area and surrounding communities. We pride ourselves in delivering quality care and continue to focus on delivering customer satisfaction to every person we serve. With our efforts, patient satisfaction scores continue to be well above local and national benchmarks. I couldn't be more proud of our staff. They continue to place patient care first, and their commitment to quality customer service is inspiring to many.

Technological advancements are a must to ensure optimal patient care. In 2005, we added nearly \$2 million of new technology, which assisted us in enhancing diagnostic capabilities. Such technology included a 40-slice computed tomography (CT) scanner, telemetry monitors, documentation systems for the emergency room and many other improvements.

With these technologies and many hours of staff education and training, PRMC is becoming the patient choice in Rim country for healthcare. We're very thankful for your support, and we trust we're meeting your needs.

Regards,

R. CHRIS WOLF
Chief Executive Officer
Payson Regional Medical Center



R. Chris Wolf, CEO

NEW FACES AT PAYSON

The experienced, dedicated team at Payson Regional Medical Center (PRMC) can help your family stay healthy. We'd like to introduce you to four of them.



OLIVIA MORRIS, D.O.
Rim Country Sports Medicine and Orthopedic Surgery
126 E. Main St., Suite A, Payson
(928) 472-2900

As many as 100,000 athletic injuries occur every year. That's why we're pleased with the latest addition to Payson, Dr. Morris, who specializes in sports medicine and advanced surgical and rehabilitation techniques. Sports medicine will play into your sporting experience. After all, the more you know, the better and safer you'll play. Hours: Monday to Thursday, 8:30 a.m. to 5 p.m.; Friday, 8:30 a.m. to noon.



MATTHEW HARRIS, M.D.
Eagle Springs Family Medicine
903 E. Highway 260, Suite 4, Payson
(928) 468-7700

One of the biggest parts of being a family physician is keeping families healthy and becoming a part of them as well. That's why we're pleased to welcome Dr. Harris to the medical staff at PRMC. With his training and experience, Dr. Harris is a welcome addition to our community. Dr. Harris is now accepting new patients.



AMALIA PINERES, M.D.
1106 N. Beeline Highway, Payson
(928) 474-8901

From the youngest child to the oldest adult, you have quality family care with Dr. Pineres. She's a new associate with Mark Ivey, M.D., and a speaker for PRMC's Healthy Woman Program.



JERRY BOSSERT, P.A.
Payson Healthcare
127 E. Main St., Suite B, Payson
(928) 472-4675

Even the best health-maintenance and preventive programs can't anticipate or avert every workplace hazard. Prompt, appropriate treatment improves functional outcomes and reduces lost work time. Based on the needs of the injury, Dr. Bossert provides:

- same-day medical services
- prompt scheduling
- timely test results and reports
- coordinated specialty and rehab referrals
- suturing, casting and basic orthopedic care

Medical evaluations are required for certain employees in safety-sensitive positions or in potentially hazardous jobs. Medical evaluations can identify health risks and help determine if employees are physically prepared to meet the demands of their jobs. Hours: Monday, Tuesday, Wednesday and Friday, 8:30 a.m. to 4 p.m.; Thursday, 8:30 to 11:30 a.m.

HEALTHWISE QUIZ

How much do you know about ADHD?

Take this quiz to find out how much you know about attention deficit hyperactivity disorder (ADHD).

- 1 Which of the following is *not* a symptom of attention deficit hyperactivity disorder?
 - a. hyperactivity
 - b. obsession
 - c. impulsivity
 - d. inattention
- 2 ADHD is thought to be caused by:
 - a. poor parenting
 - b. a genetic disorder
 - c. rheumatic fever
 - d. all of the above
- 3 Other disorders may accompany ADHD in as many as one in three cases. These include:
 - a. Tourette's syndrome
 - b. learning disabilities
 - c. bipolar disorder
 - d. all of the above
- 4 Most children who have ADHD begin to show signs and symptoms of the disorder between ages:
 - a. 1 and 2 years
 - b. 4 and 6 years
 - c. 9 and 12 years
 - d. 13 and 15 years
- 5 Adults can also suffer from ADHD. To be diagnosed with the disorder, a person must:
 - a. have shown symptoms of ADHD in childhood
 - b. have suffered from a serious illness as a child
 - c. have trouble holding down a job
 - d. be a reckless driver

ANSWERS: 1. B; 2. B; 3. D; 4. B; 5. A



STROKE SMARTS

How to spot a stroke

A stroke is similar to a lightning strike—it can happen suddenly and without warning. However, there are sometimes warning signs that lightning is imminent, such as storm clouds, rain and thunder.

Warning signs can signal a stroke, too. If you spot them and act quickly, you may prevent severe disability or death. If you or someone around you show any of these symptoms, seek emergency medical treatment immediately:

- sudden numbness or weakness in the face, arm or leg, especially on one side of the body
- sudden confusion, trouble speaking or understanding
- sudden trouble seeing in one or both eyes
- sudden trouble walking, dizziness, loss of balance or coordination
- sudden, severe headache with no known cause

These signs point to a stroke in progress. Blood and oxygen are not getting to a part of the brain as a result of a burst blood vessel or a blood clot, and that portion of the brain begins to die. Speedy medical care may minimize brain damage.

RISK FACTORS

Lifestyle factors and other health conditions that weaken blood vessels or contribute to blood clots increase your risk for stroke. You can control or treat some of them, such as high blood pressure, smoking, diabetes, carotid or other artery disease, abnormal heart rhythm, transient ischemic attacks (mini-strokes), certain blood disorders, sickle cell disease, high blood cholesterol, high triglycerides, physical inactivity, obesity and substance abuse.

Factors you can't change include increasing age, gender (more men suffer strokes), family history, race (African-Americans face greater risk) and having had a prior stroke or heart attack. Talk to your doctor about ways to reduce your risk for stroke and be prepared to act quickly if warning signs appear.

Outward bound

10 play-safe tips for your kids

What's one of the best things to say to your child? Go outside and play! Close supervision, proper protective gear and these simple precautions will help your kids safely enjoy the great outdoors:

- 1 Apply a sunscreen with an SPF of at least 15 every day—even on cloudy days—and reapply every 90 minutes, especially after swimming or sweating.
- 2 Outfit kids with brimmed hats and don't forget the sunglasses.
- 3 Keep babies under age 6 months out of direct sunlight and in the shade.
- 4 Avoid using swimming aids such as "floaties." They don't substitute for a life vest and can give kids a false sense of security.
- 5 When kids are swimming, keep a portable phone and rescue equipment like a shepherd's hook and life preserver nearby.
- 6 Supervise kids at all times near water and stay within arm's length of babies and toddlers. If you have to step



away even for a moment, get everyone out of the pool area and take little ones with you.

- 7 Insist kids wear proper protective equipment, especially a helmet, wrist guards and knee and elbow pads when bicycle riding, skateboarding and in-line skating.
- 8 Teach kids to bike skillfully. Enroll your children in a class to practice basic skills, such as balance and braking, on a smooth surface away from traffic.
- 9 Visit playgrounds that have soft surfaces like wood mulch or chips, shredded rubber tires or sand to lessen the impact of falls. Avoid play equipment on asphalt, concrete, packed dirt and grass.
- 10 Don't let kids wear helmets, necklaces, backpacks, scarves or clothing with drawstrings while on playgrounds.



Fire up the grill!

But read these food-safety tips first

For many people, summertime fare means fresh, fast, no-fuss meals cooked outdoors. However, warm temperatures can set the stage for a nasty bout of food poisoning. Take these

precautions to make sure your meals are safe:

- **Defrost thoroughly.** Place frozen foods in the refrigerator for safe thawing. If meats are out too long, bacteria can produce illness-causing toxins that remain active even during cooking.
- **Marinate right.** Keep foods refrigerated while marinating.
- **Transport safely.** When traveling, use an insulated cooler with enough ice or cold packs to maintain a temperature of at least 40° F. Wait until you're ready to leave to

pack refrigerated foods in the cooler. Then place it in the coolest part of the car—not the trunk. When you arrive at your destination, move the cooler into the shade, avoid opening it frequently and replenish ice as needed.

- **Bring extra plates and tools.** Use one

platter and spatula, tongs and sauce brush for raw foods and a different platter and utensils for cooked foods.

Don't use a fork to turn meats since puncturing can introduce surface bacteria into the meat.

- **Keep clean.** Bring paper towels and disposable wipes or a sanitizing gel for convenient hand washing and surface cleanup.

- **Prepare the grill.** Light the coals and allow the cooking surface to heat up to kill microorganisms before putting on the food.

Is it done?

Use an instant-read meat thermometer to test meat's doneness. Grill precooked meats such as hot dogs to 165° F until steaming hot. Refer to the chart at right to determine when cooked meat is safe to eat.

Meat product	Safe temperature
poultry	180° F
pork	160° F
beef, ground	160° F
beef, steaks or roasts	145° F
veal	145° F
lamb	145° F



Payson Regional Medical Center

807 S Ponderosa

(928) 474-3222



- Cardiac Services
- Critical care
- Emergency Services
- Home Health
- Physical Therapy Center
- Radiology & Imaging

The Right Care... Right Here

BIRTHING CENTER	472-1226
CENTRALIZED SCHEDULING	474-7762
DIAGNOSTIC IMAGING/RADIOLOGY	472-1357
HOME HEALTH AGENCY	472-5245
IMAGING CENTER 127 E Main St.	472-3450
LABORATORY	472-1336
REHABILITATION/PHYSICAL THERAPY	472-5230
SENIOR CIRCLE	472-9290

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