

VITALITY



5 at 50
*Make your
golden years
happy and
healthy*

We're having a Baby Fair!
A crib sheet to the next 9 months



Spring cleaning
*SPIFF UP YOUR HOME FOR
HEALTH AND SAFETY*

cmh

SPRING 2017

We'd love to hear from you ON FACEBOOK



WE'RE ALSO ON



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Mission

Caring for every generation through exceptional services by leading physicians and a compassionate health care team.

Vision

Be the first choice for customer-focused health care to every generation.

Core Values

I am...positive, respectful, innovative, dedicated, empowered. Together, we are CMH PRIDE.

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FEATURES

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UPDATES

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16 New providers to care for you Get to know the new faces at Citizens Memorial Hospital and clinics.

Spring into good health

You don't have to wait until Jan. 1 to make healthier choices in life. In fact, most people who have good intentions to exercise and eat healthier fall off the wagon by February. The best time to start a healthier lifestyle is—today!

This issue of Vitality has lots of ideas to help you and your family stay healthy in 2017. From workplace safety on page 5, to eating colorful fruits and vegetables on pages 8 and 9, we have just what you need to start on the path to good health.

Citizens Memorial Hospital (CMH) has some exciting news to share. Read about the opening of our newest clinic—El Dorado Springs Medical Center & Walk-In Clinic—on page 3. Open daily from 8 a.m. to 8 p.m., this clinic is located next door to Community Springs Healthcare Facility, one of our long-term care facilities.

Are you expecting a baby this year? Check out "Getting Ready for Baby" on pages 6 and 7 for helpful healthy pregnancy tips for moms-to-be. Also, be sure to attend our CMH Baby Fair on Saturday, March 4. You can personally connect with physicians and nursing staff from CMH, tour The Birth Place, talk to vendors and enjoy refreshments.

Are you experiencing tingling or numbness in your hand? You might have carpal tunnel syndrome. Go to page 14 to learn more about this common condition. Our orthopaedic surgeons at Parkview Orthopaedic Clinic in Bolivar can treat this condition so you can get back to your life.

There are so many great articles in this issue of Vitality. I hope there is something in this edition that can encourage you on your road to good health and happiness.

Handwritten signature of Donald J. Babb

Donald J. Babb CEO/Executive Director



Donald J. Babb, CEO/Executive Director



What's cooking?

Citizens Memorial Hospital (CMH) offers free Healthy Balance cooking classes from 5 to 6 p.m. on the second Monday* of each month. The classes are held in the CMH Community Rooms, 1500 N. Oakland, Bolivar.

Taught by CMH Registered Dietitian Adam Pruet, the classes focus on healthier eating habits. Participants receive nutrition information and tips, samples of food prepared, recipe packets with nutrition analysis, and a chance to win door prizes.

Although the event is free, registration is required. Classes are limited to 50 participants. For more information, please go to bit.ly/2hYvtnW.

*April's class is the third Monday, on April 17.

El Dorado Springs Medical Center
Monday through Friday,
8 a.m. to 5 p.m.
WALK-IN CLINIC
Daily, 8 a.m.
to 8 p.m.

New clinic in El Dorado Springs

In January, Citizens Memorial Hospital (CMH) celebrated the opening of El Dorado Springs Medical Center & Walk-In Clinic—located next to Community Springs Healthcare Center, 322 E. Hospital Road, El Dorado Springs.

The clinic provides:

- Family medicine
- Women's health
- Lab, imaging and telehealth services
- Behavioral and walk-in care

It is staffed by board certified family medicine physicians Robert Ford Jr., M.D. (also at CMH Osceola Medical Center); Bethany Dhondt, D.O. (also at CMH Humansville Family Medical Center); and family nurse practitioners Kelly McLemore, FNP-C; Jenifer Webb, FNP-C; and Stephanie Miller, FNP-C. Donna Griffin, MSW, LCSW, is providing behavioral health counseling.

For more information or to make an appointment, call CMH's El Dorado Springs Medical Center & Walk-In Clinic at **417-876-2118**.

CMH celebrates the grand opening of its newest clinic.



HEROES FOR HOSPICE
2017 5K-10K

MAY 6

Register today!
<http://conta.cc/2ildP54>

MEDICAL EXCELLENCE GOLF CLASSIC
SILO RIDGE COUNTRY CLUB

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(Spanish) ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **417-326-6000**.

(Chinese) 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 **417-326-6000**。



CMH Interventional Cardiologist John F. Best, M.D., FACP, FACC, FSCAI, and Donald J. Babb, CEO/Executive Director of CMH, accept the Mission: Lifeline's Silver Plus award for STEMI from the American Heart Association.

CMH honored for heart care

Citizens Memorial Hospital (CMH) is listed among the "Best Hospitals" for STEMI quality care in January's *U.S. News & World Report*. CMH was awarded Mission: Lifeline's Silver Plus award for heart attack (ST-segment elevation myocardial infarction, or STEMI) care by the American Heart Association.

CMH is a regional leader in STEMI care and the only hospital in our service area to achieve this year's Mission: Lifeline quality award for STEMI care excellence. Of the 35 hospitals in Missouri recognized for their excellence in care quality in 2016, only six other hospitals achieved Mission: Lifeline recognition for STEMI care quality similar to CMH.



Jean Morrow, left, accepts the Extraordinary Program Award on behalf of the Tremain Family Hospitality House.

Tremain Family Hospitality House wins national award

Citizens Memorial Hospital (CMH) was awarded the 2016 Extraordinary Program Award by the Association for Healthcare Volunteer Resource Professionals (AHVRP). Jean Morrow, Project Liaison and Director of Volunteers at CMH, accepted the award on behalf of the CMH Tremain Family Hospitality House at the AHVRP fall conference in Atlanta.

Since opening in June 2013, the Hospitality House has become a haven for patients and family members who need a safe, restful place to stay during times of treatment or hospitalization. CMH Auxiliary members and volunteers raised more than \$560,000 to help build and equip the house and keep it staffed 24/7.

AHVRP gives the award yearly to a program that is unique and original—beyond regular or established programs—and that demonstrates substantial benefit to the recipients and the health care organization.

To learn more about the Tremain Family Hospitality House at CMH, go to bit.ly/2jjKj99.



Stay safe and healthy at work

You go to work to bring home a paycheck—not the flu, carpal tunnel syndrome or some other health problem.

So how do you stay safe and healthy on the job? Here are five key safeguards.

1 Protect yourself from disease-causing germs. Get a flu vaccine every year—as soon as you're able. It's the best way to avoid getting a nasty case of the flu from a co-worker and missing work—or worse, getting sick enough to be hospitalized.

Also:

- » Wash your hands often with soap and water. And avoid touching your eyes, nose and mouth. Germs spread this way.
- » Do your co-workers a favor and stay at home if you're sick with a flu-like illness.

2 Avoid a sore back by lifting properly. Picking up something heavy? Get close to the object, bend at both knees and lift with your leg muscles. Don't bend at your waist.

3 Sit smart at your desk. Keep your back in a normal, slightly arched position, with your head and shoulders erect. Make sure your chair supports your lower back. Try to stand and stretch every couple hours.

4 Prevent computer-related eyestrain. If you spend a lot of time in front of the computer or focusing on any one thing close up, follow the 20-20-20 rule. Every 20 minutes, focus on a point about 20 feet away for about 20 seconds.

5 Guard against carpal tunnel syndrome. You're at risk for this painful disorder of the wrists and hands if you do the same hand movements over and over throughout the day. To help prevent it, take regular breaks from repeated hand movements.

And if possible, switch hands during work tasks.

If you use a keyboard, adjust the height of your chair so that your forearms are level with the keyboard and you don't have to flex your wrists to type.

Sources: American Academy of Family Physicians; American Academy of Orthopaedic Surgeons; American Optometric Association; Centers for Disease Control and Prevention

Spring cleaning ✨

Spiff up for safety

Let the season inspire a tidier and safer home with these quick tips.



Shine on. Mix ¼ cup of white vinegar with a quart of warm water for a homemade, less toxic window cleaner.



Take on tripping hazards. Clear clutter from floors and stairways. Remove or secure throw rugs.



Go on poison patrol. Keep medicines and household chemicals in their original bottles or containers. Store them out of the reach of children.



Put away every little thing. If kids live in or visit your home, scan rooms for small items that might be choking hazards.



Sound the alarm. Install smoke alarms on every level, outside sleeping areas and in bedrooms. Bonus tip: Set a smartphone reminder to test them monthly!



Clean sponges DAILY. To help wipe out germs, toss sponges in the dishwasher with a drying cycle—or microwave a damp sponge for one minute. Consider using paper towels to clean countertops. They're less likely to spread germs.

GO GREEN! Reduce, reuse, recycle. Learn more about how and where to dispose of or donate items at epa.gov/recycle.

Sources: Academy of Nutrition and Dietetics; American Academy of Pediatrics; Centers for Disease Control and Prevention; U.S. Consumer Product Safety Commission; U.S. Department of Agriculture



Get ready for baby

You've just found out you're pregnant, and soon this wonderful news will be obvious—you'll have a baby bump!

And like every mom-to-be, you want a healthy pregnancy. What follows is expert advice on the best way to care for yourself and the baby you can't wait to meet.

FIRST THINGS FIRST

Of all the things you can do to help keep you and your baby healthy, perhaps the most important is to get early and regular prenatal care.

These pregnancy checkups are when your doctor will:

- » Keep a close watch on you and your baby so that any possible health problem—such as a rise in your blood pressure or a slowing of your baby's growth—is spotted early, when it's easiest to treat.
- » Answer all your questions about pregnancy and childbirth.
- » Advise you on what to do—and not to do—to give your baby a healthy start in life.

So if you haven't arranged for your first checkup yet, don't wait any longer. And show up for every checkup your doctor suggests, even if you feel fine.

Attend the CMH Baby Fair on Saturday, March 4, from 9 a.m. to noon at the CMH Community Rooms. Call **417-328-6318** for more information.



6 STEPS FOR TWO

Your lifestyle—and everyday choices—can have a major effect on your health and the health of your growing baby. To take good care of both of you, follow these six pregnancy must-do's:

1 Make smart food choices. That means you should:

- » Eat a variety of healthy foods so your baby is well-nourished. Choose fruits, vegetables, whole grains, calcium-rich foods and foods low in saturated fat.
- » Drink plenty of fluids, especially water.
- » Stay away from fish that is high in mercury, such as swordfish, tilefish, king mackerel and shark. Mercury has been tied to birth defects.
- » Also avoid raw fish, undercooked meat, deli meat and unpasteurized cheeses, such as certain types of feta, blue cheese and Mexican-style soft cheeses. Check the label to make sure the cheese is pasteurized.

2 Get enough folic acid. Take a multivitamin or prenatal vitamin with 400 micrograms of folic acid every day. This B vitamin helps protect against major birth defects in a baby's brain and spine.

Sources: American College of Obstetricians and Gynecologists; Office on Women's Health

3 Aim for a slow, steady weight gain. Generally, you should gain about 2 to 4 pounds total for the first trimester and 3 to 4 pounds per month for the second and third trimesters. But ask your doctor what's best for you and your baby.

4 Stay fit. Unless your doctor tells you otherwise, get at least 2½ hours of moderate-intensity aerobic activity every week. It's best to spread out your workouts. Avoid any exercise in which you might get hit in the abdomen, such as basketball or soccer.

5 Don't smoke, drink alcohol or use recreational drugs. You put your baby at risk for things like fetal alcohol spectrum disorders and sudden infant death syndrome. If you need help quitting, ask your doctor for help. Stay away from secondhand smoke too. It's also harmful for developing babies.

6 Always speak to your doctor before you start or stop a medicine. Many medications, including over-the-counter ones, can cause problems during pregnancy. But not taking a medicine you need can also be risky for you and your baby. Your doctor can advise what's right for you on this topic and all other pregnancy-related concerns.

Make room for Daddy

A guy's guide to the next 9 months

Sure, she's the one sporting that baby bump. But as a father-to-be, you play a key role in supporting your partner and helping ensure a healthy pregnancy.

Here are some of the ways experts say you can be more involved:

Go to her prenatal care visits. At one of the earlier appointments, you may hear your little one's heartbeat. Later, you can even see the baby—and perhaps learn whether you're having a girl or a boy.

Enroll in childbirth

classes at CMH.

It's a great way to learn what will happen during labor and delivery and how you can help your partner when the time comes.

Don't light up. If you smoke, you may never have a better reason to quit. Secondhand smoke can harm your baby even before he or she is born. In the meantime, be sure not to smoke around your partner.

Help her have a healthy pregnancy. There are a



lot of other ways you can help your partner and the baby stay healthy. For example:

- » Eat a healthy diet together. Also avoid alcohol and illegal and recreational drugs so that it's easier for her

to do the same.

- » Help her steer clear of things that may be especially harmful to her now, such as harsh chemicals. If you have a cat, you should empty the litter box.

Help prepare for the new arrival. Put your handyman skills on display by installing an appropriate infant safety seat in your vehicle well before your precious cargo's first ride home.

Sources: American College of Obstetricians and Gynecologists; March of Dimes; U.S. Department of Health and Human Services



MAKE COLOR THE connection

How dull would our world be if fruits and vegetables were all the same color?

No baskets of blush-toned peaches or bright orange carrots topped with greens. No red, green or yellow peppers to choose from. No deliciously colorful signs pointing the way to the farmers market.

Color is part of produce's appeal. After all, if apples were gray, would you be tempted to take a bite?

But the colors of fruits and vegetables serve another purpose. Their hue gives you a hint about the nutrients inside.

Plant foods contain phytochemicals, naturally occurring chemicals that appear to offer substantial health benefits. Research suggests phytochemicals might:

- » Boost our immune system.
- » Reduce harmful inflammation.
- » Inhibit cancer growth.

Different phytochemicals give plant foods different colors. So the more colors you eat, the more nutrients you get.

Check out these healthy color connections.

Want dinner ideas?

Check out our free Healthy Balance cooking classes taught by a registered dietitian. See page 3.

The reason for red

Why are tomatoes and strawberries red? Because they contain a carotenoid called lycopene, a powerful antioxidant that has been linked to a reduced risk for cancer, particularly prostate cancer. Lycopene might also offer protection against heart attacks.

Other red fruits and veggies to reach for include:

- » Watermelon.
- » Pink grapefruit.
- » Red peppers.
- » Raspberries.

Behind the blues and the purples

Blueberries. Grapes. Plums. These all contain resveratrol, which is part of a group of phytochemicals called polyphenols. Polyphenols have powerful anti-inflammatory and antioxidant properties. Resveratrol may be one of the phytochemicals that helps make the Mediterranean diet so healthy. Blue and purple produce also contain antioxidants called anthocyanidins, linked to better blood vessel health.

Other blue and purple foods to choose include: » Blackberries. » Purple cabbage. » Eggplant. » Raisins.

Red meat: Yes or no?

Think *red* and *food*. What came to mind first—red peppers? Red apples?

Or red meat?

If healthy foods held a parade, it's safe to say red meat wouldn't be at the front of the line. It doesn't contain cancer-fighting carotenoids and flavonoids.

Instead, red meat has cholesterol and saturated fat—both of which contribute to heart disease.

But red meat does offer something you can't get from an apple, and that's protein.

According to government guidelines, most of us need to eat between 5 and 7 ounces of protein every day.

You can get protein from sources other than red meat, such as from beans, peas, fish and poultry. And it's a good idea to eat a variety of protein foods, because each offers its own nutrients.

If you want to throw red meat into your protein mix, choose lean or low-fat cuts. These usually have the words round, loin or sirloin on the label. Look for ground beef that is at least 90 percent lean. And keep in mind that one cooked serving of red meat equals 3 ounces—about the size of a deck of cards.

Sources: American Heart Association; U.S. Department of Agriculture

Go for those greens

Vegetables like spinach and broccoli are brimming with both carotenoids and flavonoids, also phytochemicals. Flavonoids are heart-healthy, and they may lower the risk for some cancers. They also might help promote lung health and protect against asthma.

Greens contain two additional phytochemicals called indoles and glucosinolates, which may inhibit the production of cancer-related hormones and prevent tumor growth.

Other good greens to eat include:

- » Cabbage. » Collard greens.
- » Brussels sprouts. » Kale.

Opt for orange/yellow

Carrots get their color from beta-carotene, a member of the carotenoid family. Your body converts beta-carotene into vitamin A, which is vital to vision, immune function, and skin and bone health. Foods high in beta-carotene are good for eye health.

Other orange and yellow produce to try include: » Sweet potatoes. » Pineapple. » Yellow squash. » Oranges.

What about white?

White—or pale—foods do contain flavonoids, as well as cancer-fighting indoles and isothiocyanates. They also offer a phytochemical called hesperetin, which has been shown in some animal studies to lower inflammation and blood pressure.

White fruits and vegetables to put on your plate include:

- » Bananas.
- » Mushrooms.
- » White onions.
- » White potatoes.

Sources: American Institute for Cancer Research; Produce for Better Health Foundation; U.S. Department of Agriculture



Finding more energy

Tips for coping with cancer-related fatigue

It's a frustrating fact: Cancer and its treatment can take a serious toll on your energy. For some survivors, the fatigue can last for months or even years.

When you have cancer, an important part of taking care of yourself is taking steps to cope with fatigue.

Try asking yourself the questions below. The answers may help you find ways to recover some of your energy.

WHAT COMES FIRST?

To make the most of your energy, prioritize your activities and commitments.

Focus on what's most important and let other things go. Also:

- » Ask for help, and let other people help you check things off your to-do list.
- » Organize your space to keep things you use often within easy reach.
- » Maintain a regular daily routine as much as you possibly can.

It's OK to pace yourself and take rests. But try to avoid spending too much time in bed, which can make you weaker.

WHAT RENEWS ME?

Make time for a hobby or interest that restores your spirit and helps you cope with stress, such as walking, painting, reading, bird-watching, gardening, visiting with friends or volunteering. Fresh air may also help you feel renewed.

For some, deep breathing exercises and visualization provide a way to relax and recharge without leaving home.

AM I TAKING CARE OF MY BODY?

Healthy habits may improve your energy level and your mood. For example:

Get regular exercise. Talk with your doctor before starting an exercise

program. He or she may refer you to a physical therapist who works with cancer patients.

Eat a balanced diet. If you're feeling nauseated or have no appetite, your doctor or a registered dietitian may be able to offer suggestions that can help.

Get enough sleep. Rest briefly when you need it between taxing activities. A few breaks during the day are better than one long nap, which may make it harder to sleep at night. Try to stick to a regular nighttime sleep schedule, and tell your doctor if you're sleeping too much or not enough.

If you still find yourself struggling with fatigue, talk with your doctor. Counseling or medications may help.

Sources: American Cancer Society; National Cancer Institute



We offer support groups for people with different types of cancer. Read about these—and our many other support groups—at bit.ly/2j9fkly.



Living better with arthritis pain

Let's face it—arthritis pain can get in the way some days, making it hard to do the things you enjoy. But there are coping tips and strategies that can help you manage the pain. Give these a try:

- » **Take your medications as directed.** They help ease pain and stiffness. Let your doctor know if your meds trigger any bothersome side effects.
- » **Get at least seven hours of sleep at night.** Feeling exhausted makes it harder to handle pain.
- » **Try heat or cold therapy.** Warm showers or towel-wrapped heating pads or ice packs can soothe a flare-up.
- » **If you often feel overwhelmed or sad, tell your doctor.** Stress or depression may amplify perceptions of pain.
- » **Move it.** Contrary to popular belief, regular exercise can actually help you manage your arthritis pain. Ask your doctor what types and amounts are right for your situation.
- » **Know when to rest.** Learn to listen to your body. When you get tired, take a break. Plan your schedule so that you have a balance between activity and rest—even when you're feeling OK.
- » **Look into assistive devices.** From buttoning aids to jar openers, many arthritis-friendly gadgets can make activities easier on your joints.
- » **Find a positive distraction.** It may sound like a cliché, but the more you focus on positive things, the less you may notice your pain.

When you hurt, try watching your favorite movie or working on a hobby.

- » **Keep a healthy weight.** Too many pounds can cause painful hips and knees.

Sources: Arthritis Foundation; National Institutes of Health



Should you be pro probiotics?

You've probably heard of probiotics, especially if you spend any time in the yogurt aisles of supermarkets. But what are they exactly? Are they good for your health? And should you join the millions of Americans who already take them?

To answer those questions, here's a primer. First, most probiotics are live cultures of microorganisms. These bacteria are similar to or just like those that are naturally found in your gut and help your body function properly.

You can find probiotics not only in yogurt, but in other fermented dairy products (such as kefir and aged cheeses), some nondairy foods (including kimchi, sauerkraut, miso and tempeh) and dietary supplements.

And what about their health benefits? There's evidence that some probiotics may help prevent diarrhea caused by infections or antibiotics.

Some may also ease the symptoms of irritable bowel syndrome or lactose intolerance.

But the U.S. Food and Drug Administration hasn't approved any health claims for probiotics. And more research is needed to be certain of how they may—or may not—boost health.

One caution: Be sure to check with your doctor before taking any probiotic supplement. They have a good safety record in generally healthy people. But they may cause severe side effects in people with serious health problems.

Sources: Academy of Nutrition and Dietetics; National Institutes of Health

MAKE AN
APPOINTMENT
WITH ONE OF OUR
BOARD CERTIFIED
RHEUMATOLOGISTS AT
CMH RHEUMATOLOGY
& OSTEOPOROSIS
CENTER IN BOLIVAR
AT 417-328-7000.



5 must-dos

at 50

You survived all those over-the-hill jokes and cards, and you managed to blow out all those candles on your cake. Turning 50, it turned out, was really no big deal. What is a big deal at this age, however, is making sure you stay in good health. As you get older, you're more likely to face health challenges. Here are five suggestions for beating back those challenges:

1 Whittle away unwanted weight.

A tubby tummy puts stress on your heart, lungs, blood vessels and bones and increases your risk for some serious diseases, including type 2 diabetes.

If extra pounds have sneaked up on you, wrap a tape measure around your waist just above your hips. A measurement greater than 40 inches for a man or 35 inches for a woman is a sign that you should cut some calories and get more exercise.

2 Shape up your shopping cart.

A good diet promotes good health—and it starts in the grocery store. If you're not already purchasing fruits and vegetables, whole grains, fat-free or low-fat dairy products, lean meats, and fish, it's time for some meal makeovers. Foods that aren't so healthy—such as butter, ice cream, cookies and cakes—are OK periodically. Just don't eat them often.

3 Be seen—and screened. Regular doctor visits can be invaluable in your efforts to stay well. Now is when screening tests become particularly important. In fact, there are some tests, mammograms, for example, that may have been best to start years ago.

However, if you haven't been vigilant about screenings, it's not too late. Work with your doctor to tailor a screening plan that's best for you.

Bone health by the numbers

Wondering why and how to take care of your bones? A few facts and figures can help answer those questions.

The why

- **40** YEARS The age at which most people slowly begin to lose bone mass.
- **43** MILLION The number of Americans age 50 and older with low bone mass. This condition puts people at risk for the bone-thinning disease osteoporosis.
- **10** MILLION The number of Americans age 50 and older with osteoporosis, which can cause bones to become weak and fragile.
- **80** PERCENT The portion of people with osteoporosis who are female.

The how

0

The number of cigarettes you should smoke if you want to lower your risk for osteoporosis.



Aging is something to celebrate, and doing it in good health is something to plan for. Go to bit.ly/2igHmBY to learn more about screening tests.

4 Take a hike...or a walk...or a bike ride. Just do something to get your heart pumping. Staying active helps control weight, blood sugar, blood pressure and cholesterol. It can also lower stress and raise energy levels, and it can help you sleep better.

Start slowly if you haven't been active in a while, and gradually increase your activity level. The goal is to do at least two and a half hours of moderate-intensity aerobic activity, like brisk walking, each week. Supplement that with muscle-strengthening exercise two days a week.

If you have a chronic health condition, such as arthritis, diabetes or heart disease, be sure to talk with your doctor before you begin exercising.

5 Tune in to your emotions. Physical health is just one aspect of wellness. Emotional health is another. As you grow older, you may experience isolation and depression. Try to maintain ties to family and friends and to do things you enjoy. If you need help managing your mood, speak with your doctor.

Sources: American Heart Association; Centers for Disease Control and Prevention; Mental Health America; National Institutes of Health

↓
1,200

Milligrams (mg)

The amount of calcium a woman 51 or older should consume daily to help keep bones strong. Men are also at risk for osteoporosis. They need 1,000 mg of calcium a day from ages 51 to 70. After age 70, they need 1,200 mg daily. Low-fat dairy products have calcium. It's also found in leafy green vegetables and almonds.

↓
600

International units (IU)

The amount of vitamin D needed for healthy bones in men and women ages 51 to 70. At age 71, that amount jumps to 800 IU per day. Salmon and tuna contain vitamin D. So does vitamin D-fortified low-fat milk.

↓
30

Minutes

The minimum amount of physical activity adults should get each day to help maintain a strong skeleton. Start with weight-bearing exercises, like walking or playing tennis. Then add strengthening exercises, such as weightlifting.

Sources: American Academy of Orthopaedic Surgeons; National Institutes of Health; National Osteoporosis Foundation



Outpatient surgery for carpal tunnel syndrome

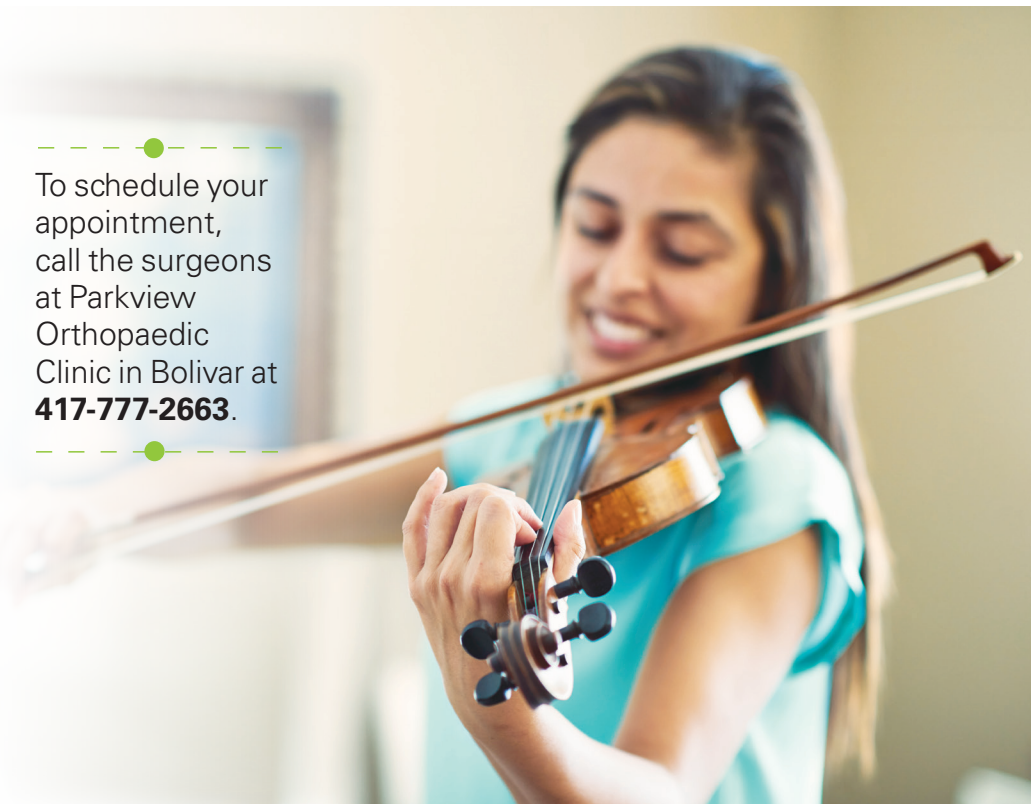
One treatment for carpal tunnel syndrome is release surgery. Your doctor may recommend it if:

- » You've had symptoms for six months and other treatments haven't worked.
- » The muscles in your hand or wrist are shrinking. To prepare for surgery, you should:
- » Try to quit smoking, if you smoke.
- » Make sure your doctor knows what medications you take. You may have to stop any that interfere with blood clotting (like aspirin). About a week after this outpatient surgery, your doctor will remove the bandages and you'll start physical therapy. The length of recovery time varies from one person to the next, from weeks to months.

Depending on how long you had carpal tunnel symptoms, some might persist. But most people can expect to recover completely.

Source: National Institutes of Health

To schedule your appointment, call the surgeons at Parkview Orthopaedic Clinic in Bolivar at **417-777-2663**.



CARPAL TUNNEL

The tingling feeling that's not so nice

If you have numbness, pain or tingling in your hand, you might have a common condition called carpal tunnel syndrome. It's caused by a pinched nerve—the median nerve—in the wrist.

The median nerve controls feeling in the palm side of your thumb and first three fingers (all but the little one). The nerve runs through a canal called the carpal tunnel. If the tunnel narrows, it puts pressure on the nerve.

WHAT CAUSES IT?

Carpal tunnel syndrome usually has more than one cause. Common culprits include:

- » Heredity. Small carpal tunnels can run in families.
- » Injury, like a fracture or dislocated joint.
- » Medical conditions like arthritis, diabetes and thyroid problems.
- » Overuse of the wrist in activities like

carpentry, computing or typing, rowing, or using vibrating tools.

HOW IS IT TREATED?

Nonsurgical treatments include medication, physical therapy and corticosteroid injections. Your doctor might also suggest that you:

- » Use your hands differently.
- » Wear a brace or splint (days, nights or both) to keep your wrist straight and relieve pressure on the median nerve.

Without treatment, carpal tunnel syndrome can worsen and may lead to permanent damage, like hand weakness or loss of feeling. So if you have symptoms, make time to see your doctor.

For a referral to an orthopaedic surgeon, call **417-777-2663**.

Sources: American Academy of Orthopaedic Surgeons; American Society for Surgery of the Hand



Should they stay, or should they go?

When to talk to your loved one about assisted living

Your mom still lives in the house where you grew up. It's filled with memories of family and friends. Your mom loves that house. But today she said something you've never heard her say before: "Sometimes I feel like this house is too much for me."

Maybe it's time to talk to your mom about moving to an assisted living facility.

These facilities are like apartments for older people who are having some difficulty living on their own—but who don't need the intensive care of a nursing home. The apartments may have kitchens, but the facility might also serve meals in a communal dining area. The facility might offer transportation services and some health care monitoring.

Assisted living might be a good option for a loved one who:

- » Can't take care of a house and yard.
- » Is unsteady on his or her feet.
- » Has difficulty driving or isn't a safe driver.
- » Has a chronic condition like diabetes, arthritis or emphysema.
- » Has poor vision or hearing.



The best time to talk to a loved one about assisted living is before it's necessary. AARP offers these tips for starting the conversation:

- » Mention a friend whose parent is needing in-home help. Ask if that kind of help has crossed your loved one's mind.
- » Express concern. "I worry about you carrying laundry up and down those stairs."
- » Ask if your loved one

feels overwhelmed by housework or yardwork.

- » Ask your loved one if he or she feels comfortable behind the wheel. Have they ever considered senior taxi or van services?
- » Ask if your loved one has ever thought about living somewhere else. Unless you have serious safety concerns, it's OK to drop the subject if the talk doesn't go well. You can bring it up again later.

How to choose an assisted living facility

U.S. Administration on Aging offers the following advice to help you and your loved one find an appropriate assisted living facility:

- » Look around. Visit more than one facility. And visit each facility more than once.
- » Visit during meal times, and sample some food.
- » Talk to the residents.
- » Watch how the residents and staff interact.
- » Ask for a written statement of the facility's philosophy of care.
- » Find out what kinds of social,

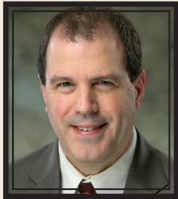
recreational and spiritual activities are offered.

- » Review licensing reports.
- » Ask about retention policies. What sort of mental or physical disabilities would require moving your loved one to a different facility?
- » If the facility is connected to a nursing home, ask for information about it too.
- » Call your state's long-term-care ombudsman. Ask about complaints filed against the facility. Call the local Better Business Bureau too.



CMH offers safe, comfortable assisted living and residential care options for seniors. Schedule a visit with Butterfield Residential Care Center in Bolivar at **417-328-6380** or Lake Stockton Healthcare Facility in Stockton at **417-276-5126**.

We're growing. Welcome, new medical staff



Joseph A. Moore, M.D., FACC, is an interventional cardiologist with CMH Heart Institute in Bolivar. He is board certified by the American Board of Internal Medicine in interventional cardiology, cardiovascular disease and internal medicine. He earned his medical degree and completed an internal medicine residency and cardiology fellowship at Medical College of Ohio (now the University of Toledo College of Medicine and Life Sciences). He also completed an interventional cardiology fellowship at St. Louis University.

➔ To make an appointment, call **417-328-6040**.



Kelly McLemore, FNP-C, is a nurse practitioner with El Dorado Springs Medical Center & Walk-In Clinic in El Dorado Springs. To make

➔ an appointment, call **417-876-2118**.



Jane Smith, NP-C, is a nurse practitioner with CMH Heart Institute Clinic in Bolivar. For more

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