

CENTER PIECE

Edition 1:4—June, July, August 2009

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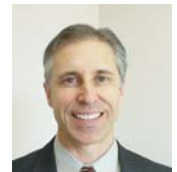
Director's Cut

Syrus wrote, sometime in 1st Century BC, "Many receive advice, only the wise profit from it."

So the question is posed to you and me. Are we wise enough to embrace and profit from sound advice?

As we enter this summer season, there is no better time than right now to make the lifestyle changes we all know we need to make – eat less, drink more water, stop smoking, exercise more, read more. Our hope is that all our patients and our community partners embrace healthier and more productive lifestyles that will help us enjoy this summer and the rest of our lives to their fullest.

- Dave Baldwin
Executive Director



Doctor's Orders

"Why Quit Smoking? Here's Why..."

* **Tobacco use increases risks for serious illnesses!**

Tobacco use increases the risk of cancer of the lungs, mouth, nasal cavities, larynx, pharynx, esophagus, stomach, liver, pancreas, kidney, bladder, uterine cervix, and myeloid leukemia.

* **It's Costly!**

Smoking and exposure to secondhand smoke has led to more than 443,000 premature deaths and about \$193 billion lost each year in healthcare expenditures and productivity losses in the United States.

* **Life expectancy can dramatically increase!**

Smokers who quit can expect to live as many as 10 years longer than those who continue to smoke.

* **Abstinence is the safest substitute!**

Smokeless tobacco products like chewing tobacco and snuff are not safe substitutes. These products increase risks for oral, pancreatic, and esophageal cancer, and non-cancerous oral conditions

American Cancer Society, 2009

- Dr. Dan Carl
Volunteer Medical Director



Kitchen Care

Mandarin Orange Salad

(Recipe Courtesy of Heart Healthy Living recipes)

This tasty, quick and healthy salad gives no excuse to eating healthy!

Serving Size:

Makes six 1-cup servings.



Ingredients:

- 1 tablespoon red wine vinegar
- 1 tablespoon orange juice
- 1 tablespoon olive, canola, or canola-soybean blend
- 1 teaspoon sugar
- 1/4 teaspoon dry mustard
- 6 cups mixed greens (such as baby spinach, pea fronds, Bibb lettuce, and/or escarole)
- 1 10.5-ounce can mandarin orange sections (juice pack), drained
- 1/2 cup fresh raspberries
- 1/4 cup sliced almonds, lightly toasted

Directions:

In a screw-top jar combine the vinegar, orange juice, oil, sugar, and mustard. Cover and shake well.

Place greens in a large salad bowl. Pour dressing over salad. Toss gently to coat. Arrange orange sections and raspberries over greens. Sprinkle with almonds.

Check out the newly designed patient rooms!



In a recent growth and development survey conducted at our clinic, 75% of our patients have avoided unnecessary emergency room visits since being a patient here at the Center.

Touching hearts. Saving lives.
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STAMP

Ask the Pharmacy Docs

Q: What should I use to help me quit smoking?

A: Some people quit smoking with the help of medicine. Quit-smoking medicines such as the over-the-counter nicotine gum, patch or lozenge can reduce your nicotine withdrawal symptoms, reduce your urge to smoke, and boost your chances of quitting. Many studies have shown that quit-smoking medicines can double or triple a person's chances of quitting.

Each smoker is different. It's important to choose quit-smoking methods that are right for you. We can help you to make this choice by looking at the following:

- * How much you smoke, how long you've been smoking, and what triggers your smoking
- * If you've tried to quit before, and how you found it: How hard was it? What was the hardest part? What triggered you to start smoking again?
- * Look at your overall health, your medical history, the health conditions and diseases you may have, and what other medicines you may be taking.

Talk to us to find out which quit smoking method(s) and medicine(s) are right for you.



Amy Whitaker, PharmD

Education Desk

Summer is Here!



The weather is hot; the kids are out, and the pools are open. This means that summer is here! Here are some tips to stay healthy and safe from the sun during the season:

- * Use sunscreen with at least 30 sun protection factor (SPF) or higher.
- * Apply the sunscreen at least 30 minutes before exposure to the sun.
- * Apply the sunscreen to all parts of the body that will be exposed, including neck, ears, scalp, nose, and lips.
- * Re-apply sunscreen every 2–3 hours while in the sun and after swimming or excessive sweating.

Information from www.webmd.com

- Marta Dimatulac



Spotlight on Deb Martin



Deb Martin is one of our nurses and we asked her about how she came to work with the Center for High Blood Pressure and what she enjoys most about being here.

What degree did you graduate with and how many years of schooling did it take?

Deb—"I graduated from the Johnstown Area Vocational Technical School of Nursing in 1972. I graduated with a license in practical nursing."

How long have you been working as a nurse and when did you come to work for the Center for High Blood Pressure?

Deb—"I have been working as a nurse for 32 years and I came to work for the Center in February of 2006. I originally joined the Center as a research coordinator and currently spend much of my time serving patients."

What do you enjoy most about your job and why did you choose this field in community health.

Deb—"I like working with the patients and the hands-on experience that I get from it. I also enjoy giving back to the community and knowing that I am helping others. This job is rewarding because I get to see patients more frequently than one would at any other medical or doctor's clinic."

1 Year after Quitting Smoking...

Your added risk of coronary heart disease is half that of a smoker's.
www.cdc.gov

