

 Adventist Health

Feather River Hospital

partners in HEALTH

Summer 2004

Calling all **children** born at
The Birth Day Place!

Help us celebrate
our 10th anniversary

See page 8 for details



MORE: Heart attack? Know the signs • Teens and asthma • What to expect when giving birth • Thank you to our donors • Mark your calendar

Healthful summer living for children

By James Logan, M.D., FAAP

Summer is an especially wonderful season of the year. And for children, especially school-aged children, summer is special because they are free of school for several months.

However, children's health can be impaired during the summer months. Sunburns, falls, cuts, broken bones, water hazards and poison oak are just some of the dangers. But there is one hazard that is commonly overlooked: lack of exercise and poor diet.

Although many children stay fairly active, many spend their time inside only watching TV, playing computer or video games or doing other sedentary activities. Also, many children tend to drink more soda, eat more junk food and, in general, do not get the balanced diet they need during the summer. Nationally, children's health is becoming an increasing concern. Many children are either overweight or obese, and many more children are less fit than children of similar ages 20 to 30 years ago.

Traditionally fitness has been tested in children in school by measuring the numbers of sit-ups, push-ups, pull-ups and running times. Researchers in children's health have been alarmed by the trend over the past two to three decades of our children's poorer fitness scores.

In light of these trends, there are many things you as a parent can do to encourage your child to stay healthy this summer.

1. More activity. Turn off the electronic media and send your child outside to play for much of the day. Encourage bike riding, running, climbing, jumping, throwing games and playing in a creative, physical way.

2. Healthy diet. Summer is a great time to have children eat loads of peaches, apricots, nectarines, melons, tomatoes, squash and many other fruits and vegetables fresh from



farmer's markets and roadside stands.

3. Water. Save sodas for occasional usage and encourage eight or more glasses of water consumption per day.

4. Sleep. Children still need a minimum of eight to 10 hours of sleep per night. Resist the urge to let them stay up late just because they don't have school the next day.

5. Avoid junk food. Plan well-balanced meals three times a day and don't forget to include calcium sources, such as milk, yogurt, cottage cheese, cheese and broccoli.

You can make a difference in your child's health this summer! It will have long-lasting benefits.

Dr. Logan's office is located at 5910 Clark Road, Suite U, in Paradise. You can call (530) 877-5437 to make an appointment.

Asleep at the wheel: Driving drowsy can be dangerous

A drowsy driver is a dangerous driver. Sleepiness slows reaction time, decreases awareness and impairs judgment while driving.

Still, almost one half of all American adult drivers admitted to getting behind the wheel while feeling tired during a one-year period, according to the National Sleep Foundation (NSF). And one out of five drivers said they had actually fallen asleep while driving.

The National Highway Traffic Safety Administration estimates that each year in this country drowsy driving causes

100,000 vehicle crashes, 71,000 injuries and 1,550 deaths.

How do you know if you're too drowsy to drive?

The NSF warns that you probably shouldn't drive if you:

- Notice your eyes closing or going out of focus, or have trouble keeping your head up.
- Find yourself yawning, missing your exit, drifting out of a lane or traveling at variable speeds.

The best way to prevent drowsy driving is to get a good night's sleep before you travel.

Summer 2004

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TO KEEP WELL-INFORMED

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Buy flowers and other get-well gifts at Feather River Hospital's online gift shop at www.frhosp.org.

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Heart attack: BE ALERT

FOR SOME, THE PAIN is intense. For others, it seems like only a lingering irritation somewhere in their upper body.

But in either case, the discomfort may be a heart attack. And whether the pain lasts seconds or hours, it can be just as deadly.

“Go to the emergency room immediately if you are experiencing symptoms in your chest that you have never felt before,” says Douglas Anderson, M.D., a cardiologist affiliated with Feather River Hospital.

A MEDICAL EMERGENCY

Heart disease is the leading cause of death of both men and women in the United States. Every year, about 1.5 million Americans have heart attacks.

A heart attack occurs when one or more of the coronary arteries supplying blood to the heart become narrowed by a buildup of fatlike plaque. This plaque can eventually burst, tear or rupture, causing a blood clot to form and block the artery. The blood supply to the heart muscle is reduced or stopped, which can lead to damage or death to part of the heart muscle.

The risk for a heart attack increases with age; for men, the risk rises after 45 and for women, after 50. Other people more prone to have a heart attack include those who have:

- A family history of heart disease.
- Diabetes.
- High blood cholesterol.
- High blood pressure.
- A history of smoking.
- Weight problems.
- Poor exercise habits.

SURVIVING AN ATTACK

If you have a heart attack, the faster you get medical attention, the more likely you are to survive.

And the better your chances are that damage to your heart will be limited. Ideally, you should receive treatment within an hour from the time your symptoms start.

“If you get medical help within several hours after a heart attack, the damage on your heart can often be reversed,” Dr. Anderson says.

Clot-busting drugs and other artery-opening treatments are available that can stop a heart attack in its tracks.

Angioplasty, for example, uses a tiny balloon to open narrowed arteries.

Bypass surgery—which uses blood vessels to detour blood around blocked arteries—can also aid in your recovery. One or more bypasses may be needed, depending on how many arteries are blocked.

Medicines can be given to protect your heart during and after a heart attack.

For example:

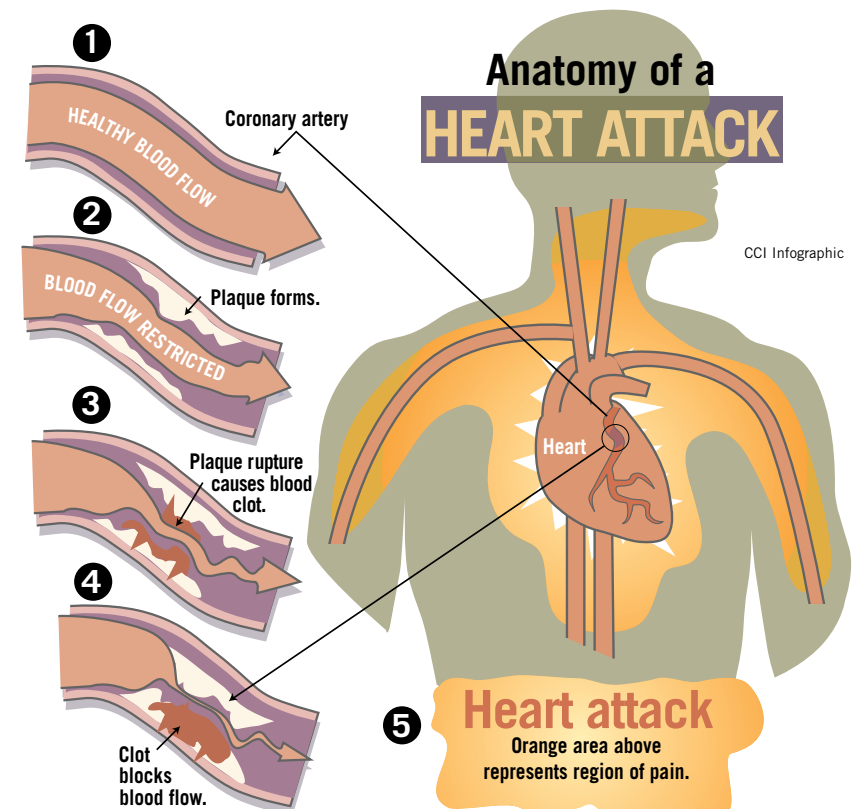
- Aspirin is given to all people who arrive at the hospital with a suspected heart attack. It acts to thin the blood and lessen the chances of a blood clot during the heart attack.

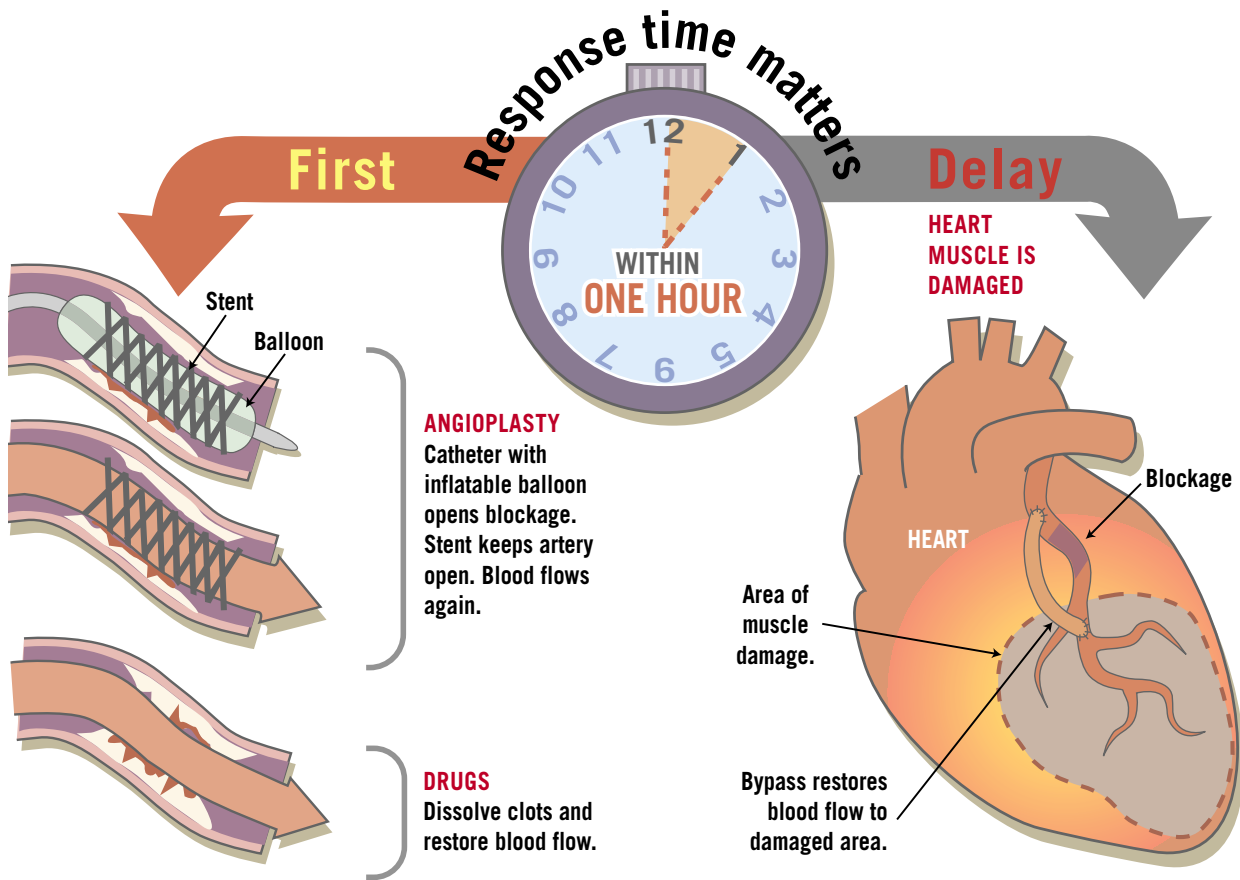
If medical attention is given promptly, damage done by a heart attack can often be reversed.

- Nitrates relax blood vessels and stop chest pain.

- Beta-blockers reduce nerve impulses to the heart and blood vessels. That makes the heart beat more slowly and with less force.

MORE >> Check out Feather River Hospital's Health Information Search at www.frhosp.org to find more heart-healthy news.





CCI Infographic

CARDIAC CATH LAB GETS UPGRADE

The sharper image

The medical imaging department at Feather River Hospital is upgrading its cardiac catheterization lab. It will soon have new cardiac catheterization and vascular equipment—including a new million-dollar, all-digital imaging system that offers unprecedented views of the heart and surrounding blood vessels. The new lab will open in 2005.

“We’re bringing in state-of-the-art technology,” says Alan Lawson, catheterization lab supervisor. “The images are phenomenal. You can see smaller vessels, and the detail is much clearer than our current machine. And best of all, it’s all right here on the Ridge, so you don’t have to travel anywhere for state-of-the-art convenience.”

MULTIPLE USES

The catheterization lab team will use the new equipment for diagnosing patients with chest pain, shortness of breath and other cardiac symptoms. The improved lab equipment will allow them to better view blockages in the coronary arteries, view how the heart is functioning and determine the best course of treatment.

Digital imaging technology is also used for procedures and studies of blood vessels in other parts of the body.

MANY BENEFITS

The new catheterization equipment produces digital pictures

with greater resolution in a variety of formats. This can improve decision-making in the performance of interventional procedures, such as peripheral angioplasty—when tiny balloons are sent through the arteries to treat blockages.

Since images from the new equipment are digital, doctors will have access to instant playback as opposed to waiting for film to develop. This will allow doctors to make quicker decisions about a patient’s treatment.

Currently, the imaging department uses a portable c-arm x-ray machine in order to perform diagnostic arterial studies, such as aortograms and studies of the arteries of the legs and the carotids. The new equipment will streamline these exams to make them go quicker, and will combine two imaging modalities in one room.

“The new catheterization lab strengthens our commitment to provide advanced patient care with leading medical technology,” says Sue Hancock, director of medical imaging. “This investment will not only benefit our patients, but our physicians as well, giving them the technology they need to diagnose individuals quickly and therefore begin treatment options sooner.”



Teenagers may not grasp the seriousness of their disease.



Helping teens with asthma

TEENAGERS OFTEN THINK they're invincible—nothing bad is going to happen to them. They can be especially cavalier about their health, failing to take medications or see a doctor when necessary.

For example, when a teen has signs of asthma, he or she may ignore symptoms and fail to ask for help. Even when

Teens with asthma sometimes must be reminded of the importance of using medications regularly.

teens are diagnosed with the disease, they may skip using their medications, says Pamela Georgeson, D.O., of the American Academy of Allergy, Asthma and Immunology.

And they aren't doing themselves any favors. Ignoring asthma can leave teens feeling lousy. It can interfere with everyday activities and participation in sports. It can even put their lives in danger.

WHAT TO LOOK FOR

Teens with allergies or whose parents have asthma are at increased risk for having asthma themselves. Be sure to tell your

teen's doctor about these risk factors if your teenager has them.

Symptoms of asthma may include coughing, wheezing, shortness of breath and a tight feeling in the chest. These may be present all the time or only during exercise.

Even minor signs of asthma shouldn't be dismissed, Dr. Georgeson says. "I see kids who say, 'Every time I play soccer, I cough.' They think that's normal, but it's not," she says.

Parents should be aware that certain activities, such as teen smoking, can be especially hazardous to the health of someone with asthma. Secondhand smoke can also make asthma worse.

HOW PARENTS CAN HELP

Teens with asthma sometimes must be reminded of the importance of using medications regularly.

"Teens live in the moment. They're crisis-oriented," Dr. Georgeson says.

A teen may use medicine during an asthma flare-up, but fail to use daily medications that help prevent flare-ups in the first place.

Some teenagers may fear that they will appear different; they don't want their friends to see them using medication. A physician can help by prescribing an inhaler that can be puffed twice daily—once before the teen leaves for school and once at bedtime.

Other teens may neglect their medications as an act of rebellion against their parents, Dr. Georgeson says.

In such cases, it's important to remind teens that medications help them feel better and get more enjoyment out of sports and other activities.

If your teen refuses to listen, you might ask the doctor to speak to him or her.

"A physician can speak very honestly to a teen. Sometimes the teen is more apt to listen," Dr. Georgeson says.

Consider asking the doctor about support groups and asthma camps where your son or daughter can meet other teens with the disease.

Peer support can help kids with asthma stay healthy, Dr. Georgeson says.

MORE >> [The pulmonary function lab at Feather River Hospital can help in diagnosing breathing problems. Call 876-7242.](#)





A shorter hospital stay is one of the benefits of less-invasive surgery such as laparoscopy.

A kinder cut

Laparoscopic surgery needs only small incisions

A SMALL CUT can be a kinder cut when it comes to recovery from surgery. That's why, under the appropriate circumstances, doctors may recommend a procedure called laparoscopy for abdominal surgery.

Laparoscopy is a less-invasive way for doctors to diagnose and treat many health problems. With laparoscopy, a doctor can use a small camera called a laparoscope to examine the internal organs of the abdomen. Only a few small incisions are needed to insert the laparoscope and other instruments the doctor may need.

Because it is much less invasive than traditional open surgeries, laparoscopy has some distinct advantages, according to the Society of Laparoendoscopic Surgeons (SLS).

THE WAY IT WORKS

During laparoscopy, a small incision about an inch long is made just above or below the navel. The doctor then uses carbon dioxide gas to inflate the abdomen. This

gives the doctor more room in which to work.

Next, a thin tube is placed into the incision and the laparoscope is inserted through the tube. The doctor can see what the camera sees on a TV screen.

If the doctor needs to perform a procedure, such as taking a tissue biopsy, additional small incisions are made so that other instruments can be inserted.

After the laparoscopy, the incisions are closed with stitches. Smaller incisions are sometimes closed using only a bandage.

Laparoscopy is a less-invasive way for doctors to diagnose and treat many health problems.

SIZABLE BENEFITS

Although not suited for all abdominal surgeries, laparoscopy has a variety of uses. According to the American Medical Association, they can include:

- Diagnostic laparoscopy to find the source of abdominal problems.
- Pelvic or gynecologic laparoscopy to locate the source of problems such as pain and infection, and to perform certain surgeries, such as tubal ligation or cyst removal.
- Intra-abdominal laparoscopy for removing the appendix and gallbladder, and for repairing hernias.

The benefits of laparoscopy are numerous, thanks to its less-invasive nature. Smaller incisions mean less damage to skin, muscle and other tissues during surgery. That translates into shorter hospital stays, less postoperative pain and faster recovery times in most cases.

Still, there are some possible complications. There is a risk that an internal organ will be punctured or damaged during a laparoscopic procedure. This can cause internal bleeding. There is also a chance of infection, although the risk is much lower than it is with open surgery.

You still need time to recover

Smaller incisions may mean less pain and a shorter recovery time, but you still need to recuperate from laparoscopic surgery. Some of the procedure's after-effects may include:

- Pain in the incision area. You could also have soreness in your shoulder area. This happens when gas put in the abdomen irritates the diaphragm, which shares nerves with the shoulders. Pain medication can help make recovery easier.
- Frequent urination, caused by pressure from abdominal gas on the bladder.
- Limits on what you eat or drink for a period of time. Follow your doctor's instructions.

A follow-up with your doctor should take place in about two weeks. In the meantime, see your doctor promptly if you have:

- Fever.
- Chills.
- Vomiting.
- Inability to urinate.
- Increasing pain or redness at the incision.

American Medical Association; Society of American Gastrointestinal Endoscopic Surgeons

Giving birth

YOU'VE LOOKED FORWARD to your baby's birth for months. But you may not think any further ahead than that wonderful moment when your baby emerges into the world.

What can you expect as your baby arrives?

Almost here. As the baby's head emerges, the doctor will suction his or her airways. This helps the baby breathe more easily. Then a final push brings your baby the rest of the way into the world.

Don't expect the doctor to hold your newborn up by the heels or to slap the baby's bottom. Another suctioning of the nose and mouth should get your baby breathing easily. Your baby may cry—or not, even though he or she is breathing well.

Meeting baby. Moments later the doctor will probably lay the baby on your abdomen so you can greet each other for the first time.

The sight of your newborn may startle you. Your baby may be slightly blue until his or her breathing becomes regular. Your baby will probably have a white, cheesy substance on the skin. This is vernix, a coating that protects your baby in the womb.

Your newborn will probably be quite wrinkled. And the descent through the birth canal has probably molded his or her head into a cone shape. This is all normal.

Cutting the cord. The umbilical cord still connects you and



Come celebrate our birthday!

In celebration of its 10th anniversary, The Birth Day Place at Feather River Hospital will have a children's carnival on **Sept. 26**. All children born at The Birth Day Place during 1994 through 2004, along with their families, are invited to the carnival. Children can enjoy pony rides, face painting, games, clowns and children's air gyms. Every child born at The Birth Day Place will receive a free T-shirt and other fun gifts.

The carnival will be held in conjunction with Feather River Hospital's 2004 Health Fair. A variety of free health screenings and information booths will be available. For more information, call **876-7208**.

Calling all
children born
at The Birth
Day Place

Bonding with your newborn

The smiles, looks and touches that happen in the moments after birth are the start of the strong attachment between a parent and child. Bonding begins when you hold your baby for the first time. You may feel a rush of emotion as you look into your baby's eyes—the bonding process has begun!

If you don't feel that emotion right away, don't worry. You may just need time to recover from the birthing process. Take time to rest and then get to know your baby. Over time, the bond will come naturally.

Sometimes you are not able to hold your baby right away. For example, the baby may need to go to the nursery for special care right after birth. Whatever the reason, this temporary separation doesn't have to interfere with your ability to bond with your baby. Bonding is a process, with no time limit. There will be plenty of time during your baby's first year to nurture a strong bond.

After all the bustle has died down, you will have a chance to rest and get to know your baby better.



your baby. After a few minutes, the cord is clamped and cut.

The Apgar score. At one minute and at five minutes after birth, your baby's condition will be assessed with an Apgar score. This test measures your baby's heart rate, breathing, muscle tone, reflexes and color.

A few more steps. Your baby will also be given a physical exam, weighed and measured. Eyedrops or ointment will be placed in your baby's eyes to prevent infection. And he or she will get a shot of vitamin K, which all newborns need to help their blood to clot. When your baby is warm enough, he or she will be bathed, wrapped and delivered back to your arms.

Security steps. Following the delivery, a nurse will place security bracelets on both you and your baby. These wrist labels give your name and other information that identifies that your baby belongs to you. If your baby spends time in the nursery, these labels are cross-checked each time the baby is brought to you to be sure there are no mix-ups.

Getting to know baby. When the bustle has died down, you will have a chance to rest and get to know your baby better—and look forward to all the wonderful moments to come.

MORE >> To learn more about The Birth Day Place and our labor and delivery services at Feather River Hospital, please call 876-BABY (2229).



Nursing after delivery

Within an hour of giving birth, you will likely be able to try breastfeeding for the first time.

Remember, this is a new skill for both you and your baby, so don't expect a flawless first performance.

But this first breastfeeding is important for several reasons. According to the American Academy of Pediatrics, the milk from the first feeding can:

- Provide protection against infections.
- Nourish the baby and help prevent low blood sugar levels.
- Stimulate your baby so he or she will nurse better later on.

Don't be discouraged if it takes practice to get it right. Keep in mind the benefits breastfeeding holds for your baby:

- Your milk is easy for your baby to digest.
- Breast milk helps protect against illnesses such as ear infections, allergies and pneumonia.
- Breast milk is free and always available.

If you'd like assistance with breastfeeding, your health care team is prepared to help. Your nurse or a lactation specialist can coach you.

You can help protect your children from too much weight and its health consequences. In some cases it might be as simple as taking charge.



OVERWEIGHT KIDS **A** growing problem

AS A PARENT you probably spend a lot of time trying to protect your children from harm. You put them in car seats, tell them not to run with scissors and make them wear helmets when riding bikes.

After all, you want your child to grow up healthy. But what if your child is growing overweight?

The large number of kids who are overweight is a major health concern, according to the Centers for Disease Control and Prevention (CDC). Since 1980, the number of overweight children ages 6 to 11 has more than doubled, and the number of overweight adolescents ages 12 to 19 has tripled.

You can help protect your children from too much weight and its health

consequences, however. In some cases it might be as simple as taking charge.

HEAVY ISN'T HEALTHY

Overweight children are at risk for a number of health problems, according to the CDC and the American Academy of Pediatrics. These health problems include: ♦ Asthma. ♦ Difficulty breathing. ♦ High cholesterol. ♦ High blood pressure. ♦ Type 2 diabetes.

Children who are overweight also tend to have low self-esteem. They are often less popular with their classmates and at higher risk for depression and anxiety than normal-weight kids.

In addition, "we know that onset of overweight in early childhood is associated with much more severe obesity in adulthood," says William Dietz, M.D., director of the CDC's division of nutrition and physical activity.

WHY KIDS GAIN WEIGHT

A child who has a family history of obesity has a greater chance of becoming overweight. But family history isn't the only risk factor for overweight in kids.

"I think there's sufficient evidence that television is a cause," says Dr. Dietz.

Whether it's because watching television is a sedentary activity or because commercials emphasize high-calorie foods, kids who watch more television are more likely to be overweight.

Other reasons kids gain too much weight include:

- Eating high-calorie family meals.
- Using food to relieve feelings such as stress or boredom.
- Not exercising.

TIME TO TAKE CHARGE

So what can you do if you think your child is overweight?

"Take charge," says Dr. Dietz. "Parents have ceded to children what to have for dinner, and that's not something that should be left up to the child."

Dr. Dietz and other experts also suggest that you: ♦ Don't buy food you don't want your child to eat. ♦ Restrict trips to fast-food restaurants. ♦ Fix well-balanced, nutritious family meals. ♦ Encourage outdoor activities.



MORE >> Visit the Health Information Search at www.frhosp.org to learn more about child and adult obesity.



HEALTH CARE at your doorstep



FOR MOST OF US, there is no place more comfortable or familiar than our own home. And that explains the appeal of home health care.

If you're ill, disabled or recovering from a hospital stay, home health care can bring a wide range of medical and social services directly to your home—allowing you to remain where you're most at ease.

Among the many services:

- Doctors can plan and supervise customized medical care.
- Nurses can help with shots, IV therapy, wound care and the management of medical conditions from diabetes to cancer.
- Physical therapists can help anyone with an injury regain lost strength and flexibility.
- Speech pathologists can help stroke patients learn to communicate again, and occupational therapists can provide equipment and guidance that make bathing, dressing and eating easier for those who are frail.
- Companions can watch over those who can't be left alone.
- Home health aides and homemakers can lend a hand with grooming, cleaning and cooking.
- Dietitians can provide personalized nutrition advice.

ANYTHING EXCEPT SURGERY

Not just people, but medical equipment—from wheelchairs to respirators—can also come straight to you.

“Home care services are now so extensive that virtually anything except surgery can be performed safely at home,” says Val J. Halamandaris, president of the National Association for Home Care and Hospice.

Precisely because of the scope of its offerings, home health care can help people of all situations and ages.

How to look for quality

Like any service, home health care varies in quality. So ask your doctor, a hospital discharge planner or your local Agency on Aging to recommend a home care provider with a reliable staff and a sound reputation.

Any home care program that is certified by Medicare has met federal requirements for patient care.

Who pays for home health care?

Two words spring to mind for most people when they consider home health care: Who pays?

Several options are available, including private insurance companies and government programs, such as Medicare and Medicaid, the Department of Veterans Affairs and block grant programs from social services.

Often, services are covered only if they are prescribed by a doctor. So ask your doctor if he or she will recommend home health care.

Also check with the home health care provider you are considering and your insurance provider to see what services might be covered.

MORE >> For more information about home care services at Feather River Hospital, please call 876-5024.





Every gift makes a difference

THROUGH A WIDE RANGE of fundraising events and opportunities, donors to the Feather River Health Foundation are united by a single and simple passion—to improve the health and the lives of residents on the Ridge.

Since 1984, the Feather River Health Foundation has raised funds to help pay for essential needs of Feather River Hospital, such as equipment, research, patient programs and education. Every year, approximately \$400,000 is raised through various efforts, and these efforts benefit a variety of programs and services.

The foundation is governed by a board of trustees. They are joined by a growing family of committee members who give their time and talents and other contributions to carry out the important work of the foundation. The success of the foundation is due to the dedicated and responsible leadership of the board, which is made up of local community leaders.

MEMORIAL GIFT

Remember someone special by making a monetary gift in memory of a loved one or friend. You may want to designate your tax-deductible gift to a particular health

care service of the hospital, or simply contribute to the general efforts of the Feather River Health Foundation. All gifts will be acknowledged, and the family of the person to be remembered will be notified of your thoughtfulness.

HONORARIUM

Honor someone who has made a difference in your life by making a special gift in his or her name. Such contributions can be made to any service or program provided at Feather River Hospital. We will acknowledge your tax-deductible gift and notify the honoree of your generous gesture.

SPECIAL EVENTS

The Feather River Health Foundation conducts a number of special events each year to raise money for specific causes. These events provide opportunities for organizations and individuals to support the foundation while gaining advertising exposure, meeting other supporters, physicians, employees and volunteers, and having fun. Contributions made to special events are usually partially tax-deductible. For more information

about sponsorship opportunities, contact the foundation's office at (530) 872-7166.

GENERAL DONATIONS

Give the gift of health. Help others by supporting the many health care services and programs of the hospital by making a general donation. Gifts can be restricted for a particular service or left unrestricted for the hospital to use where help is needed most.

CAPITAL CAMPAIGNS

Your help is needed for two very important additions to the health care provided by Feather River Hospital. Current capital campaigns are in progress for the Cancer Center and Paradise Hospice House. We welcome your tax-deductible gifts of any size. Participation is easy. Just call our office at (530) 872-7166 for more information.

DONOR RECOGNITION

Have you contributed to either the Cancer Center Capital Campaign or the Paradise Hospice House Capital Campaign? If so, your generosity will soon be noted on recognition walls at both locations. A special Shining Star wall is in place at the Cancer Center,

For more information about the many ways you can contribute to the Feather River Health Foundation, including donation options, call (530) 872-7166 or go online to www.frhosp.com.

located next to the hospital on Pentz Road. Donors are noted there as well as in a special book that gives more details about donations to this particular campaign. In the Hospice House, a large oak tree mural provides the backdrop for donor recognition "leaves." An accompanying book also provides more details about the donations received.

All contributions to both campaigns are greatly appreciated, and we hope that you will have an opportunity to stop by and see both recognition walls.

many many many many thanks

to you who gave



First quarter 2004 honor/ memorial gifts

In memory of Kathy Anderson

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For more information on how to donate,
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 to www.frhosp.com. You can send your
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The HEART of diabetes

Diabetes contributes to heart disease

WHEN IT COMES TO HEALTH RISKS associated with diabetes, heart disease is at the top of the list. People with diabetes face a significant risk of getting heart disease—if they do not regularly monitor their blood sugars and avoid other conditions that can also lead to heart problems, says F. Eugene Barrett, M.D., a spokesman for the American Diabetes Association (ADA).

“People with diabetes should be tested for heart disease just like people in other high-risk groups,” he says. “The worst-case scenario is someone with diabetes who has high blood pressure, high cholesterol and smokes. That person would be a prime target for a heart attack or stroke.”

According to the American Heart Association (AHA), more than 193,000 Americans with diabetes die each year. And the ADA says of those deaths, about 65 percent are related to heart and vascular disease.

DIABETES AND THE HEART

Diabetes is a disease that affects the body’s ability to produce or respond to insulin—a hormone that allows blood sugar to enter the cells of the body and be used for energy.

There are two main categories of diabetes. **Type 1** usually occurs during childhood or before age 30. **Type 2**, the more common form of the disease, often strikes older adults but is increasingly being found in younger adults as well as children.

People with type 1 diabetes cannot make their own insulin, while people with type 2 diabetes do not make enough insulin or their bodies cannot use it properly. Either type 1 or type 2 diabetes increases the risk for heart disease.

Many people with diabetes have high levels of cholesterol in their blood, which can cause blood vessels in the heart to clog or narrow—a leading cause of heart disease.

People with diabetes are susceptible to other conditions that contribute to heart disease, such as high blood pressure

and being overweight. Some also smoke, eat high-fat foods, fail to get regular exercise or neglect to manage their blood sugar properly. In fact, people with diabetes are more than twice as likely to get heart disease as people without diabetes, reports the ADA.

The AHA reports that diabetes causes nerve damage that can make painless heart attacks more likely to occur and also harder to diagnose. And those heart attacks are more likely to be fatal in people who have diabetes than in people who don’t.

WOMEN AND DIABETES

Heart disease is the No. 1 killer of both men and women. And when it comes to diabetes, heart disease plays no gender favorites.

According to the ADA, deaths from heart disease in women with diabetes have increased 23 percent over the past 30 years while heart-related deaths among women without diabetes have decreased 27 percent over the same time period.

Recognizing the warning signs of diabetes—such as fatigue, frequent urination, unusual thirst, extreme hunger, unusual weight loss and irritability—and getting the proper medical treatment can help.

LOWERING THE RISK

Despite the added risk, people with diabetes can reduce the likelihood of heart disease and improve their health.

According to the National Institutes of Health, if you have diabetes you should:

- Follow an eating plan recommended by a doctor or dietitian. Eat meals and snacks at about the same time each day.
- Be physically active a total of 30 minutes most days. Ask your doctor which activities are best for you.
- Take diabetes medication at the same time each day.
- Check your blood sugar every day, and record the number in a notebook. Call your doctor if your numbers are too high or too low for two or three days.
- Keep blood pressure and cholesterol numbers as close to normal as possible.
- Ask your doctor if you should take an aspirin each day to help protect your heart.
- Not smoke.
- Maintain a healthful weight.
- Report any signs of heart problems—such as shortness of breath or dizziness—to your doctor immediately. Call for emergency help if you have pain in your chest, arms or shoulder.

MORE >> For more information on how you can successfully manage diabetes, ask your doctor for a referral to our Diabetes Education Program or call 876-7297.



MARK YOUR calendar



Community Blood Draw

• Monday, Aug. 16
6 to 10 a.m.
Seventh-day Adventist
Church, Paradise

Health Fair / The Birth Day Place 10th Anni- versary Carnival

• Sunday, Sept. 26
10 a.m. to 2 p.m.
Feather River Hospital

Childbirth Education Series

• Six-week series beginning
Tuesday, Aug. 10; Thursday,
Aug. 12; Tuesday, Sept. 21;
Thursday, Sept. 23; and
Tuesday, Nov. 2.

6:30 to 8:30 p.m.
\$60 (No refunds after first
class. Books and syllabus
included.)

Paradise Seventh-day
Adventist Church Youth
Hall, 5720 Academy Drive,
Paradise

This six-week series is a
must for all first-time par-
ents. To register, call
876-3174.

Pediatric Life Support for Parents

• Mondays, July 19 and
Oct. 25, 6:30 to 8:30 p.m.
\$5 (this includes all class
materials)

Staff Development Center,
5974 Pentz Road, Paradise
This is a one-time class for
first-time parents or anyone
involved in the care of a
new baby. To register, call
876-3174.

The Sibling Preparation Class

• Monday, Oct. 4 and
Thursday, Nov. 11
6:30 to 7:30 p.m.

Free
The Birth Day Place,
5974 Pentz Road, Paradise
Is big brother or big sister
excited about attending
his or her sibling's birth?
This one short class will
prepare children for their
sibling's birth and the birth
process. Refreshments will
be served. To register, call
876-BABY (2229).

The Expectant Parents Party

• Mondays, Sept. 20,
Oct. 11 and Nov. 8
7 to 9 p.m.

Free
The Birth Day Place,
5974 Pentz Road, Paradise
Take a tour of The Birth Day
Place and enjoy door prizes
and refreshments. Plan to
join us in your third trimes-
ter. To register, call
876-BABY (2229).

Car Seat Safety

• Mondays, July 19,
Aug. 16, Sept. 27 and
Oct. 18, 7 to 9 p.m.

Free
The Birth Day Place,
5974 Pentz Road, Paradise
This class is for parents who
want information on proper
placement of their baby's car
seat and current car seat law
changes. If you have your
seat, bring it; if you are not
sure what to buy, this class
is also great for you. To
register, call **876-BABY (2229)**.

Diabetes Education Class Sessions

• Sessions begin Aug. 31
and Nov. 2, 2:30 to 4 p.m.

Free
Fireside Lounge on the
Feather River Hospital
Campus
These six weekly sessions
are taught by a team of
registered nurses, registered
dietitians and an exercise
physiologist who are experts
in diabetes, heart health,
medications, emotions, and
skin and foot care. To regis-
ter, call **876-7297**.

Diabetes Support Group

• Tuesdays, Aug. 24,
Oct. 19 and Dec. 14
• Thursdays, Sept. 16 and
Nov. 11, 3 to 4 p.m.

Free
• Fireside Lounge on the
Feather River Hospital
Campus
Participate in support group
meetings, share ideas and
learn from guest speakers. No
registration necessary. Call
876-7297 for information.



REACH US

Feather River Hospital

Main Number (530) 877-9361
Administration (530) 877-9361
ext. 8000
Human Resources (530) 877-0303
Marketing and Communications
(530) 876-7208

Need a doctor?

Physician Referral (530) 877-9361
ext. 7243

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