

Living WELL with St. Dominic's

Win A Visa Gift Card!
Take our 5-minute survey and your name will be entered into a drawing for one of three prizes.

Your opinion matters! Take our 5-minute survey and enter to win a Visa gift card!

1. My opinion of St. Dominic's Living Well is:

- Very Positive Positive
 Negative Very Negative No Opinion

2. How do you use Living Well?:

- Read all or most of it Read part of it
 Skim it quickly Dispose of it without reading

3. Please indicate how much you agree or disagree with each of the statements listed below.

Because of the information provided in Living Well:

- [a] I am motivated to take better care of my health.
[b] I can help others take better care of their health.
[c] I and/or a family member have changed the way we take care of ourselves.

Strongly Agree Agree Disagree Strongly Disagree

□	□	□	□
□	□	□	□
□	□	□	□

4. Please indicate how much you agree or disagree with each of the statements listed below.

As a result of receiving in Living Well:

- [a] I believe St. Dominic's is trying to help community members make better health care decisions.
[b] My opinion of St. Dominic's has improved.
[c] I would recommend St. Dominic's to friends and family.
[d] I consider St. Dominic's a source of high-quality health care.

□	□	□	□
□	□	□	□
□	□	□	□
□	□	□	□

5. As a result of receiving Living Well, I know about services at St. Dominic's that I did not formerly know about.

- Yes No

6a. As a result of reading Living Well, I have called or contacted St. Dominic's for some purpose.

- Yes No

6b. If Yes, why did you contact St. Dominic's? Check all that apply.

- To register for a class or event
 To request health information
 To request a physician referral
 To request an appointment for a service featured in the publication
 For some other purpose: (please describe) _____

7. As a result of receiving Living Well, I and/or a member of my family used services at St. Dominic's in the past year.

- Yes No Have scheduled for the future

8. Please indicate how important it is to you to read about the following topics in future issues of Living Well.

- [a] Issues such as anxiety, depression and anger
[b] Healthy eating
[c] Ways to exercise for health
[d] Arthritis
[e] Services offered at St. Dominic's
[f] Free screenings at St. Dominic's
[g] List of physicians on staff at St. Dominic's
[h] New medical technologies at St. Dominic's
[i] St. Dominic's quality ratings
[j] Other (describe) _____

Very Important	Important	Not Important
□	□	□
□	□	□
□	□	□
□	□	□
□	□	□
□	□	□
□	□	□

9a. As a result of reading Living Well, I have visited St. Dominic's website at www.stdom.com.

- Yes No

9b. If Yes, why did you visit the website? Check all that apply.

- To research a health topic
 To find a physician
 To search or apply for a job
 To learn about St. Dominic's quality ratings
 To learn more about an event or service I heard about
 For some other purpose: (please describe) _____

10. I am interested in receiving health information from St. Dominic's via email.

- Yes No

If Yes, please write in your email address: _____

11. How do you prefer to receive health information? Please check one.

- I prefer to read it from a printed publication.
 I prefer to research it online.
 I prefer to use a combination of printed and online resources.

12. What do you do with this publication after reading it?

- Keep it for reference
 Pass it along to another person
 Discard or recycle it

13. What is your age group?

- Under 25 25-34 35-44
 45-54 55-64 65 or more

14. Are you:

- Male Female

DETACH HERE AND MAIL TODAY



3 Make sure the return mail panel is visible and then tape shut.

2 Fold this panel down.



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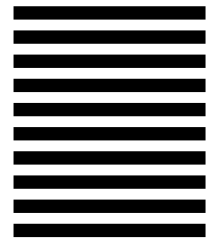
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1 Fold this panel up along the dotted line.

Enter to WIN a Visa gift card!

1st Prize
\$100 Visa Gift Card

2nd Prize
\$75 Visa Gift Card

3rd Prize
First Aid Kit

Your opinion matters! After completing the survey, please provide your name and address and detach, fold, seal and mail by October 21, 2011. NO POSTAGE NECESSARY. St. Dominic's employees are not eligible for the prize drawing. Thank you for your consideration!

Name

Address

City State ZIP

Phone

E-mail



5

Quick Tips for Healthy Eating

If you can learn kitchen shortcuts to delicious, healthy meals, you can change your lifestyle. Try these tips to cut salt, fat and calories.

- 1 Add flavor without adding salt. A bit of lemon juice can make a small amount of salt seem like more. Or perk up bored taste buds with vinegar and pepper.
- 2 For dips or spreads that call for cream cheese, substitute half a cup of ricotta cheese blended with half a cup of fat-free cream cheese. Serve with raw veggies.
- 3 Add evaporated fat-free milk to soups and casseroles in place of heavy cream. Bulk up casseroles, stews and soups with beans and vegetables.
- 4 Cradle your pie filling with a crust of crumbled graham crackers instead of pastry dough.
- 5 Use applesauce instead of butter and oil in baked goods. A half-cup of applesauce equals one cup of oil or butter.


CUT ALONG DOTTED LINE AND SAVE

» Just five more minutes—use your saved time to take our survey on the front cover. We want to hear from you! «



St. Dominic's

Living Well is published by St. Dominic's and is intended to provide information about the benefits of living well and taking an active role in your healthcare. If you have any questions or concerns regarding the content of this publication, please contact us at ask@stodom.com.

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\$100 Visa Gift Card

2nd Prize
\$75 Visa Gift Card

3rd Prize
First Aid Kit

Your opinions about this publication are important to our planning, and we appreciate your participation. Simply return our quick survey (don't forget to fill in your name and address on the back of the survey), and your name will be entered into a drawing for one of three prizes.

Living WELL

with
St. Dominic's

Fall 2011



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Smoking Multiplies Heart Troubles

Smoking takes a heavy toll on the heart. For example, a person who smokes has a two to four times greater chance of dying from heart disease than a nonsmoker. Smoking is especially dangerous for people who have other risk factors for heart disease, such as high cholesterol or high blood pressure.

QUITTING SMOKING STOPS SOME RISK FACTORS


No matter what age you stop smoking—and no matter how heavily you smoked—quitting counts. As soon as you quit, your heart and blood vessels start getting healthier. Your risk of heart attack drops by almost one-third after one year of breaking the habit. Eventually, your risk is the same as a nonsmoker's. Your chances of getting heart disease also drops dramatically in the first two to three years after quitting. However, it takes up to 10 years for your risk to reach that of a nonsmoker.

STRATEGIES THAT WORK

Need help quitting? Studies show these are the most effective treatments, and using them in combination offers the best chance of success:

1 Consider using nicotine replacement therapy (NRT), which eases physical withdrawal symptoms by slowly weaning a smoker off nicotine. There are four types of NRT: over-the-counter gum and skin patches and prescription nasal spray and inhalers. All seem equally effective, especially when used with behavioral counseling. The best choice mainly depends on your preference.

2 Ask your doctor about prescription medication that can lessen cravings and withdrawal symptoms. Used alone, it works for about 10–20% of smokers. As a combination therapy, it's even better: 25–30% of smokers who use doctor-recommended prescription medication with some form of NRT stay smoke-free after one year.

3 Try behavioral counseling. This type of therapy offers support to smokers, usually through group meetings. These help with the psychological part of quitting—for example, how to change smoking behaviors into nonsmoking ones, or how to cope with withdrawal. Some programs achieve quit-smoking rates as high as 20%. 



READY TO QUIT?

Once you make this life-changing decision, St. Dominic Family Medicine doctors are ready to help you find the strategies that will help you stop smoking and stay smoke-free. Call to schedule an appointment at the clinic location nearest you.

Clinton – 601-200-4800
Flowood – 601-200-4760
Madison – 601-200-4750

LOW-COST
SCREENING

CHECK YOUR HEART HEALTH

Get a \$30 Healthy Heart Advantage screening to find out if you have risk factors for heart disease, such as high cholesterol, high blood pressure and more. Call St. Dominic's Healthy Heart Advantage at 601-200-2742 to schedule an appointment.



Healthy Weight Management

According to the recently released 2010 Dietary Guidelines, Americans are experiencing an epidemic of overweight and obesity.

A WEIGHTY ISSUE

The numbers are astounding: 34% of Americans are obese (20% or more over their ideal body weight), 34% are overweight but not obese and 32% are considered within their normal weight range.

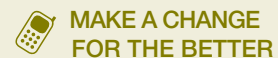
In addition, The Centers for Disease Control and Prevention (CDC) estimates medical care costs related to obesity to be as high as \$147 billion. Medical costs for obese Americans are \$1,429 higher per year than Americans of normal body weight, says the CDC.

GETTING HEALTHY

If you fit into the obese or overweight categories and would like to lose weight, St. Dominic's Healthy Weight Advantage can help you meet your goals. Healthy Weight Advantage has a program for everyone, offering a full range of weight loss options designed to help people lose 10–200 pounds.

The Healthy Weight Advantage program is different from any other. You don't just learn how to lose weight, you learn long-term lifestyle and health management strategies.

The program provides the safe and effective results the community expects of St. Dominic's, and this program's outcomes have been featured in scholarly publications such as *International Journal of Obesity*, *Obesity Research*, *Journal of the American College of Nutrition*, *American Journal of Clinical Nutrition* and *Journal of the American Dietetic Association*.



MAKE A CHANGE FOR THE BETTER

If you're looking for a weight-loss program that has options designed to meet your individual needs, offers more than weight loss through the teaching of lifestyle skills and provides clinically supported results, call St. Dominic's Healthy Weight Advantage at 601-200-6099.

Manage Your Blood Sugar to Avoid PAD

High blood sugar due to insulin resistance or diabetes may raise the risk for peripheral artery disease (PAD). In order to help steer clear of PAD, it's important to keep your blood glucose levels in check.

WHAT IS PAD?

PAD occurs when there is blockage in the extremities of the body, mainly affecting the legs. This causes pain and cramping in the calf and also raises the risk for heart attack and stroke. High blood sugar may cause the arteries to weaken. If this occurs, it may cause buildup.

ARE YOU AT RISK?

High blood sugar is only one factor that raises your risk for PAD. Other factors are diet, smoking, older age, high blood pressure, high cholesterol, heart disease or stroke, or a family history of these conditions. By managing the risk factors, you significantly reduce your chances of being diagnosed with PAD.

LIFESTYLE AND OTHER TACTICS TO REDUCE YOUR RISK

Use these strategies to help control high blood sugar:


- Aim for at least 30 minutes of moderate to intense activity on most days.
- Focus your diet on plant-based foods, like vegetables, beans and whole

grains, and choose skinless poultry and low- or nonfat dairy products. Eat less fat and more fiber.

- If you've already been taking medications to control high blood sugar, or for other PAD risk factors, be sure to take them as prescribed.

Think about talking with your doctor to determine if you need blood pressure or blood flow tests to check for PAD. Let your doctor know if you have any PAD symptoms, such as leg pain or numbness when you walk, sores on your legs or feet that don't heal well, or legs that are paler or cooler than normal.

Consult your doctor before drastically changing your diet or exercise routine. If lifestyle changes aren't enough, your doctor may give you medication to help reduce the symptoms or complications of PAD.

At St. Dominic's, procedures like angioplasty—which opens an artery with a balloon or a tube called a stent—can also be used to treat PAD. 

GET A LEG UP ON PAD

The finest cardiologists and vascular specialists in the state practice at St. Dominic's Mississippi Heart Institute. To find a doctor and make an appointment, call 601-200-2700.

Seared Pork Tenderloin with Grandma Anderson's Cranberry Relish



St. Dominic's
Chef Tony

Pork

- 1½ lbs. pork tenderloin
- ¾ tsp. seasoning salt
- ¼ tsp. rotisserie seasoning
- ¼ tsp. black pepper
- ½ tsp. dried thyme leaves
- Butter flavored pan spray, as needed

Cranberry Relish

- 1 navel orange
- 1 granny smith apple
- 1 red delicious or honey crisp apple
- 12 oz. bag cranberries, fresh or frozen
- 1 C. Splenda or Truvia sugar substitute
- ¼ C. granulated sugar

Directions:

1. Wash tenderloins and trim any fat. Rub pork with dry seasonings. Cover and allow to marinate for 30 minutes in refrigerator.
2. To make cranberry relish, wash and dry fruits. Zest the orange and reserve. Trim the white pith, discard and roughly chop the orange. Place in a large bowl and add reserved zest. Core apples, roughly chop and mix with orange. Add cranberries and sugars. Place mixture in food processor in batches until the ingredients are nearly smooth. Cover and chill until needed.
3. Preheat oven to 325 degrees. To cook pork, spray the inside of a large skillet and place over medium-high heat. Spray tenderloins with butter spray and place in hot skillet without overcrowding. Turn to sear the other sides. Place the skillet in preheated oven for 10 minutes. Turn meat and continue cooking for 15–20 minutes or until done. Remove pork to dish.
4. Place ½ cup of hot water in the empty skillet to pick up the flavors, and reserve. Carve pork tenderloin and glaze with reserved liquid. Serve cranberry relish on the side.

Yield: 6 servings

Each serving provides:

Calories 180

Fat 4 g

Sodium 206 mg

Carbohydrates 7 g

Protein 20 g



FALL 2011

SUPPORT GROUPS

Cancer Support Group

A monthly support group for cancer patients and survivors. Held the second Tuesday of each month at 9 am at the Cancer Center. Free. Call **601-200-3070**.

Caregivers Support Group

A monthly support group for caregivers of St. Dominic's patients and caregivers in the community. This group meets the second Wednesday of each month at 10 am in St. Dominic's conference rooms. Free. Call Teresa Williams at **601-200-6768**.

Women's Cancer Support Group

A support group for women living with cancer or women who are cancer survivors. Meets the second Tuesday of each month at 5 pm at the Cancer Center. Free. Call **601-200-3070**.

COMMUNITY EDUCATION, HEALTH, WELLNESS AND FITNESS

Acupuncture

The Spa at St. Dominic's offers this alternative medicine, which uses fine needles to treat a variety of medical problems. A written prescription from a physician stating it is OK for you to receive acupuncture is required. Call **601-200-5961** to schedule an appointment.

Gentle Joints (Arthritis Foundation Aquatic Program)

The Club at St. Dominic's offers a low-intensity walking water class designed to help increase strength, endurance and flexibility. Held Mondays, Wednesdays and Fridays at 2 pm. It is not necessary to be a member of The Club at

St. Dominic's to participate. Cost: \$35 for 12 classes or \$60 for 24 classes. To register, call **601-200-4925**.

Holiday Spectacular Nibbles and Sips

Join us on November 9, noon, in Veritas and St. Theresa Classrooms in Education to learn about heart-healthy and low-sodium cooking techniques for your holiday meals. Call **601-200-2700** to register.

October is Breast Cancer Awareness Month!

The pink Honda Fit car is back and will visit even more locations this year. Please visit **stdom.com** to find out where you can sign the pink car or learn more about our "Drive to Inspire" event.

Varieties of Heart Medications, Keeping them Straight

This class is presented by Jay Pitcock on January 10.

JUST FOR SENIORS

AARP Mature Driving Class

This classroom refresher course is for motorists ages 50 and older. Completing the class qualifies you for a discount on auto insurance. Cost is \$12 for AARP members and \$14 for nonmembers. Call **601-200-6698** to register.

Senior Adult Computer Classes

Self-paced classes designed to assist anyone wanting to improve their computer skills in the area of computer fundamentals, word processing, spreadsheets, Internet and e-mail. Classes are every Saturday. Cost is \$25 per person/per class. Call **601-200-6698** to find out more.

St. Dominic's has many more classes, events and offerings. Visit **stdom.com for a more complete and up-to-date listing.**

What to Expect After a Breast Cancer Diagnosis

Every three minutes, a woman hears the words, “You have breast cancer.” After that, it’s hard to think about next steps. But a diagnosis is just the beginning of a path through treatment and toward recovery.

CHOOSING YOUR TREATMENT

Each woman’s journey will be different. You and your oncologist will consider your age, health and family history. Tests such as X-rays and CT or PET scans will determine how far your cancer has spread.

After your oncologist suggests a course of treatment, you may want to get a second opinion. Learning about your options can boost confidence in your decisions. You can then choose to switch doctors or stay with your initial plan.

FACING SURGERY

Though treatment plans vary, most women will have surgery to take out their tumor. Early-stage breast cancer can usually be treated with a lumpectomy, which removes only the lump and some surrounding tissue. Most of your breast will be spared.

For larger or advanced breast cancer, surgeons may perform a mastectomy, removing the entire breast. Newer methods preserve your nipple or other natural breast tissue. You can often have your breast reconstructed during the same operation.

During your operation, your surgeon may also take out lymph nodes from under your arms to check for cancer cells. A new study in the *Journal of the American Medical Association* suggests most women with early-stage cancer need only one or two lymph nodes removed. This lessens side effects, such as arm pain and swelling.

CONSIDERING OTHER OPTIONS

You might have other treatments before, after or instead of surgery. These target cancer from the inside and include:

- **Radiation therapy:** High-energy rays or particles destroy cancer cells.
- **Chemotherapy:** Medications either kill cancer cells or prevent them from dividing.
- **Hormone therapy:** Medications block the action of hormones like estrogen, which causes most breast cancers to grow.
- **Targeted therapy:** Drugs use genetic information to identify and attack cancer cells without harming normal cells; they work differently than chemotherapy and often have less severe side effects.

Your oncologist may also ask you about participating in a clinical trial. These are studies of brand-new therapies or approaches, and participants often get state-of-the-art treatment.

AFTER TREATMENT

After you’ve followed your plan, you may be relieved it’s over and frightened your cancer will come back. You’ll continue seeing your oncologist for follow-up appointments. He or she will ask how you’re feeling and do tests that check for treatment side effects or cancer’s spread or return.

The good news: As medicine advances, more women are surviving breast cancer than ever before. About nine in 10 will live five years or longer. 44



WE SUPPORT YOU

At St. Dominic’s, we understand the impact cancer can have on patients and their families. Our Cancer Services Coordinator and an Oncology Nurse Navigator can work with you from diagnosis to recovery to make the process go as smoothly as possible. Contact the Cancer Services Coordinator at 601-200-3300.



Stress-Fighting Strategies for Every Stage of Life

The latest findings on stress are in, and they paint a worrisome picture. According to the American Psychological Association's new Stress in America survey, the majority of us are moderately to seriously stressed. While we know it's unhealthy, we aren't sure how to escape.

The sources of strain are ever changing throughout life. But the one thing that doesn't change with stress is its damaging effects on our health. If left unaddressed, chronic tension boosts the risk for heart disease, obesity, skin conditions, autoimmune diseases, and even suicide. Here's a breakdown of the most common sources of stress bothering us or our loved ones at different life stages, and what we can do about it.



SOOTHE HOLIDAY STRESS

This time of year can be tough at any age. If you need to talk with someone or find a support group that can help you, call St. Dominic's Behavioral Health at 601-200-3090.

THE TEEN YEARS

Stressors: Adolescence is a turbulent time of changing bodies, peer pressure, and new responsibilities. In a recent survey, the stress levels of incoming college students were at an all-time high.

Solutions: Help your teens list their sources of tension. Strike out the ones they can't change, like a friend's behavior, and define ways to take charge of the others, such as cutting back on work hours or changing study habits. Be sure to talk to your teens about drugs and alcohol, which only add more problems and worry.

YOUNG ADULTS

Stressors: More than 75% of young adults said money and job security topped their list of worries. Workplace woes wear down those who are employed.

Solutions: Stop and take stock of where you are financially. Make a plan for solving your most pressing problems, like credit card debt. Ask for help from counseling services or financial planners.

To keep job strain from getting the best of you stay organized, take a time management class, and develop a menu of emergency stress-busters like working out or a special lunch outing. When you feel the pressure rising, count to 10 before you speak, take three to five deep breaths, or simply walk away.

FOR COUPLES AND PARENTS

Stressors: The ongoing recession has left couples and families financially unstable. Strained relationships cause anxiety, and the challenges of balancing family and work create guilt and distress.

Solutions: Use tough times to come together. One survey found 29% of couples reported feeling closer during financial struggles. A tactic that helped: finding a religious home or other community.

To protect your work-life balance, set boundaries. For instance, turn off your cell phone during and after dinner. Communicate your nonavailable hours clearly to coworkers.

CAREGIVING AND OLDER AGE

Stressors: Older adults most times are less stressed overall than younger generations. However, they're the most likely to cite health problems, either their own or a family member's, as pressure points.

Solutions: If you're caring for a sick loved one, create a support team. Make a list of who can help and how, along with contact information. Use it when you need a break.

The best caregivers also care for themselves. Schedule time to do at least one thing per day you enjoy, like working out, gardening or playing golf. 44



Did You Know?

Stress affects your whole body—even your skin. In research studies, stress seems to lower the skin's ability to ward off irritation and heal.



When You Need Physical Rehabilitation

“My doctor recommends rehab. What should I expect?”

There is no easy answer for that question, because there’s no one-size-fits-all rehab plan. Your plan is built for you. But the goals of rehab are fairly constant: to manage pain, restore your function and help you be more active in life.

WHO NEEDS REHABILITATION

Each year, adults and children with injuries and a variety of health conditions enter physical rehabilitation. Rehab is often prescribed when you have muscle and bone problems, such as low back pain or arthritis. But it can also help treat a variety of other conditions, including nerve problems and cancer. Or if you’ve

had a stroke, rehab can help you regain your function and maintain your independence as much as possible.

If you’ve been injured through work or a sport, rehabilitation may also be recommended. The rehab team at St. Dominic’s can help even if you have a severe injury, such as a brain or spinal cord injury, that requires long-term rehabilitation.

Rehab may also be recommended before and after surgery, such as for joint replacement.

WHAT TO EXPECT IN REHAB

Rehabilitation can take place on an

inpatient—in the hospital—or outpatient basis. Your treatment team may include doctors, nurses, physical and occupational therapists, speech pathologists, social workers and psychologists.

Rehabilitation often relies on exercise, but your plan will be customized to your particular condition, needs and preferences. It may include massage, bracing, heat and cold therapies, medicine and other treatments.

Depending on your condition, you may need to attend rehab regularly. Your team may also recommend exercises you can do at home to get stronger. 🏋️



EXPERIENCE COUNTS

For over 65 years, St. Dominic’s has been helping Mississippians rebuild their lives after a serious illness or injury. Our innovative rehab facility, located in the Dominican Plaza, features a staff of expert therapists specially trained in treating patients with orthopedic and neurological injuries and illnesses. For more information about St. Dominic’s Outpatient Rehab, call 601-200-4920 or visit stdom.com.



St. Dominic's

Living Well is published by St. Dominic's and is intended to provide information about the benefits of living well and taking an active role in your healthcare. If you have any questions or concerns regarding the content of this publication, please contact us at ask@stdom.com.

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Calming Chronic Heartburn

Heartburn—that burning sensation in the chest or throat—happens to most of us at some point. If it shows up only occasionally, it's probably not serious. But in people with gastroesophageal reflux disease (GERD), heartburn can be a frequent event.

GERD refers to heartburn that is chronic and severe. It occurs when the muscle that connects the esophagus with the stomach becomes weak, allowing stomach acid up into the esophagus.

When GERD is left untreated, you may experience:

- Chest pain or pressure
- Difficult or painful swallowing
- Hoarseness and coughing, especially at night
- Vomiting blood

Doctors often recommend lifestyle changes, such as:

- Stop smoking.
- Don't drink alcohol or caffeine.
- Avoid acidic foods like tomatoes and citrus, and foods or drinks that contain chocolate, spearmint or peppermint.



- Eat small meals, and wait about three hours after a meal before lying down.
- Sleep with your head and shoulders propped up so digestive juices flow down.

If these lifestyle changes don't calm the heartburn, GERD may be treated with medications or surgery. St. Dominic's offers a minimally invasive procedure that can alleviate this chronic heartburn and most times you can return to work within in one to three days.

Stay connected! Become a fan of St. Dominic's on Facebook (www.facebook.com) or follow us on Twitter (twitter.com/StDomHospital). Learn more about St. Dominic's events, screenings, health services and the latest hospital news.



Important Numbers

St. Dominic's
601-200-2000

Behavioral Health
601-200-3090

Cancer Services
601-200-3300

Center for Women's Health
601-200-4935

Diagnostic Imaging
601-200-6150

Family Medicine
Clinton – 601-200-4800
Flowood – 601-200-4760
Madison – 601-200-4750

Farlow's Pharmacy
601-200-2900

Healthy Heart Advantage
601-200-2742

Healthy Weight Advantage
601-200-6099

Maternal & Newborn Care
601-200-6934

Mississippi Heart Institute
601-200-2700

New Directions for Over 55
601-200-6698

St. Dominic's Sports Medicine
601-200-6088

The Club at St. Dominic's
601-200-4925

The Spa at St. Dominic's
601-200-5961



Free Gift with Mammogram

Schedule your annual screening mammogram with St. Dominic's Center for Women's Health and receive a pink umbrella after your appointment. Call **601-200-6732** to schedule an appointment.

Hurry, supplies are very limited! One umbrella per customer at the summation of an appointment. Offer expires November 30, 2011.