Heart Health
Life-saving advice for women

Senior Care:
Help for dementia patients and caregivers

ALSO:
- NFL star teams with Thompson
- New ThompsonHealth.com debuts

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Summer 2007

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IN HEALTH AND WELLNESS

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Thompson's new, non-surgical procedures enhance patient care

Exciting advances in interventional radiology are creating more and better options for patients. The news is especially good for residents of the Finger Lakes, because many of the latest procedures are available in their own neighborhood: at F.F. Thompson Hospital's Polisseni Family Diagnostic Imaging Department.

Dr. David E. Lee, Chief of Diagnostic Imaging

Thompson's partnership with interventional radiologists from the University of Rochester Medical Center has expanded the breadth of services offered at the hospital.

"Offering these treatments close to where patients live is a big advantage," explains David E. Lee, MD, Chief of Diagnostic Imaging at Thompson Hospital. "It's not just a matter of convenience; many of these procedures can be done on an outpatient basis, so it's much more comfortable for a patient to get treatment here and have a short commute home after their release."

Examples of treatments now available include:

Uterine Fibroid Embolization: Uterine fibroids are non-cancerous growths that develop in the wall of the uterus. In many cases, UFE is an alternative to surgical removal of the fibroid or full hysterectomy. For this procedure, the interventional radiologist injects tiny plastic particles to block the blood vessels feeding the fibroid, causing it to shrink over time.

Varicose Vein Ablation: Weak valves in veins can cause blood to pool, resulting in a thick, ropy appearance. As well as being unsightly, varicose veins can cause pain and leg fatigue. The interventional radiologist uses a catheter to seal off the vein for immediate relief from symptoms.

Cardiac Computed Tomography Angiogram (CTA): An angiogram is traditionally used to diagnose peripheral vascular disease (narrowed blood vessels in the arms and legs). Angiogram requires the injection of radioactive dye into blood vessels; CTA is a newer and less-invasive way of diagnosing vascular disease using highly accurate 3-D CT technology.

New treatments for peripheral vascular disease: These include **angioplasty,** in which the physician

Continued on page 2

WHAT IS INTERVENTIONAL RADIOLOGY?

Interventional radiology uses advanced imaging technology to make less-invasive, highly effective medical treatments possible. Interventional radiologists use X-ray, ultrasound, computed tomography (CT) and other imaging techniques as they guide small medical instruments through the body to the site of a problem to repair it.

Drink to your health – with water

Summer's here, and it's time to think about an easily preventable but potentially serious condition: dehydration. Mild cases can cause symptoms such as fatigue, dizziness, headache and constipation; severe dehydration can be life-threatening.

Dehydration happens when you lose more fluid than you take in and your body doesn't have enough water and other fluids to function normally. It can strike at any time of year, but is especially likely in warmer weather and when people are more physically active.

Alice DeMallie, FNP

Activities of daily life – sweating, eliminating waste, even breathing – cause you to lose moisture. The average adult loses some 10 cups of water a day this way, along with essential electrolytes. Eating and drinking fluids can restore these to healthy levels. But you must drink enough, and drink the right things, because some fluids – caffeinated beverages and alcohol – deplete your body's fluid level.

I advise my patients to drink water to rehydrate – not soda, fruit juice or even Gatorade. You should discuss your specific hydration needs with your health care provider. But here are some guidelines, for infants to seniors:

Infants who are breast-fed exclusively generally don't need to take in extra water as long as they are being fed sufficiently. When they move on to a combination of

Continued on page 2

Health tips for travel season

By Anthony Geraci, MD

When you're planning summer vacation, don't forget your family's health. Of course you should take prescription medications – but what else do you need on the road? Here are a few travel tips:

Bring your insurance cards.
As obvious as this sounds, many vacationers come to our Emergency Department without their insurance information, which causes them needless stress. If you're traveling outside the country, find out from your insurance company if you're covered. It's also smart to bring a list of your physicians and their phone numbers, as well as the number for your pharmacy.

Know how to get help before you need it.
When traveling, be aware of local emergency telephone numbers, because some areas do not have 911 service. If you need an ambulance, urgent care or hospital when you're in an unfamiliar area, you can ask the locals. Better yet, do some Web research on health resources for your destination and add those addresses and phone numbers to your travel itinerary.

Bring a first aid kit.
For routine travel and camping trips, a basic kit with bandages, gauze, antiseptic and an Ace bandage is fine. Wilderness campers who will be far away from civilization need more supplies; do a Google Web search on "first aid kits for wilderness camping" to find product options.

Get your shots.
Make sure your children are up-to-date on their immunizations. Adults may need shots if they're traveling outside the country. The Passport Health service offered Mondays from 5-9 p.m. at Thompson Hospital offers country-specific immunizations and health advice for travelers; call 585-275-8884 to make an appointment.

Compile your "health portfolio."
If you have ongoing health issues, you can expedite treatment away from home by carrying a list of your medical conditions; medications; allergies; physicians and their phone numbers; as well as copies of recent medical tests, lab work and discharge summaries from recent hospital stays.

No one likes being sick on vacation, but with a little planning, you can minimize the disruption and help keep your family safe even when you're far from home.

Dr. Geraci is Chief of Emergency Medicine at F.F. Thompson Hospital.

Customer satisfaction is always our goal at Thompson

At Thompson Health, we're always looking for ways to improve our customer service. "Always" is the key word; we want our service to be consistently excellent throughout our organization. Everything we do counts when it comes to customer satisfaction – clinical quality, courtesy, the cleanliness of your room. That's why we seek customer feedback on these and many other areas.

Many departments at Thompson survey our customers to invite feedback. We also gather data with help from an industry-leading consultant, Press Ganey, which regularly mails surveys to a random sampling of our patients.

Linda Janczak, Thompson Health President/CEO

We use this feedback to continuously improve the way we serve all our customers – patients, residents and visitors.

Now we are expanding our survey process to participate in a federal patient satisfaction measure called HCAHPS.

HCAHPS is short for Hospital Consumer Assessment of Health Providers and Systems. The program asks patients to rate how often a hospital met quality standards in several areas such as courtesy, pain management and doctor-patient communication.

In October, Thompson Hospital joined thousands of facilities across the country taking part in this initiative sponsored by the U.S. Department of Health and Human Services.

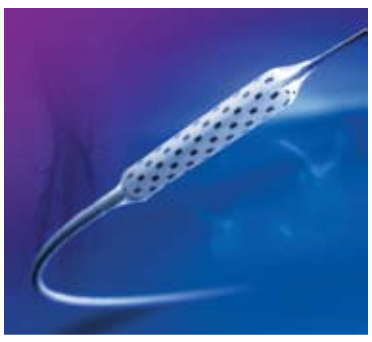
When the program is fully implemented, the federal government will use HCAHPS results to assess its reimbursement rates for hospitals. The HCAHPS Web site (www.hospitalcompare.hhs.gov) also promises to offer consumers comparative data on hospitals in their area.

HCAHPS questions are now part of Thompson's Press Ganey surveys sent to hospital inpatients. With HCAHPS, the only patient response we strive for is "Always." So, if we meet or exceed your expectations, please check that "Always" box – and rest assured that we focus on making every encounter you have with Thompson a satisfying one. *Always.*

CONTINUED FROM FRONT COVER

New services available

inserts a tiny balloon into the narrowed blood vessel to expand it. **Peripheral stent placement** is another option; a steel mesh tube is inserted into the vessel to help keep it open. **CryoPlasty** is a newer form of angioplasty. In this procedure, the balloon is inflated with nitrous oxide gas to cool the vessel wall to -10°C. The extreme cold helps destroy the material causing the blockage. CryoPlasty may help prevent or at least delay the need for more invasive treatment such as stenting.



CryoPlasty uses nitrous oxide to inflate a balloon at a very cold temperature inside an artery.

Many other interventional procedures are available at Thompson Hospital, including **sclerotherapy** to treat spider veins; **ambulatory phlebectomy** to remove non-functioning veins; **virtual colonoscopy**; and **laser ablation**, which uses heat to help destroy tumors.

Dr. Lee (standing, left) with a patient, technician and nurse in Thompson's interventional radiology suite. Thompson has added several breakthrough medical procedures to our roster of services. Non-surgical treatments offer many advantages: they are less painful, recovery time is quicker, and they are often less expensive and more effective than traditional surgery.

While interventional radiology is not appropriate in every case and is not a replacement for traditional surgery, it is an important complement to it. As technology advances, new procedures will become available, offering the promise of still more treatment options. "The field has changed immensely just in the time I've been practicing," Dr. Lee says. "Who knows how much more advanced we will be 5 or 10 years from now – it's going to be awesome."

Healthy recipe

Roasted Vegetable and White Bean Salad

1 small zucchini, diced
1 small summer squash, diced
½ cup green beans, trimmed and cut in ½ inch pieces
2 tsp. + 2 tsp. olive oil
⅛ + ⅛ tsp. salt
Freshly ground pepper to taste
1 15.5-ounce can cannellini beans, drained and rinsed
¼ cup chopped red onion
½ cup crumbled feta cheese
Juice of ½ lemon
Preheat oven to 425 degrees Fahrenheit

Combine zucchini, squash and green beans with 2 teaspoons olive oil and distribute evenly on a nonstick baking sheet. Sprinkle with ⅛ teaspoon salt and freshly ground pepper to taste. Roast in the oven 10-15 minutes, tossing halfway through. Combine roasted vegetables, beans, red onion, feta, lemon juice and remaining olive oil in a medium bowl. Season with remaining ⅛ tsp. of salt and freshly ground pepper to taste.

Makes 2 servings.

Calories per serving: 397.
Total fat: 18 g.
Saturated fat: 7 g.
Total carbohydrate: 43 g.
Dietary fiber: 11 g.
Protein: 19 g.

Exchanges: 3 vegetables; 2 starches; 2 fats.

CONTINUED FROM FRONT COVER

Drink to your health

breast milk and solids, they need a little water a day; generally, babies less than six months old should take 1 or 2 ounces of water a day. Babies older than six months should drink more, especially in warm weather; parents should watch for signs of adequate hydration, such as a normal amount of wet diapers. Adjust water intake accordingly to be sure the baby is getting enough food as well as water.

Water is a great thing to keep in a sippy cup for babies and is preferable to juice, which can be bad for babies' teeth. If children balk at drinking water, I recommend flavoring it with a small amount of juice; say, half an inch in the cup, then filling the rest with water. Give children the opportunity to drink water throughout the day.

For adults, I recommend at least eight, 8-ounce glasses of water a day. In the summer months, depending on your activity level, you should drink even more. If it's a very hot day or you are doing strenuous activity such as running, drink another 8-ounce glass every hour. Soda is not recommended. The high sugar content can make you feel thirstier, and sometimes having a lot of sugar in your gastrointestinal tract will "pull" water from the rest of your body, accelerating dehydration. Many sodas have caffeine, which also is very dehydrating. As for sports drinks, the only people who really need them are serious athletes doing a lot of training.

Teach children the importance of drinking water rather than sweetened soft drinks at an early age.

Often seniors and those on diuretics ask if they should be drinking water; the answer is yes. Sometimes older people who have incontinence problems will avoid drinking water, which can lead to a bladder infection or even bigger problems. If incontinence is an issue, speak to your doctor, because there are medications and other options that can help.

Water quality is another important concern in our area, where many people rely on well water. If you use a well, be sure to have it tested regularly. Your local cooperative extension can give you more information.

No matter what your age, water is essential to good health. Be sure you're getting enough – not just in the summer, but all year long. You'll feel better, and you'll help your body function at its optimum level.

Alice DeMallie is a Family Nurse Practitioner in Thompson Health's Shortsville Family Practice.

Help for dementia patients, caregivers

It's estimated that as many as 5 million people in the United States have dementia, but countless more are dealing with it every day – patients' family members, who need support in dealing with this progressive condition. Fortunately, help is more accessible now than ever before, and families are more likely to seek it out.

"Dementia is not the taboo subject it was in the past," says Anne Wolden, Special Projects Coordinator at Thompson Health's M.M. Ewing Continuing Care Center. "People are more apt to look for information, and are more aware and accepting of the needs of people with dementia." Social contact helps those with dementia maintain their cognitive skills and self-confidence. "People need activities, social contacts, and continuity in their lives," Wolden explains. "They are dealing with a lot of new experiences because of the memory loss; following a routine is helpful and reassuring."

That's why many families try to keep patients at home as long as possible. To do that, they address many issues, such as protecting the patient's safety; helping with daily activities; and communication.

Safety

Family members need to safety-check the home. Assess whether the patient can safely use appliances such as the stove or toaster. Microwave ovens are simpler for them to use; convenience foods and home-delivered meals also can help keep patients well nourished. Throughout the house, look for potential hazards such as throw rugs, household clutter or cramped furniture arrangements that can lead to falls. More safety tips are available at the New York State Office for the Aging Web site: http://agingwell.state.ny.us/safety/articles/tip.htm.

Activities

A trusted caregiver can get a durable power of attorney to help the patient with financial matters and bill-paying. Advanced medical directives help assure the patient's wishes regarding future medical care will be followed. Taking care of a patient's emotional needs is also important. Provide recreational opportunities – either with lifelong hobbies such as gardening or new activities appropriate for the person's abilities. Scrapbooking helps patients remember family and friends; puzzles and arts and crafts can sharpen fine motor skills. Vintage music and movies are enjoyable and reassuring to elderly patients with dementia, who retain long-term memory longer than short-term.

Communication

Be patient and offer reassurance; give the person time to speak and let them know it's okay if they have trouble expressing their thoughts. Use short, simple sentences and give 1-step instructions. Speak slowly, repeat information or questions as necessary, and avoid open-ended questions. Writing down future appointments and instructions for daily activities may be helpful. Above all, tailor the routine to the person's habits and preferences.

Because of the progressive nature of dementia, many patients cannot remain in their homes, or at home with caregivers, indefinitely. Other options are available, including adult day programs, which provide supervision, socialization and meals/snacks. Some, such as Thompson's The Brighter Day, are medically supervised and helpful for those with medical issues. When families can no longer provide in-home care for a loved one with dementia, Thompson's M.M. Ewing Continuing Care Center offers skilled care in a safe, comfortable residence. The Continuing Care Center's focus on residents' physical and cognitive well-being helps them maintain their independence as long as possible.

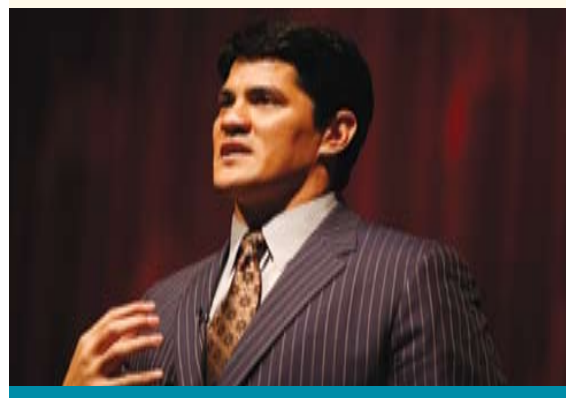
Dementia patients and their families have many options for support through every stage of the illness. The Alzheimer's Association and The Brighter Day offer support groups for the community. The Continuing Care Center partners with the Alzheimer's Association to offer educational programs on dementia throughout the year; check Thompson's Wellness Calendar for dates.

WHAT IS DEMENTIA?

Dementia refers to a loss of mental status that may cause memory, behavior, learning, and communication problems. Many different diseases can cause dementia, including Alzheimer's disease and stroke.

Caring for someone with dementia has gotten easier in recent years, thanks to greater awareness and acceptance of the condition, and the availability of outside resources.

NFL star in Canandaigua for stroke awareness



Stroke victim Tedy Bruschi's presentation was titled "Surviving a Setback."

Thompson Health welcomed NFL star and stroke survivor Tedy Bruschi to Canandaigua May 19 as part of its ongoing campaign to raise community awareness about the warning signs and treatment of stroke.

F.F. Thompson Hospital is a New York State Designated stroke center of excellence. Bruschi, 34, is a star linebacker and defensive leader for the New England Patriots, three-time Super Bowl champions. Hundreds of people attended the event at Canandaigua Academy, where Bruschi shared his story of recuperating from a stroke he suffered in 2005 at the age of 31.

Bruschi greets fans after sharing his inspiring story with them.

Careers in health care

Many opportunities, career options for doctors

The nationwide shortage of physicians creates ample opportunities for those who enter the profession – and the profession itself is changing to create still more opportunity.

"The career options are unbelievable," notes Carlos R. Ortiz, MD, Senior Vice President of Medical Services at Thompson Health. Most of us think of physicians in private practice or a hospital setting, but there are many other options. Physicians can free themselves from the demands of running their own business by working for a hospital-based practice. They can work in an academic setting, teaching future physicians. They can choose a career in research. They can work for pharmaceutical companies or as consultants to businesses. They can even become journalists, sharing their knowledge with the public to promote good health.

The long years of training and significant workload have discouraged some promising candidates, so the field has responded: Medical schools reduced residents' work shifts. Hospitals and health systems are cutting the hours physicians are expected to work or be on call. And many health systems, including Thompson, have hired Hospitalists to provide acute inpatient care, freeing physicians from making hospital rounds before and after their office hours.

In addition, many doctors are easing their workloads by hiring Physician Assistants and Nurse Practitioners, who treat patients under their supervision. The advent of these positions has opened the field of medicine to many talented caregivers. PAs and NPs enjoy the rewards of caring for patients, but require fewer years of training. A high school graduate can become a PA after four years, for example; physicians require a minimum of eight years education and additional training to practice in internal medicine, medical specialties and/or surgery.

Despite the challenges, the benefits of being a physician are many: helping patients and their families; financial security; and a multitude of career choices. The career requires strong science, math and biology skills, but many medical schools are now looking for students with more diversity – those from a liberal arts background, for example, or career-changers who enter medical school as adults. Whatever their academic background, physicians also need good business sense, technology savvy and strong interpersonal skills. "Being a physician is a demanding job – you have to love it," Dr. Ortiz notes. "But for the right person, it's a great career."

Summer **2007**

Partners

IN HEALTH AND WELLNESS

Thompson Health, Canandaigua, NY. www.thompsonhealth.com

CALENDAR OF EVENTS

Ride for Independence
Benefits Thompson Health's Rehabilitation Aftercare Program. Bicycle riders can choose a 15-mile, 31-mile or 62.5-mile course. Saturday, July 28 at Onanda Park, West Lake Road, Canandaigua. To register, contact Dudley Hallstead at (585) 396-6050, e-mail rfi2006@frontiernet.net or download a registration form from ThompsonHealth.com.

Sunset Serenades
Relaxing live music under the stars. Free; bring your own chair. 7 p.m. August 1, 8, 15 at Ferris Hills, Canandaigua. Call 585-393-0410 for information.

Thompson Guild Fashion Show
Thursday, August 23 at Thendara Inn & Restaurant, 4356 East Lake Road, Canandaigua. Call 585-374-5066 for information.

4th Fridays
Live music and dancing. August 24 at Bella Lago Restaurant & Party House, 158 Lakeshore Dr., Canandaigua. Tickets are $8 at the door. Must be 21 or older. Call 585-396-6155 for information.

C52 Justin Rothe Memorial Bike Ride
52-mile bike ride around Canandaigua Lake with post-ride party. Sept. 22. Benefits Asthma Education at Thompson Health. Registration at 7:30 a.m. in F.F. Thompson Hospital North Parking Lot, 350 Parrish St., Canandaigua; ride starts at 8:30 a.m.

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ThompsonHealth.com has a brand new look, new features

Thompson Health's Web site has been expanded and redesigned, with many new features that make it easier to find and use health information.

Here are some highlights:

Bill payment: A new feature lets you pay your Thompson bill online using your credit or debit card.

Community calendar: Interested in attending an upcoming class or fundraising event sponsored by Thompson? Check out the community health calendar for details, times and locations.

Registration: You can even register for Wellness classes from our Web site.

Job search: Thompson's new site makes it easier than ever to apply for a job online. Post your resume online; if there's not an opening in your area of expertise right away, your resume will be archived with Thompson's Human Resources Department for future reference.

Find a doctor: The Web site has a searchable database of our doctors by specialty or gender.

Health news: The Health Information portion of our site is a great resource. It has detailed information and videos on health conditions, medical procedures and medications. There are interactive features such as health self-evaluations,

an "anatomy navigator" to view body systems and a conditions navigator to view the impact of health problems on the body.

What women don't know – BUT NEED TO – about heart disease

While many women underestimate the threat of cardiovascular disease, it is the leading cause of death for their gender. Approximately 600,000 women die every year from heart disease – more than from all forms of cancer combined. Despite these numbers, why is there less awareness of the risk? Experts point to these factors:

- Women suffer heart disease less frequently than men, but more of them die from it than men do.
- Women's symptoms can be different from the "classic" and well-known men's symptoms, and they tend to ignore the symptoms.
- The age at which heart disease becomes a risk is later for women – age 55 – than for men – age 45.
- Women are often the family caretakers, paying more attention to others' health needs than their own.

Warning signs/symptoms for women

Studies have shown that women with coronary artery disease present with a mix of typical and atypical symptoms. Women often don't feel the "classic" chest pain that men report; instead, they may have a feeling of pressure, tightness, heaviness, squeezing or burning in the chest. Other symptoms may include unusual fatigue or shortness of breath; pain in the jaw or shoulder; nausea; or sweating.

Knowing the risk factors for heart disease is the best way women can protect themselves.

These include:

- Family history of premature heart disease
- Diabetes
- High blood pressure
- High cholesterol, with high levels of "bad" and low levels of "good" cholesterol
- Lack of exercise, obesity
- Cigarette smoking, which increases heart disease risk by 300%

Ways to minimize your risk

- Don't smoke, or take advantage of new smoking-cessation drugs, classes and support groups to quit if you do.
- Address any obesity; if you are overweight cutting even 10% of your body weight can lower your risk. Change the ratio of the foods you eat; eat less high-calorie, high-fat foods and more vegetables, fruits and whole grain foods.
- Know your blood pressure. It should be at or less than 130/80, or 120/80 for diabetics.
- Follow your doctor's advice and correctly take any medications prescribed for high blood pressure, diabetes or cholesterol.
- Engage in moderate exercise. Studies have shown that brisk walking for 30 to 45 minutes three times a week can cut your heart attack risk in half.