

Health Matters

Summer 2011

Doctors Hospital
Of Manteca
Tenet California



New Cure For Migraines

Biking Safely
through the Summer

Living with Stress

Skin Care that Works

Healthy Choices:
Plan Better Meals with
Help from ChooseMyPlate.gov



Bicycle Safety



Americans love their bicycles. We buy more than 18 million bikes each year and spend nearly \$6 billion on bicycles, related parts, and accessories. But before we hop on our new wheels and go for a ride, we need to slow down and learn the rules of bicycle safety.

Ronald Yamada, M.D., orthopedic surgeon at Doctors Hospital of Manteca, reminds us that “bicyclists must follow the same rules of the road as motorists, and that by doing so will help ensure their own safety.”

Other suggestions about bike riding safety include the following:

Rule 1. Check your equipment.

Tires should be inflated properly and the chain oiled regularly. Check brakes for frayed cables and replace worn brake pads. Adjust the bike to the proper height. Allow one to three inches of space above the top bar when standing with both feet flat on the ground. The bike seat should be level and seat height should allow for a slight knee bend when the leg is completely extended. Handlebars should be adjusted to the same height as the seat. If you have a child seat on the

back of your bicycle, make sure you have spoke guards to prevent your child’s foot from getting caught in the spokes.

Rule 2. Dress appropriately.

Wear brightly colored, neon or fluorescent clothing so others can see you on the road. Watch out for backpack straps, shoelaces, loose-fitting clothes or flared pant legs that can get caught in the bike chain. Don’t ride barefoot, and avoid shoes that don’t grip the pedals, such as flip-flops, heels or cleats. Wear sports glasses to protect your eyes from dust or bugs.

Rule 3. Always wear a helmet.

Straps should form a “V” underneath each earlobe and no more than one finger’s width should fit beneath the strap. The helmet should be worn level and cover the forehead, with the rim resting

approximately one to two fingers width above the eyebrows. Straps must be fastened when riding. Never wear a hat under the helmet. A child riding in a carrier seat also should wear a helmet.

Rule 4. Follow the rules of the road.

Go with the flow of traffic, and look both ways before crossing a busy street. Stop at all stop signs, cross at intersections, and yield to pedestrians or traffic when appropriate. Ride in a straight line and use correct hand signals when turning or changing lanes. Don’t ride too close to parked cars in case a door opens suddenly.

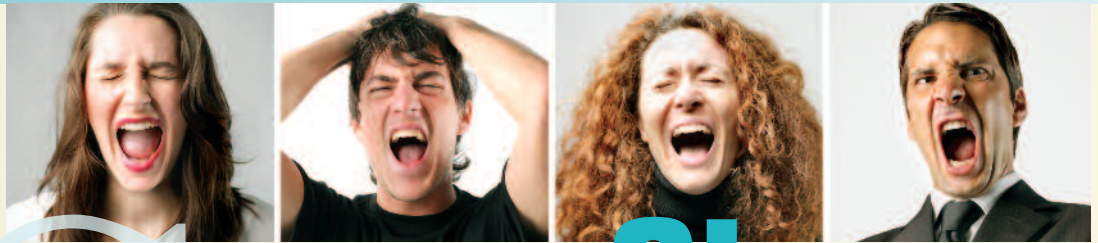
Rule 5. Ride smart.

Keep at least one hand on the handlebars at all times and watch out for obstacles that could cause you to lose control of your

bike, such as potholes, storm grates, railroad tracks, cracks, puddles, wet leaves or rocks. Carry books or other items in a bike carrier or backpack. Be aware of cars around you, and don’t wear headphones or stand up while riding a bike. Avoid riding at dusk or in the dark.

Riding a bike is good exercise and is easier on the joints than jogging. It can help you get in shape, reduce your risk of health problems and lose weight. Following the rules of bicycle safety will help ensure that you can bike for miles and stay safe on two wheels.

For more information about bicycle safety, visit the National Highway Traffic Safety Administration website at www.nhtsa.dot.gov.



Living with **Stress:** The Good and the Bad

Stress is something
we all experience.
And although we think
of it as a negative,
it can also have a
positive effect.

“Stress is the body’s way of preparing for a challenge with increased strength, focus and alertness,” says Rajiv Punjya, M.D., a cardiologist affiliated with Doctors Hospital of Manteca. “When we are under stress, our bodies produce adrenaline and cortisol, and these hormones increase our heart rate, breathing rate, blood pressure and metabolism.”

This reaction can serve us when we are in danger, such as when we need to jump out of the way of a speeding car. It can also help in less serious situations, such as when we want to be at the top of our game for a job interview or first date.

We run into problems when our stress is caused by something ongoing or long term, such as a difficult job, marital separation or financial problems. Even positive events, such as having a baby or getting married, can cause stress.

Each person is unique, and what causes stress for one person—such as speaking in public—may not be stressful to someone else. And everyone responds differently to stress.

However, when the body is subjected to the physiological changes caused by stress over

long periods of time, a variety of health problems can result. These include depression and anxiety, obesity, heart disease, high blood pressure, abnormal heartbeat, menstrual problems, and skin problems. And although stress does not cause ulcers, it can make them worse.

The body tells us when it is under stress. Signs can include back pain, digestive issues, fatigue, headaches and trouble sleeping. Tension in the shoulders and neck or clenching the hands and fists are often early indicators.

“When you realize you’re under stress, it’s important to take steps to lessen that stress,” says Dr. Punjya. He offers the following suggestions for managing stress.

Take Care of Your Body

- Get enough sleep. Most adults need seven to nine hours per night.
- Eat lots of fruits, vegetables, beans and whole grains.
- Get daily physical activity to relax tense muscles and boost your mood.
- Avoid coping with stress by drinking, smoking, using drugs or overeating.

Mind Your Mind

- List the things causing you stress and figure out which are solvable. Learn to look at the problem, think of possible solutions and take action.
- Look at change as a positive challenge rather than a threat.
- Prepare as best you can for events that will be stressful.
- Avoid overscheduling. Learn to set limits.
- Get organized. Make lists of what you need to do.
- Use deep breathing, meditation and other relaxation techniques.

Connect With Others

- Talk about your problems with supportive family members or friends.
- Seek professional help if you need it.
- Consider volunteering as a way to do good and focus outward.

If you need a referral to a physician who can help you stay healthy and manage your stress, please call 800.470.7229.

Enjoy Life Again! Migraine



Plastic Surgery Given Important New Medical Use for Migraine Sufferers

California Hospital Offering New Cosmetic Procedure to Treat Migraine Headaches

New Migraine Treatment

According to the National Headache Foundation, migraine headaches are the nation's 12th-most disabling disorder. Over three million Americans suffer from migraine headaches—75 percent of whom are women.

Many migraine sufferers endure years of agonizing and debilitating pain with only short-term relief from rounds of different medications and treatments, with no long-term solution.

Physicians at Doctors Hospital of Manteca are now offering an outpatient surgery that traces its roots to plastic surgery procedures, and the results have been convincing. The new minimally invasive surgical procedure may stop or reduce the frequency of migraine headaches.

Benefits of the new migraine treatment:

- Minimally invasive treatment
- Fast recovery
- Reduction in frequency or complete elimination of migraine headaches

For more information about the new migraine treatment performed at Doctors Hospital of Manteca call 800.470.7229 or visit www.doctorsmanteca.com.

Doctors Hospital of Manteca has announced it is now offering a surgical procedure that may stop or reduce the frequency of migraine headaches among chronic migraine sufferers.

This outpatient surgery traces its roots to plastic surgery procedures, such as endoscopic forehead or eyebrow lifts. In the 1990s, plastic surgeons noticed that cosmetic patients who also happened to be migraine sufferers were reporting a post-operative reduction in the frequency or complete elimination of their migraines.

The results have been convincing. One current migraine

patient reports that the migraines that plagued her for 20 years completely stopped after the surgery. The frequency and severity of the headaches were preventing the patient from spending time with her grandchildren and enjoying other activities.

"I can enjoy my grandkids now, getting out and playing with them," said Maryanne Niese. "I can go outside and look at the sky, where before I had lived in the dark."

According to the National Headache Foundation, migraine headaches are the nation's 12th-most disabling disorder, with more than three million United States migraine sufferers.



Relief

Approximately 75 percent of migraine sufferers are women.

Doctors Hospital of Manteca plastic surgeon Thomas McNemar, M.D., believes, “This surgery to treat chronic migraine headaches may be an important new avenue for migraine sufferers.”

“Many migraine sufferers,” continued Dr. McNemar, “endure years of agonizing and debilitating pain with only short-term relief from rounds of different medications

and treatments, all of which ultimately fail to bring a long-term solution. For many chronic migraine patients, this could be the answer they’ve been searching for.”

For more information about the new migraine headache surgery performed at Doctors Hospital of Manteca, please call 800.470.7229.

Nutritional Icon Switches from Pyramid to Plate

Although it has undergone changes over the years, the USDA’s nutritional pyramid has featured the same iconic shape since its introduction almost 20 years ago.

In June, the famous pyramid morphed into a circle when the federal government unveiled a new dinner plate icon.

“The new design is an improved visual tool that demonstrates a more practical approach to reminding consumers how to plan meals by making improved and healthier food choices,” says Joanna Lua, R.D., clinical nutrition manager at Doctors Hospital of Manteca. “The model also demonstrates an excellent concept of controlling food portions and avoiding overconsuming, which seems to be one of the biggest concerns for many people.”

The guidelines emphasize that healthy meals consist of 50 percent fruits and vegetables, with lean protein, grains and low-fat dairy making up the other half. Lean protein includes such foods as lean beef and pork, chicken, turkey, beans and tofu. Seafood is recommended twice a week.

When consuming grains, consumers are urged to make at least half of them whole-grain products. Look for the words “100% whole grain” or “100% whole wheat” on the label. Milk should be fat-free or low-fat.

The ChooseMyPlate.gov website offers additional tips for creating healthy meals. For example, use a smaller plate to help with portion control. Don’t eat while distracted, as you may end up eating more than you need. And take the time to savor food by eating slowly.



When purchasing foods like soup, bread and frozen meals, check the sodium (salt) content, and select items with lower numbers. While looking at food labels, check for calories. Be sure to figure out how many servings you really eat in order to find out how many calories you actually consume.

To satisfy your sweet tooth, choose fruit. And when drinking juice, make sure it is 100 percent fruit juice rather than a fruit-flavored drink. Choose water instead of sugary drinks—a 12-ounce can of soda contains a whopping ten packets of sugar.

Sources of saturated fats—such as cake, cookies, ice cream, pizza and hot-dogs—should be occasional choices rather than everyday foods.

In addition to eating healthfully, being physically active is important for good health. Adults should aim to be active for at least 30 minutes five days of the week, while children should be active for an hour each day.

For referral to a physician who can help you make healthy choices, please call 800.470.7229 or visit www.doctorsmanteca.com.



MEN AND Depression

Depression can affect men from all walks of life, from police officer to executive, student to construction worker.

Some health conditions traditionally have been associated more with men and some with women. Heart disease, for example, is frequently linked with men, although studies have shown that American women are four to six times more likely to die of heart disease than breast cancer. Likewise, depression, which was once considered a “woman’s disease,” is experienced by more than six million men in the United States each year.

Depression can affect men from all walks of life, from police officer to executive, student to construction worker. The condition can disrupt relationships, interfere with work, cause financial problems and even lead to thoughts of suicide. Men may become more vulnerable to depression if they have recently experienced the loss of a loved one, serious illness, marriage

breakdown or job loss. Unfortunately, men often go undiagnosed for a number of reasons.

Due to cultural expectations, men tend to be reluctant to discuss their feelings because they are supposed to “be strong.”

Men are more likely to talk about physical symptoms related to depression, such as fatigue, rather than their emotions.

Men often are unwilling to discuss problems with sexuality caused by depression.

Men may not show the textbook signs of depression, such as sadness or crying.

Men may worry about the stigma of depression damaging their careers or causing them to lose the respect of others.

According to Abdul Khan, M.D., an internal medicine specialist on staff at Doctors Hospital of Manteca, “Recent research shows that men sometimes attribute

depression, lack of interest in routine, and fatigue to changing hormone levels. This can be easily determined when seeing a physician.”

Symptoms of depression in men may be more difficult to identify because men tend to keep their feelings hidden. Signs also may vary from person to person and change over time. However, men who are depressed may become more irritable and aggressive, express inappropriate anger, engage in risky behavior, seek out sexual liaisons, abuse alcohol or drugs, or become overly involved in work or sports. Physical symptoms of depression can include higher cholesterol levels, ulcers, elevated blood pressure and pain.

Attempts at managing depression on their own can leave men chronically unhappy and miserable. The good

news is that depression can be successfully treated, but men must take the first step and stop trying to tough things out. Various treatment options are available, such as taking antidepressant medications or participating in counseling, psychotherapy or a support group. Working with a mental health provider can help men feel less isolated and teach them healthy coping skills, which may include learning how to set realistic goals, reaching out for emotional support, engaging in positive activities and postponing important decisions until symptoms of depression improve.

For more information about depression in men, talk with your doctor or call 800.470.7229 for a free referral to a specialist near you.

Swimming Safety FOR CHILDREN

Splish! Splash!

Children seem to be naturally drawn to water.

They can splash in it, float on top of it and dive through it. Water can be a welcome relief from the summer heat and a source of unlimited enjoyment.



D Pediatrician Betalina Bumatay, M.D., at Doctors Hospital of Manteca wants parents to be especially cautious this summer when supervising children who are swimming. She urges that parents and children “never swim alone, always swim with a partner and never swim in the dark.”

“Swimming is refreshing and much fun yet very dangerous,” she adds. “Drowning can happen very fast. Approximately 1,000 children drown each year, most often in the home swimming pool. Supervision is very important. Supervise kids all the time around water, whether in the swimming pool, at the beach or in a lake, pond or even the bathtub. Have a fun and safe summer.”

Parents can keep their children safe around water by following these dos and don'ts to avoid health risks while still having fun.

DO teach children how to swim. The American Academy of Pediatrics recommends swim lessons for children starting at age four when they are developmentally ready for formal swim lessons.

DO supervise children at all times when they are in the water. Just because children know how to swim does not mean they are safe in the water.

DO remove toys from the water so children are not tempted to retrieve a toy.

DO get out of the water if the weather turns bad, especially if there is lightning.

DO have a cordless or cell phone nearby in case of an emergency.

DO use waterproof diapers for babies. It is important to change diapers often because babies can spread the parasite cryptosporidium through fecal matter.

DO allow a child with a water-safe cast to swim if the doctor has approved. Plaster casts should not get wet.

DO keep children out of the water if they have swimmer's ear.

DO surround your pool at home with a fence that is at least four feet tall. The fence should have a self-closing and self-latching gate (latches should be out of the reach of children).

DO empty blow-up pools after each use.

DO stay in designated areas at the beach or lake.

DO look out for underwater grass or weeds that could entrap a leg or arm.

DO wear aqua socks or water shoes at the lake or beach to protect feet from jagged rocks, trash or broken glass.

DO have children wear life jackets when boating.

DO watch out for currents and tides at lakes or beaches. Check with local authorities to determine whether they have posted warnings for dangerous tides. Some beaches fly colored flags to provide visual warnings.

DO tell children to avoid jellyfish or Portuguese men-of-war and ask for adult help if they are stung.

DO make sure water park rides are appropriate for the child's age, size and developmental level.

DO teach children to go down water slides feet first and face up. The “feet first” rule also applies to jumping into any body of water until you are sure of the depth.

DON'T let children dive into a body of water without first checking the water depth.

DON'T allow electrical appliances or glass around the water.

DON'T allow children to swim with an open sore, cut or scrape.

DON'T allow children with ear tubes to dive. Swimming may be allowed pending physician approval.

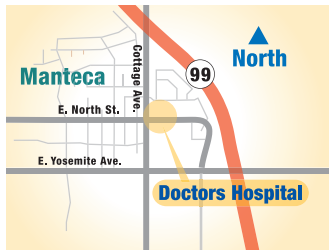
DON'T allow children to run around a pool, roughhouse, or push others into the water.

DON'T allow children to play near or sit on a pool drain.

Doctors Hospital Of Manteca

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Protecting YOUR SKIN from the Sun

As summer approaches and jeans and turtlenecks are swapped for swimsuits and tank tops, it's important to remember that protecting your skin against the sun's harmful rays is the best way to prevent skin cancer and other skin-related diseases. The American Academy of Dermatology released this staggering statistic: one in five Americans will develop some form of skin cancer during their lifetime. The sun's rays have long-term effects, too. The National Institute on Aging blames prolonged sun exposure for wrinkles, dryness and age spots.

So, what exactly causes your skin to darken under the sunlight? The Skin Cancer Foundation explains that tanning is caused by the skin's exposure to ultraviolet rays. When skin is exposed to these rays, cells called *melanocytes* produce the brown pigment melanin, which darkens the cells of the *epidermis* (skin). Ironically, the darkening of the skin isn't to enhance your looks—it's your body's way of protecting you from further UV damage, including sunburn, freckles and cancer.

The most serious type of skin cancer is melanoma. "It is currently the leading cause of cancer deaths in women ages 20–30," says Clinton Prescott, M.D., a dermatologist on staff at Doctors Hospital of Manteca. This form of cancer starts in the melanocytes. When people spend extended periods of time in the sun without proper skin protection, melanocytes can grow abnormally and become cancerous. Warning signs include moles, open sores or crusty bumps. It's important to become familiar with the marks on your skin and perform regular skin examinations. If you notice anything



irregular, notify your doctor immediately.

"Some concern has been raised over possible vitamin D deficiency, prompting some to propose increasing sun exposure, but in the face of an epidemic of skin cancer—this is a bad idea. Adequate vitamin D can be obtained through diet and vitamin supplements," adds Dr. Prescott.

It's important to understand the consequences of unsafe sun exposure. Knowing that you are the only one who can protect your skin should empower you to keep it safe! As the body's largest organ, it's important to keep it healthy by wearing sunscreen, lip balm and protective

clothing. WebMD provides these helpful tips on properly braving the elements:

- Apply sunscreen with an SPF 15 or higher 15 to 30 minutes before going outdoors. Lather on enough so that it takes a full minute to rub in.
- If at the beach, spread at least 1 ounce—enough to fill a shot glass—on your face and entire body.
- If you swim, sweat or are outdoors for a long time, reapply every two hours. Also, choose a sunscreen that is water resistant and provides a broad-spectrum protection.
- If possible, avoid direct sunlight between 10 a.m. and 4 p.m.

But take note: it's not just your skin that needs protecting. Excessive UV exposure also can damage your eyes, including causing cataracts and macular degeneration. WebMD advises the use of sunglasses that offer UV 400 protection, which means the glasses block up to 400 nanometers of harmful UV light.