

# For Your Health

WYOMINGMEDICALCENTER.ORG ■ FALL 2012



## WELLNESS

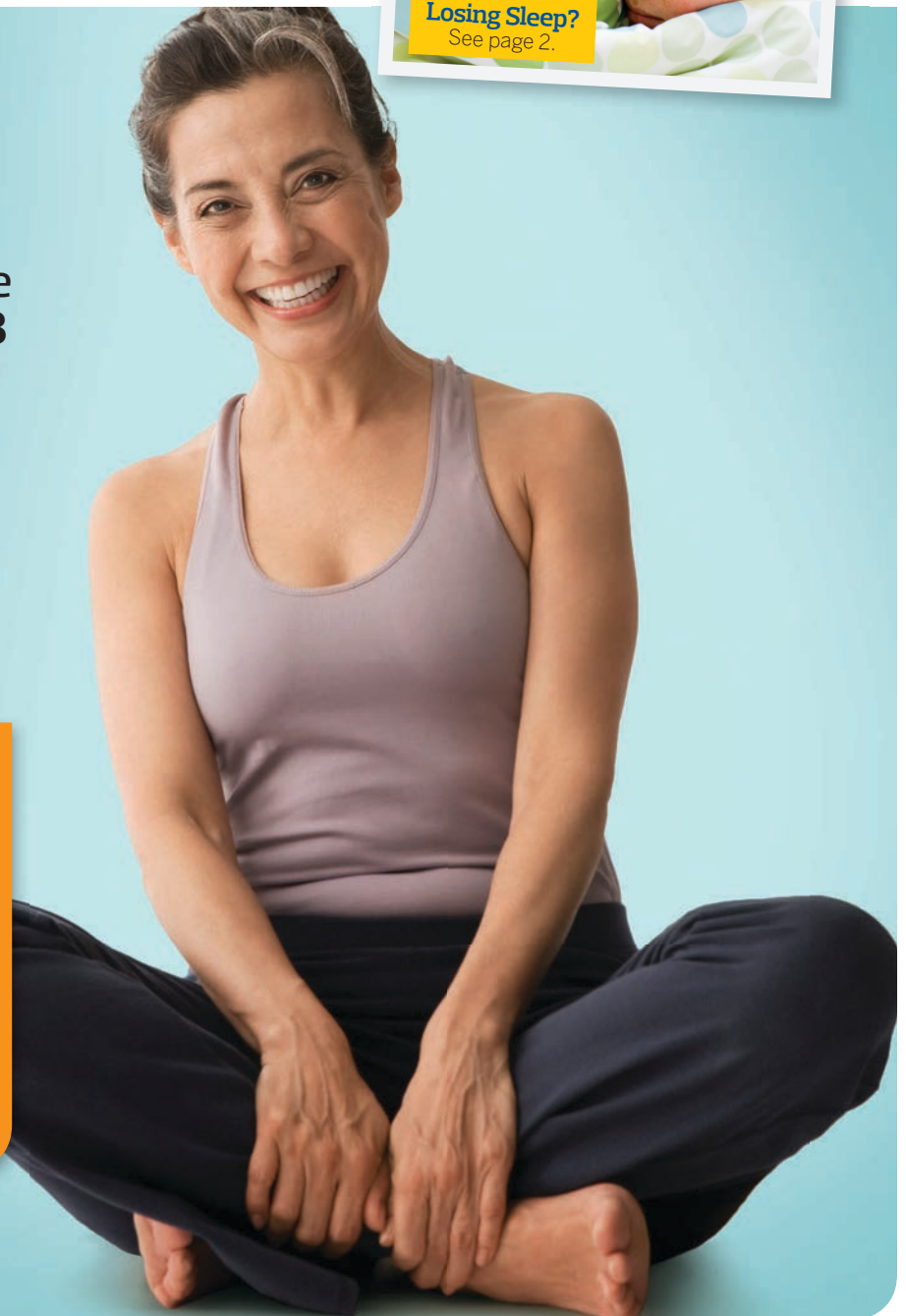
Caution: Don't mix these foods and medications **3**

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# Losing Sleep

Take those hours back

By Mel Schwartz  
WMC Community Development

**A**s millions of Americans suffer from the effects of sleep deprivation, thousands more are taking steps to curb their fatigue—because a sound night's sleep really does matter. It is no longer just a watercooler complaint that we want and need better sleep—we don't have the time to be exhausted. And so we are taking precautions—we are exercising, cutting out the late-night caffeine, and shutting off our TVs before bed. We have become our own champions for the rest we get; we are, in fact, fighting against losing our hard-earned sleep.

If, however, you are one of the millions of Americans who suffer from sleep apnea, hypopnea, insomnia or narcolepsy, the reality is that you may need the help of a physician to cure what ails you.

## Sleep Matters

**Ammar Hussieno, MD, is a local pulmonologist and sleep specialist for Casper Pulmonary, as well as the medical director of the Wyoming Medical Center (WMC) Sleep Lab.**

He treats sleep disorders and the underlying medical diagnoses that cause the disorders. He says that sleep medicine has attracted recognition only in recent decades. That comes as no surprise, as everyday life has increasingly become a race in which we are all running nonstop.

“We are seeing an increase in sleep problems because more people are coming in to be screened, and many are



then diagnosed with a sleep disorder,” Dr. Hussieno says.

You may be a prime candidate for a sleep study if you are having trouble sleeping, if you experience restless sleep, if you are tired after a full night's sleep, or if you have irregular breathing patterns that awaken you.

## What to Expect

The sleep study is better than you might imagine. Once scheduled for an evaluation at the WMC Sleep Lab, you will have a private room, a private bathroom and a TV. There is enough equipment attached to your body to warrant a question or two, but there is no pain involved and no discomfort, and the results will give your doctor the tools he or she needs to help improve your sleep.

This comprehensive sleep evaluation will monitor your brain waves, measure your oxygen saturation levels and monitor airflow. There are two major sleep disorders that may be detected during the study: sleep apnea and hypopnea.

Sleep apnea occurs when a person actually stops breathing for 10 seconds or longer in recurring intervals, while hypopnea is when the individual experiences

episodes of shallow breathing and a significant drop in oxygen saturation.

“About 20 percent of adults experience sleep apnea,” Dr. Hussieno says. “More information is now available to spread awareness about it, but there are undiagnosed cases. The Sleep Lab is a great way to better understand and diagnose the causes behind many sleep disorders such as sleep apnea, so that we can appropriately treat them.”

Sleep Lab results may reveal that you have a sleep disorder, and the accompanying information will help your physician treat it. Treatments for sleep disorders include continuous positive airway pressure (CPAP) masks, which keep the airways open throughout the night; medication; oral appliances fitted by your dentist; and surgery if necessary.

Ultimately, what matters most is how you feel when you cannot get the sleep you need. The effects of losing sleep are varied and can profoundly change your life. Understanding the reason behind your sleep woes through proper diagnosis is a great first step toward taking your sleep back. It is yours, you know. •



## GET HELP FOR YOUR SLEEP PROBLEMS

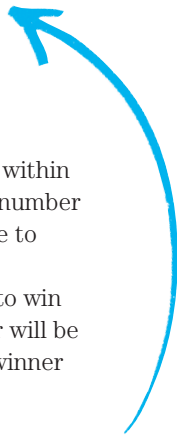
To schedule a consultation, call Dr. Hussieno at Casper Pulmonology at **307-577-0477**.





## Look for This Symbol to **WIN!**

It's easy: Find the hidden WMC symbol within this issue. Then, post the correct page number and what you liked best about this issue to our Facebook page at [facebook.com/wyomingmedicalcenter](https://www.facebook.com/wyomingmedicalcenter) for a chance to win a Target gift card! The deadline to enter will be posted on our Facebook page and one winner will be drawn.



## Take with Food?



You know about the dangers of drug interactions. But did you know that what you eat and drink can also play a role in medication efficacy? The following are the most common culprits, according to the Food and Drug Administration:

- Alcohol can increase or decrease the effectiveness of many drugs and should never be consumed with medication.
- Grapefruit juice has been found to increase the side effects of certain medications, including those for high blood pressure.
- Chocolate can sharply raise blood pressure when eaten with antidepressants.
- Licorice can interact with drugs that treat congestive heart failure and abnormal heart rhythms, and can reduce the effectiveness of blood pressure medications.

### WATCH TO LEARN ABOUT MEDICATION SAFETY

Medication errors are serious and can be life-threatening. Find out how to avoid them by watching a video. Visit [www.fda.gov](http://www.fda.gov) and search "avoiding medication mistakes" today.



## Can't Quit?

You want to. You know you need to. You have even promised loved ones you will. But you just can't quit smoking. Something always gets in the way. Don't let it.

### OBSTACLE

### WAY AROUND IT

I'm afraid I will gain weight.

Don't diet while you're quitting. Instead, aim to eat more fruits and vegetables. These low-calorie snacks will keep your hands busy during cravings.

I stress out and want to smoke.

Take up a physical activity. Also, try nicotine replacement products and talk to your doctor about prescription medication.

I can't drink coffee or alcohol without smoking.

Switch to low-sugar beverages instead. And avoid other triggers such as going to lunch with co-workers who smoke.

I can't get smoking off my mind.

Clean house. Throw out ashtrays, lighters and cigarette cartons. Freshen the air and get carpets and upholstery cleaned.

Source: [smokefree.gov](http://smokefree.gov)

## FIND OUT HOW MUCH YOU WILL SAVE BY QUITTING



Use this online calculator to figure out what you will save by not smoking for a day, a week, a month or even years:

[smokefree.gov/savings-future.aspx](http://smokefree.gov/savings-future.aspx).

Wyoming Medical Center's

# Health Bites

Free Lunchtime Health Talks

## Oct. 11: Watch Your Back

Find out why so many people suffer from back pain. Do you need surgery? Will surgery help? Learn important tips to help you support your back so it can support you.

Health Bites take place at the Wolcott Galleria at 136 S. Wolcott. Bring your lunch. Dessert and a beverage will be provided.



## Sweet Potato Smoothie

Sweet potatoes, a good source of vitamins A and C, have a smooth texture and satisfying flavor that take center stage in this good-for-you fall treat.

### INGREDIENTS

1 large sweet potato  
Nonstick cooking spray  
2 (6-oz.) cartons fat-free, low-sugar vanilla yogurt  
1½ c. fat-free milk  
¼ tsp. ground cinnamon  
2 ice cubes

### DIRECTIONS

**1** Cut sweet potato into eight wedges and place in shallow roasting pan. Spray wedges with nonstick cooking spray. Roast in preheated 400-degree oven 40 to 50 minutes or until very tender. Remove, cool and peel.

**2** Place sweet potato, yogurt, milk, cinnamon and ice cubes in blender. Process on high until sweet potato is pureed and mixture is well blended.

**Makes 2 (1½-cup) servings.**

**Nutrition information per serving:** 185 calories; 0.5 g total fat; 13.5 g protein; 30 g carbohydrates; 6.75 mg cholesterol; 211 mg sodium; 1.25 g dietary fiber.

# Drink Responsibly

Thirsty? Sip smarter with these tips

**What you drink is just as important as what you eat. Learn what you should be sipping on—always, sometimes and on occasion.**

### DRINK UP.

Water is the clear winner in this category, says Andrea N. Giancoli, a registered dietitian and spokeswoman for the Academy of Nutrition and Dietetics. In addition, you can enjoy unsweetened brewed tea and coffee to the tune of three to four cups total a day. "Just keep in mind that there is a big calorie difference between a caramel mocha and a small black coffee or a bottle of sugar-sweetened iced tea and a plain, brewed tea."

### SIP SENSIBLY.

Enjoying up to three cups of non-fat milk or unsweetened fortified soy and nut milks can provide your body with calcium and vitamin D for fewer calories than their fully loaded counterparts, Giancoli says. "Opt for unsweetened soy and almond milk, which generally have fewer calories than dairy milk and contain heart-healthy fats." And limit 100 percent fruit and vegetable juices to no more than 6 to 8 ounces a day. "Consider fruit juice a food versus a thirst-quencher," she adds.



### ENJOY OCCASIONALLY.

For optimum health, Giancoli recommends enjoying alcoholic beverages in moderation and steering clear of sugary beverages, such as regular soda, bottled teas, fruit-flavored drinks, energy drinks and vitamin waters. "Except for special occasions, it's best to keep your glass filled with other, healthier choices." •

# Joint Solutions

The latest advances in joint replacement benefit patients

If you've been suffering with joint pain, stiffness and limited mobility but have been on the fence about joint replacement surgery, we have good news: Today's patients are recovering faster and experiencing better long-term results than ever before. Here's why.

## A Return to Better Materials

After a series of recalls with newer, presumably stronger materials such as metal-on-metal, orthopaedic surgeons are realizing they had it right the first time. "In many cases, newer turned out not to be better," says Paul Duwelius, MD, an orthopaedic surgeon and spokesman for the American Academy of Orthopaedic Surgeons.

The result was a return to the materials that have had long-term success in the past, such as highly cross-linked polyethylene. "It has superior wear over other materials and doesn't have any of the complications we've seen recently with metal-on-metal implants,"

Dr. Duwelius says. "In addition, it allows us to use larger femoral heads in hip replacements, reducing the risk of dislocation."

## Improved Surgical Techniques

"Minimally invasive surgical techniques offer huge benefits to patients," Dr. Duwelius says. "The use of smaller incisions and more precise instruments results in less blood loss, a shorter hospital stay and an earlier return to normal activities."

Today, a healthy patient who undergoes a minimally invasive joint replacement surgery can expect to go home as early as the next day (compared with

three to five days for traditional surgical methods) and return to normal activities within six weeks, Dr. Duwelius says.

## More-Natural Adhesive Methods

For many years, cement was the adhesive of choice for joint replacements, with overall good results. "The problem with cement was that it loosened over time and that the body sees it as a foreign substance," Dr. Duwelius says.

Today, the majority of surgeons are using bone ingrowth technology. "There's a porous material on the prosthesis that the bone naturally grows into over time," Dr. Duwelius explains. "It shows promise as a longer-lasting, more natural method for achieving joint stability and supporting patient activity." •



## GET A JOINT REPLACEMENT SURGERY PREVIEW

Find out exactly what happens during hip or knee replacement surgery. Watch step-by-step videos at [arthritis.org/joint-surgery.php](http://arthritis.org/joint-surgery.php).



## Is It Time for a Joint Replacement?

While the decision to undergo joint replacement is complex, Paul Duwelius, MD, spokesman for the American Academy of Orthopaedic Surgeons, says the following indicators might make you a candidate.

**Persistent joint pain.** "Joint pain progresses over time," Dr. Duwelius says. If medication doesn't relieve pain or if your pain prevents you from exercising, consult your doctor.

**Stiffness and limited mobility.** "A limited range of movement that has a negative effect on your ability to perform everyday activities is a sign that your joints need help," Dr. Duwelius says.



# Find Your Zen

By Amanda Myers

Stress can take a toll on your ticker. Here's how to stay calm, cool and collected

**Y**ou can avoid stress about as easily as you can avoid Monday morning meetings, puppies who like to chew on your shoes and last-minute pleas to help with the school fundraiser.

In other words, you probably can't.

While a certain amount of stress can be good, pushing you to work toward your goals, too much of it can put your body at risk for real health dangers, including an increased heart rate and high blood pressure, says Nieca Goldberg, MD, a cardiologist and spokeswoman for the American Heart Association. "When released, certain stress hormones not only cause increases in blood pressure but also increased glucose levels." This is an especially dangerous side effect for people who have diabetes.

Give your heart a break by following these tension-taming tips.



#### Zen Solution #1

### Walk It Off

Whenever you start to feel overwhelmed—and your heart seems as if it's going to beat out of your chest—step away from the stress, literally, with a walk outside. The burst of physical activity will help relieve your anxiety and strengthen your heart muscle. “The heart benefits from aerobic exercise, which includes walking, swimming, running and dancing,” Dr. Goldberg says.

While a short stroll can calm you down instantly, logging 30 to 60 minutes of regular exercise a day provides longer-lasting stress-busting benefits. Added bonus: “There are some newer studies that suggest regular aerobic exercise may improve memory,” Dr. Goldberg says.



#### Zen Solution #2

### Keep Bad Habits at Bay

Unhealthy actions like drinking too much alcohol, smoking cigarettes or overdoing it on caffeine-laden beverages actually might increase your stress level—not to mention they're bad for your heart. In addition, people who are stressed out tend to overeat, Dr. Goldberg says, and obesity puts additional strain on your heart.

Work with your primary care physician to find solutions for your bad habits, whether it's enrolling in a smoking cessation program or creating a nutrition plan.



#### Zen Solution #3

### Spend Time with Happy People

Stress can be contagious. But the opposite is true as well, so set up a dinner date with an upbeat friend—someone who can help you laugh at life's less-than-stellar moments. “Laughter and hugs relax us and relax our blood vessels as well as lower our blood pressure,” Dr. Goldberg says. “I am all for laughter.” ●



## ARE YOU STRESSED?

Visit [wyomingmedicalcenter.org](http://wyomingmedicalcenter.org) to find a WMC doctor. You can also encourage your children to take the Centers for Disease Control and Prevention's kid-friendly Stress-O-Meter Quiz at [bam.gov/sub\\_yourlife](http://bam.gov/sub_yourlife).



## When to Ask for Help

Nearly a quarter of Americans reported high levels of daily stress (a rating of 8, 9 or 10 on a 10-point scale), according to the 2011 stress survey by the American Psychological Association (APA). One of the major causes of stress named on this survey was work—70 percent of those surveyed named it a “significant source of stress.”

Still, says Rosalind S. Dorlen, PsyD, a clinical psychologist and public education coordinator with the APA, a stressful job is subjective. “People who are perfectionists may view their job as more stressful,” she says. The way to gauge if you're overloaded with stress is to view how you're handling the rest of your life. “If their health is good and their relationships are good and they're happy in general, then it might not be too stressful [of a job] for them.”

Some indicators, according to the APA, that it might be time to ask for help include:

- Feeling as if you're trapped or there's nowhere to turn.
- Worrying excessively or not being able to concentrate.
- Noticing that stress is affecting your sleep, your eating habits, your job, your relationships or your everyday life.

## Save the Date

How is your blood pressure? Find out at the WMC booth during the Wyoming Women's Expo on Oct. 5 and 6. Call 307-235-8456 for more information.

  
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# Have a Few Minutes?

Whether you have 15 minutes or 45, you can improve your health with exercise

**W**e all know that working out regularly is a smart move, yet few of us make time to do it. "People overestimate the amount of time they need to exercise in order to make a significant difference in their health," says Brian Sutton, fitness education and program manager for the National Academy of Sports Medicine. "As little as 15 minutes can offer benefits."

Here's what you can do to improve your overall fitness level with the time you *do* have.

## If you have 15 minutes ...



Take two to three minutes to warm up and stretch first. Then, perform a combination strength-training move that targets both the upper and lower body for two minutes (combine bicep curls with lunges, for instance). Follow it up with one minute of cardio (e.g., jumping rope). Repeat the sequence three times, doing different strength-training exercises each time, then cool down and stretch for three minutes.

"When you're short on time, circuit training is a great way to get your heart rate up and build strength," Sutton says.



## WMC CAN HELP YOU MANAGE YOUR WEIGHT

Visit [wyomingmedicalcenter.org](http://wyomingmedicalcenter.org), under "Our Services," to learn about our Weight Management Program, including Ideal Protein. We also offer LAP-BAND surgery.



## If you have 30 minutes ...



You can target more muscle groups and burn more calories by completing the circuit-training routine more times. "Perform two minutes of combination strength-training moves and increase cardio intervals to five minutes to boost calorie burn," Sutton says.

Also, extend your warm-up to five minutes to prepare your muscles for the longer workout and reduce your risk of injury.

## If you have 45 minutes to an hour ...



"Work core training into your routine," Sutton says. "Following a five-minute warm-up, perform five minutes of abdominal and lower-back exercises."

Afterward, continue the circuit-training program for the remaining time you have. Or do 15 to 20 minutes of strength training targeting all major muscle groups followed by 20 to 30 minutes of cardio, which allows you to build more intensity into your workout. "And, of course, always remember to cool down and stretch," Sutton says. ●