

ActiveLife®

Deaconess Membership Program

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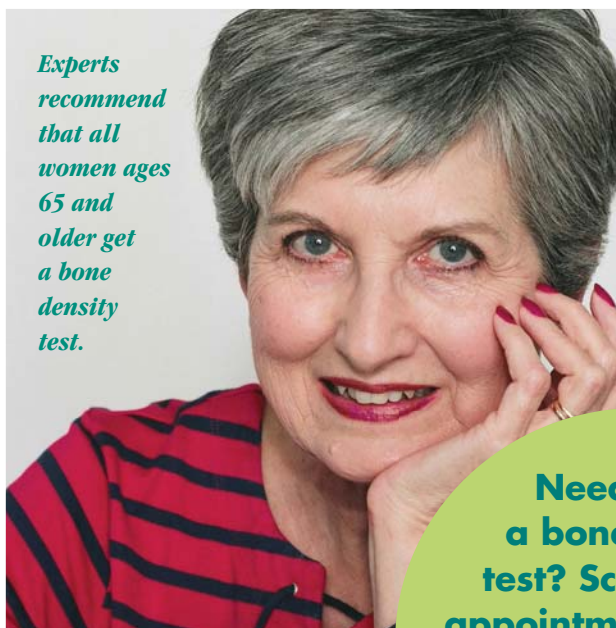
Are You at Risk for Osteoporosis?

The Dual Energy X-ray (DEXA) bone density test is a quick, noninvasive evaluation that can help predict the health of your bones. More importantly, the results of the test can help your doctor decide if medication or lifestyle changes are needed to prevent or treat thinning bones.

Unfortunately, many are unsure if they are at risk of osteoporosis because bone is lost with no signs. Those with low bone mass increase their risk of having a bone fracture. The older you are, the more serious the fracture, which can result in a lengthy hospital stay or even loss of your mobility.

The National Osteoporosis Foundation and the American Association of Clinical Endocrinologists recommend that all women ages 65 and older get a bone density test. In addition, these organizations also suggest all women and men over the age of 50 who experience fractures should get tested too.

Experts recommend that all women ages 65 and older get a bone density test.



Need to get a bone density test? Schedule an appointment with the Deaconess Osteoporosis Health and Resource Center at 513-559-2500.



A Note from Karen...

Happy New Year! With the New Year comes New Year resolutions or as I would like to rename the term as "setting a realistic goal that can be achieved" and add to that the goal should actually increase happiness.

Too many times we chose an unrealistic "resolution" or goal that does not get met then causes us bitterness, defeat and unhappiness. As we get older, we get wiser and we identify things that don't work for us and stop using them. However, the basic end of the year evaluation is a good idea and setting realistic goals can actually increase happiness. I hope you will consider coming to the programs offered in this newsletter. Being around other people surely does bring happiness and if you learn a new thing or two that is even better!

In February we will have a program on emergency preparedness called "Be Red Cross Ready." I hope there will not be any type of emergency in 2009; however if it's one thing we cannot predict, that is the weather or any kind of natural disaster. In 2008 I know I had three and a half days without electricity due to the windstorm that was the remnants of Hurricane Ike. I was not prepared! I did not even have batteries for my flashlight! Join us for the talk from the Red Cross emergency preparedness specialist, Tom Peterson.

In March it is time again for the annual St. Patrick's Day party. Remember to wear your green, as you will be entertained with something a little bit different this year!

In April, instead of the Senior Living Communities tour, we will take a bus up to Chesterwood Village, which is now completed. They are hosting a lunch and showing a movie in the cinema located in the Main Street. Also, in April the lunch and learn will feature the Queen City Harmonica Club for some entertainment and fun!

Also in April, ActiveLife will be offering the 8-week series, A Matter of Balance. If you would like more information about this session please call me at 559-2398.

These activities, plus the trips offered by Joy Tour and Travel are sure things that can keep you busy and focused and moving forward in 2009! I look forward to seeing you at the programs!

Karen

Deaconess Arthritis Center Treats The Many Faces of Arthritis

Knees and hands stiff in the morning? There are more than 100 types of arthritis. The National Arthritis Foundation estimates more than 37 million people in the United States suffer from arthritis. Successful treatment depends on proper diagnosis.

The three board-certified rheumatologists in the Deaconess Arthritis Center offer specialty care for those suffering from stiff and sore joints. Our Center brings together all the necessary elements to help patients manage their illness:

- Physician exams
- Coordinated care with our orthopedic surgeon who specializes in arthritis

- Physical therapy assessment, with a personalized recovery plan
- Occupational therapy, which assists in everyday living skills
- Ongoing patient education for pain and stress management
- One-day treatment plans for those who must travel a distance or for special needs patients

To schedule an evaluation or for more information about the Deaconess Arthritis Center, call 513-559-2787.

May Your Winter Be Green!



Switching to energy-efficient fluorescent bulbs will save you money and reduce pollution.

to not only help the environment, but thicken your pocket-book. Check out the money savings and pollution reduction you can achieve by following some of these tips.

Quick tips to get you going green:

- Turn down the gas water heater from 140 degrees to 120 degrees. Annual savings of \$63 per household. Reduction of 4.1 million tons of collective carbon dioxide.
- Dry half your laundry on a clothes rack instead of the dryer. Forty-five dollars savings per household. Reduction of 8.7 million tons of collective carbon dioxide.
- Switch to 19-watt compact fluorescent bulbs. Savings of \$68 per household. Collective carbon dioxide reduction of 11.4 million tons.
- Lower thermostat by one degree in the winter and raise it one degree in the summer. Annual household savings of \$55. Collective carbon dioxide reduction is 7.5 million tons.

Winter is in full season, which means we are spending more time in the home, using electricity and cranking the heat up to keep us toasty. It is never too late to go green —

Be sure to join us for our February Lunch and Learn: **Be Red Cross Ready. Join Tom Peterson, American Red Cross Emergency Preparedness Specialist, as he discusses how we should be prepared in case of an emergency.**

Emergency Preparedness

Natural disasters such as winter storms, tornados and floods can happen anywhere and to anyone. Although we can't prevent these disasters from occurring we can take some steps to avoid getting caught unprepared.

1. Put together an emergency kit that includes:
 - A three-day water supply
 - Nonperishable food items
 - First aid kit
 - A portable radio, flashlight and fresh batteries
 - Blankets
 - An extra set of keys, cash and credit cards
 - A change of clothes and other personal hygiene supplies
 - Your insurance information and policy numbers

2. Develop an emergency disaster plan with friends and family that includes identifying a safe meeting area and emergency contact information. Call a local American Red Cross chapter to obtain information on evacuation route maps and lists of shelters.

3. Listen for emergency notifications on the weather radio, commercial radios or TV stations and door-to-door warnings from local emergency officials. Follow their instructions and leave right away if told to do so.

What's Your Heart Number?

Don't ignore your numbers. The more you know, the more likely you will be able to predict heart problems and prevent danger. Consider these tests and your numbers a critical part of your heart health.

Blood pressure tests should be done, with the optimum level being 115/76, the national median being 129/86. High blood pressure has few symptoms, so know your numbers!

Yearly blood tests keep you up-to-date on your heart health. Keep blood sugar lower than 100 mg/dl. Excess sugar in your blood caused by diabetes damages your arteries. Cholesterol has two components; LDL, the "bad" kind, breaks away easily to cling to your artery walls. HDL, the healthy kind of cholesterol, works to remove the LDL, increasing blood flow through the arteries.

Remember, to keep tabs on your ticker!



Therapeutic Benefits of Green Tea

Drinking green tea has many healthy benefits. It can reduce your risk of cancer, heart disease and stroke. Green tea also has been found to provide therapeutic benefits to people with rheumatoid arthritis. A compound found in green tea suppresses inflammation and joint damage to people with rheumatoid arthritis. Just last year, researchers found that adding a little citrus or vitamin C to green tea boosts the natural antioxidants found in green tea even more. So next time you are sipping on some iced green tea or hot tea, be sure to add a splash of lemon, orange or grapefruit juice for your health.

Tips for Your Emergency Room Visit

Remember, at the Deaconess Emergency Department care will be initiated by a nurse or doctor in less than twenty minutes. Why sit in a waiting room for hours? The Deaconess Emergency Department is open for adult and adolescent emergencies 24/7. Plus, effective, accurate feedback will be provided to your primary care physician.

Need a place to store all your health information? Pick up a "My Medication List" booklet. You can keep track of your medical history, over-the-counter medications, prescribed medications, emergency contact information and other helpful information. These hand booklets are available in the Deaconess Resource Center, located on the first floor of the Goetz Building.

Prepare for a Visit

Create a folder that includes all of your doctor's visits, medical tests, allergies and a current list of medications. When you go to the ER, be sure to take the folder with you.

Bring Someone with You

It is important that you understand what happened during your visit to the ER, as well as the plan for follow-up care. A family member or friend can help give medical information if you are unable to take notes or ask questions.

Understand the Process

If your trip to the ER is non-urgent, you may have to wait a period of time before you are seen. The waiting room may appear to be empty but the patient load in the ER may not always be apparent.



Create a Log

Be sure to document every treatment you receive, the name of your ER physician, any medications given and the time you received treatment. This will come in handy if there are any treatment or billing errors related to your visit. You may also want to get a business card from the ER doctor, in case your insurance company requires this information.

Before You Leave

Make sure you thoroughly read the discharge instructions and ask questions. Have an itemized copy of your medical services and charges be mailed to you.