



Services Designed for Women at GVMH

At Golden Valley Memorial Healthcare, we recognize that women often spend the bulk of their time and energy focusing on others. But we're here to remind you: it's important to care for yourself, too – especially when it comes to your health.

Golden Valley Memorial Healthcare offers a range of services designed especially for women – at all stages of life.

OB/GYN Care. Our expert obstetrics/gynecology (OB/GYN) care staff is here to help you with issues relating to the female reproductive system. Common disorders include menstrual irregularities, endometriosis, urinary incontinence, infertility, pelvic pain and cancers of the female reproductive system. For more information, call women's services at **660.890.7380**.

Breast Care. We offer comprehensive mammography services, complete with expert staff, a specially trained radiologist and state-of-the-art digital mammography and stereotactic breast biopsy equipment. To schedule a screening mammogram, call **660.890.7145** for an appointment in Clinton, or **660.438.5193** for an appointment in Warsaw.

Bone Health. Bone density screenings are vital in detecting bone loss due to osteoporosis. Our bone density suites in Clinton and Warsaw offer bone density screening with dual energy X-ray absorptiometry (DXA), which uses low-dose X-rays to scan the hip and spine.

Pregnancy and Childbirth Services. GVMH offers care and support for the span of pregnancy and childbirth, from

prenatal care in Clinton and Warsaw to continuing support and education at our Birthing Center. Our Birthing Center nursing staff also provides resources and education on a variety of health and pregnancy topics.

Incontinence Treatment and Evaluation. For women who experience urinary incontinence (leaking or urgency to urinate), our services help detect the type of incontinence and provide treatment, which may include physical therapy or outpatient gynecological surgery. For more information about incontinence treatment and evaluation, contact Women's Services at **660.890.7380**.

Physical Medicine and Rehabilitation. The Rehab and Wellness Center offers care to women for a variety of health concerns, including: pelvic floor strengthening, incontinence treatment, muscular re-education, lymphedema management, massage techniques to manage chronic pain and programs for arthritis and joint pain. Call us at **660.890.7190** for more information.

For more information on the variety of services GVMH offers for women, visit us online at www.gvmh.org or call **660.890.7380**.



**It happens when I laugh,
but it's not funny.**

**New incontinence
procedures for women.**

**Golden
Valley
Memorial
HEALTHCARE**
You deserve it.

www.gvmh.org

Don't Let Diabetes Spiral Out of Control

You can't control what happens in a financial crisis. But you can control risk factors for diabetes and other chronic diseases. A recent study shows that Americans fear chronic illnesses more than debt, divorce or job loss – yet still engage in unhealthy behaviors.*

According to the study, a significant percentage of people who report they are very likely to develop diabetes have engaged in behaviors that they believe will put them at risk for the disease. The majority of respondents claim to have a poor diet (67%) and maintain what they view as an unhealthy weight (62%), even though 83% recognize being overweight or obese as a risk factor for diabetes. Overall, 66% of adults say avoiding doctor visits is risky, yet 50% admit to skipping doctor visits.

Golden Valley Memorial Healthcare believes that educating patients with diabetes and their families improves patients' chances for success. Learning to live with diabetes and having family support are key to managing it. We encourage patients to bring a family member or significant other to each Diabetes Skills and Self-Management program session.

Don't Sell Yourself Short

You may think that diabetes management may be too expensive to adhere to. But it's not. Golden Valley Memorial Healthcare's Diabetes Skills and Self-Management program offers a comprehensive education program that can keep your health care costs down by keeping you healthy. Registered nurses and dietitians will educate you about the following:

- **Take your medications without fail** – You can become seriously ill if you skip medications that regulate blood glucose, cholesterol, blood pressure or other conditions.

- **Don't cut glucose testing strips in half** – This interferes with the accuracy of the test and could lead to serious problems if you aren't able to track blood glucose levels consistently.
- **Choose nutritious foods** – A registered dietitian will schedule you for meal-planning sessions to help you eat healthfully.
- **Don't skimp on exercise or possible lifestyle changes** – Setting behavioral change goals and sticking to them can give you a new lease on life.

Don't avoid caring for yourself because of financial woes. Explain the situation to your health care provider – he or she may be able to prescribe a cheaper drug that is just as effective. Shop around for a pharmacy that charges a low price for a 30-day supply of certain generic medications.

Explore other options for assistance and discounts. For example, AARP and other organizations offer prescription discounts for members. The National Council on Aging provides a Web site for people 55 and older to identify public and private programs for saving money on health care costs. Go to www.benefitscheckup.org to learn more.**



Are You Gambling with Your Health?

If you are financially strapped, you probably wouldn't go to the casino and gamble with what you have. But you gamble with your health every day you ignore the signs of diabetes. Take this online quiz by the American Diabetes Association to assess your risk for diabetes:** www.diabetes.org/food-nutrition-lifestyle/lifestyle-prevention/risk-test.jsp.

For those who have diabetes, following a diabetes management plan is critical for staying healthy now and preventing disease complications down the road. Schedule a regular checkup with your doctor or call **660.890.7084** to learn more about our diabetes education program.

* Source: American Diabetes Association press release, March 24, 2009.

** Web site provided for information only. No endorsement is implied.

Under Stress? Eat Healthfully for Less

Your diet can suffer when money is tight. People under stress tend to drop exercise routines, skip sleep, and eat sugary or fatty comfort foods. Eating fresh rather than processed foods is better for your health, and usually costs less, too. Choose whole fruits and vegetables

whenever possible to help curb your appetite and prevent disease.



Try this recipe for a nutritious snack:

Fresh Avocado Dip

1 avocado, peeled and pitted
½ cup fat-free sour cream
2 teaspoons chopped onion
½ teaspoon lime juice (optional)

Mash the avocado in a bowl and combine in a bowl with sour cream, onion and lime juice. Eat with a whole wheat tortilla or blue corn chips.

Debunking Breast Cancer Myths

Breast cancer awareness has increased over the past decade with walks for the cure, celebrities speaking out about their experiences and proceeds of pink-ribboned products going to breast cancer research. But even amid a greater level of awareness, rumors and myths about breast cancer continue to circulate. Below are some common misconceptions about breast cancer, and the truth behind them.

Myth: Breast cancer is only hereditary.

Fact: While family history plays a part, it is not the only risk factor. Some women who have no family history can get breast cancer, and others who have a strong family history may never get it. Talk with your health care provider about women in your family who have had cancer to determine what screenings are appropriate for you.

Myth: Antiperspirants and deodorants cause breast cancer.

Fact: Internet rumors have been circulating for years linking antiperspirants and deodorants to breast cancer. The claim is that either harmful substances, such as aluminum, in deodorants leach into the skin, raising the risk of cancer, or that they block the body's ability to release toxins, causing a build up that ultimately leads to cancer. Neither the National Cancer Institute nor the FDA have found any link between the use of antiperspirant or deodorant to breast cancer.

Myth: Eating fruits and vegetables will cure breast cancer.

Fact: Although eating the recommended daily servings of fruits and vegetables is good for your health, it does not cure cancer. Fruits and vegetables are full of antioxidants, though, so eating them is still a healthy habit to adopt.

Myth: Eating soy causes breast cancer.

Fact: Soy products are low in fat, cholesterol and can be a healthy addition to your diet, but some claim the phytoestrogens contained in soy have an estrogen effect, which can lead to breast cancer. Studies are inconclusive as to whether the amount of phytoestrogens in soy products is high enough to be correlated with breast cancer. Talk to your health care professional to find out whether soy is right for your diet.



To schedule a digital mammogram at Golden Valley Memorial Hospital in Clinton, call **660.890.7145**. To schedule a digital mammogram at Golden Valley Medical - Warsaw, call **660.438.5193**.

Myth: Birth control pills cause breast cancer.

Fact: Hormones can affect your likelihood of getting breast cancer, and birth control pills alter the hormones in a woman's body. Studies on the types of estrogen and other hormones used in birth control and their affect on cancer have been inconclusive. Talk to your health care professional to choose a contraceptive that is right for you.

Myth: All I need to do is my monthly breast self-exam and I will be fine.

Fact: While it is good to examine your breasts monthly and feel for lumps and changes, mammograms are an important step in catching breast cancer early. Women age 40 and older should have a yearly mammogram. Women with a history of breast cancer may need to begin annual screenings sooner.

Mission: To provide quality health and wellness services.

Vision: To make a positive difference in the health and wellness of each life we touch.

Values: • Quality • Professionalism • Compassion • Excellence • Accountability

H1N1 Flu: Are You Safe?

In April 2009, news broke that a new influenza virus was spreading and causing many illnesses in Mexico, the United States, Canada and abroad. Referred to as swine flu, or H1N1, it spreads from human-to-human contact, and is not spread by contact with pigs or from eating pork (the name “swine flu” comes from its genetic similarity to a virus that spreads in pigs).

Although this virus has drawn attention worldwide and prompted swift action by the World Health Organization, the U.S. government and others, it's important to keep things in perspective. Reported cases of H1N1 flu in the United States have been milder than anticipated, with few reported deaths. Keep in mind that 36,000 Americans die each year from seasonal influenza. The main difference between seasonal influenza and H1N1 is that seasonal influenza tends to hit those with weakened immune systems, such as infants and the elderly, while swine flu can strike people of all ages severely.

How to Recognize H1N1

The signs and symptoms of the H1N1 virus are similar to seasonal influenza.

If you experience the following signs, contact your doctor immediately:

- Fever
- Sore throat
- Headache
- Fever
- Cough
- Body aches
- Chills
- Diarrhea or vomiting

Though researchers are working to develop one, there is no vaccine available yet for swine flu. Therefore, prevention is key. To stop the spread of swine flu and other viruses:

- Wash your hands frequently, especially after coughing or sneezing.

- If soap and water are not available, use an alcohol-based hand sanitizer.
- Cover your nose and mouth with a tissue when you cough or sneeze.
- Avoid touching your eyes, nose and mouth.
- Avoid people who are sick, and stay home if you have symptoms.

We Are Prepared

Golden Valley Memorial Healthcare's goal is to keep our community healthy. Our staff is prepared for a health emergency, such as a flu pandemic. If the H1N1 virus becomes more severe, we will be ready to handle it.



For more information about the H1N1 virus, visit www.gvmh.org to listen to our H1N1 podcast. It answers several questions you may have about the virus and the precautions you can take to avoid it.

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