



2010

Calendar of Health

Your Health
Depends on
YOU!



CATAWBA VALLEY
MEDICAL CENTER

Dates, programs and information
to help make 2010 a healthier year.





To Our Community:

At Catawba Valley Medical Center, we have always believed that preventive health care is vital to the health of our community. The most visible example of this is our Health First Center at Valley Hills Mall. With free or low cost services available to visitors of all ages, the Health First Center is your home base for health screenings and education.

In addition to daily outreach, we continually invest in the most advanced diagnostic technology, such as digital mammography and cardiac MRI, to support the early detection of a variety of health issues. We recognize that early detection, along with a healthy lifestyle, is critical to maintaining personal health and enabling successful outcomes when problems arise.

With this in mind, this calendar has been created to help you take charge of your health – beginning today. Many of our healthcare providers, who work on the front lines of medical care for our community, have offered tips to help focus your goals for the coming year. We encourage you to use this information to create a health plan for yourself, your family, and your loved ones that will guide your healthcare decisions throughout 2010.

From our perspective, nothing is more important than improving and maintaining the health of our community. We invite you to become an active partner in this effort.

Sincerely,


J. Anthony Rose
President & CEO

CATAWBA VALLEY MEDICAL CENTER AT A GLANCE

Catawba Valley Medical Center (CVMC) is a not-for-profit, public hospital and healthcare system based in Hickory, N.C. Our commitment to care starts with our hospital's centers of excellence and extends throughout the Catawba Valley region with a variety of affiliated medical practices, outreach programs and educational offerings that help fulfill our mission: to provide and promote the physical, mental, emotional and spiritual well-being of the public in addition to serving as a center for health education, wellness services, preventive medicine and acute care.

Licensed Beds	258	Adult Admissions	9,671
Employees	1,651	Adult Inpatient Days	45,834
Annual Payroll	97,914,031	Surgical Visits	9,290
	(salaries & benefits)	Births	1,663
Emergency Dept. Visits	52,045		

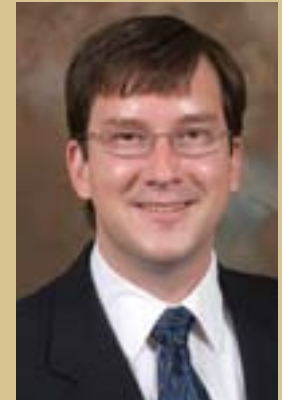
(July, 2008 - June, 2009)

Creating Your Personal Health Plan

A personal health plan is an important tool for getting – and staying – healthy. The most effective plans include two things:

- Your list of necessary medical appointments and screenings for the year
- Your list of health goals for the year (i.e., losing weight, improving diet, quitting smoking)

According to Andrew Chesson, M.D., of Maiden Family Practice and Medical Director, Catawba Valley Medical Group, creating a personal health plan is simple. “If you don’t have a primary care physician, choosing one is the first step,” Dr. Chesson advises. “Find a provider with whom you’re comfortable because it will be important for him or her to get to know you very well. The second step is setting up an annual physical to determine your health status, take care of any preventive needs, and identify any medical issues that need to be monitored throughout the year.”



Andrew Chesson, MD
Maiden Family Practice,
Medical Director, Catawba
Valley Medical Group

Dr. Chesson points out that health plans should be individualized and will differ for each family member. “Depending on your age and gender, there is a wide range of things to consider for your health plan,” he says. “For example, females of certain ages will need pap smears and mammograms. If you’re over 50, you’ll need a colonoscopy. If you have chronic health problems, you may require frequent doctor visits or lab work.”

Children also need special consideration when forming a health plan for the family. “Getting their immunizations, which are required for school, should be part of their plan,” Dr. Chesson states. “But regular check-ups are important, too. Though major health problems are rarer for children, they can sometimes be more serious if not caught early. It’s also good to teach them about their own health and keep them on a healthy path with regard to weight, diet, and exercise.”

Above all, making a plan – and sticking to it – is one of the best things you can do for your health. “Many chronic health problems, such as diabetes, high blood pressure, and high cholesterol, can be silent,” Dr. Chesson warns. “You may not know anything is wrong until you have your first heart attack, stroke, or complication from diabetes. Regular visits to a physician are extremely important in catching these problems early and treating them before they become more serious. That’s the whole concept of preventive health.”

For help finding a physician, call Catawba Valley Medical Center’s Physician Referral Service at (828) 324-2273 or visit our website, www.catawbavalleymc.org.

Recommended Health Screenings for Adults

The following health screenings are recommended for adults with average risk. Adults with chronic illnesses, strong family history, or weakened immune systems should consult their physicians about screenings. If you need a physician, please call our Physician Referral Service at (828) 324-0258 or visit our website, www.catawbavalleymedical.org. Some screenings, such as cholesterol, blood pressure, and prostate, are offered for free or at low cost at the Health First Center. Check our website for our event schedule.

ALL ADULTS				
Test/Screening	Age 18-39	Age 40-49	Age 50-64	Age 65 and Older
Blood Pressure Check	Yearly	Yearly	Yearly	Yearly
Blood Tests for Diabetes, Cholesterol, and Kidney Dysfunction	Every 3 years	Every 2 years	Yearly	Yearly
Urinalysis	Every 3 years	Every 2 years	Yearly	Yearly
Sexually Transmitted Diseases	Both partners should get tested before initiating sexual intercourse	Both partners should get tested before initiating sexual intercourse	Both partners should get tested before initiating sexual intercourse	Both partners should get tested before initiating sexual intercourse
Eye and Ear Exams	If problems occur	Every 2-4 years, including Glaucoma screening if you are African-American	Every 2-4 years, including Glaucoma screening if you are African-American	Every 2-4 years, including Glaucoma screening if you are African-American
Dental Exam	1-2 times per year	1-2 times per year	1-2 times per year	1-2 times per year
Tetanus-Diphtheria Booster	Every 10 years	Every 10 years	Every 10 years	Every 10 years
Influenza Vaccine	Yearly	Yearly	Yearly	Yearly
Electrocardiogram (EKG)	Discuss with physician	Discuss with physician	Discuss with physician	Discuss with physician
Colorectal Screening		Discuss with physician if family history		
• Rectal Exam			Yearly	Yearly
• Fecal Occult Test			Yearly	Yearly
• Flexible Sigmoidoscopy every 3-5 years or Barium Enema every 5 years or Colonoscopy every 10 years			Yes	Yes
Tuberculosis Skin Test				Every 5 years
Pneumococcal Vaccine			For diabetics, once before 65 and once after 65, separated by 5 years	One time only (non-diabetics)
WOMEN				
Test/Screening	Age 18-39	Age 40-49	Age 50-64	Age 65 and Older
Full Check-up with Height, Weight, Skin and Pelvic Exams	Every 3 years	Every 2 years	Yearly	Yearly
Clinical Breast Exams	Every 3 years	Yearly	Yearly	Yearly
Skin and Breast Self-Exams	Monthly	Monthly	Monthly	Monthly
Pap Smears	Yearly from age 21 or within 3 years of becoming sexually active; at age 30, after 3 consecutive normal Pap Smears within a monogamous relationship, ask physician about testing every 2-3 years	Every 2-3 years after 3 consecutive normal Pap smears	Every 2-3 years after 3 consecutive normal Pap smears	Every 2-3 years after 3 consecutive normal Pap smears
Mammograms		Yearly beginning at age 40	Yearly	Yearly
MEN				
Test/Screening	Age 18-39	Age 40-49	Age 50-64	Age 65 and Older
Full Check-up with Height, Weight, Skin and Testicular Exams	Every 3 years	Every 2 years	Yearly	Yearly
Testicular and Skin Self-Exams	Monthly	Monthly	Monthly	Monthly
Prostate Specific Antigen (PSA) Screening and Rectal Exam		Discuss with physician if you are African-American or have family history	Yearly	Yearly



Health Tip #1:

Commit to being fit.

Fitness is an important part of everyone's health plan. Following are the American College of Sports Medicine's top three reasons to include moderate exercise in your life:

- It can substantially reduce the risk of developing or dying from heart disease, diabetes, several forms of cancer, and high blood pressure.
- It is important to the prevention and management of weight gain, obesity, and osteoporosis.
- It helps maintain functional independence for healthy aging.

"People don't realize how much better they will feel with regular exercise," says Marcus Osborne, LAT, ATC, CSCS, Catawba Valley Medical Center's Fitness Center/Sports Medicine Director. "I recommend that beginners give themselves one good month of really trying to be more active. They will become believers, and they'll wonder why they didn't start sooner."

Osborne offers the following suggestions to help make fitness a regular part of your commitment to better health:

- Talk with your physician if you are starting a new diet or fitness program.
- Pick something that will be easy to incorporate into your current schedule. If making it happen requires too much effort, you'll be less likely to stick with it.
- Consult with a certified fitness professional who can help you pick the right exercises to meet your needs. Your fitness pro can also instruct you on proper form, which will prevent you from suffering an injury.
- Make a fitness calendar and check off the workouts you complete. This is a time-tested tool for reinforcing good habits.
- If it's hard to motivate yourself to get to the gym, find a workout partner. He or she can help pass the time and keep you accountable.

JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 NEW YEAR'S DAY CLOSED	2 CLOSED
3 2pm: Lamaze	4 6pm: Medical Explorer Meeting	5 9am: Aerobics 3pm: Safe Kids Meeting 6pm: Lamaze	6 6pm: Lamaze	7 9am: Aerobics 6:30pm: Bariatric Surgery Support Group	8 12pm: Cooking Demo	9
10 2pm: Lamaze	11 6pm: Breastfeeding Class	12 9am: Aerobics 6pm: Lamaze	13 10am: Infant Massage 3pm: Bariatric Surgery Educational Seminar 6pm: Lamaze	14 9am: Aerobics 4:30pm: Sibling Tour	15	16
17 2pm: Lamaze	18 M.L. KING, JR. DAY	19 9am: Aerobics 6pm: Lamaze	20 12pm: <i>Organize This</i> Lunch and Learn 6pm: Lamaze	21 9am: Aerobics	22 10am: Breastfeeding Support Group 5pm: Breastfeeding Support Group	23 2pm: Baby Care 101
24 2pm: Lamaze	25	26	27	28	29	30
31 2pm: Lamaze Group Lecture 2pm: Grandparents Class	6pm: Bariatric Surgery Educational Seminar	9am: Aerobics 6pm: Lamaze	10am: Infant Massage 6pm: Lamaze	9am: Aerobics		9am: Weekend Lamaze

For information on the classes and programs in this calendar – and more – contact the Health First Center at 828/485-2300



Health Tip #2:

Know your numbers.

Do you know your numbers? Your numbers – how your body rates within important health markers – are key factors in tracking and maintaining your body's health. According to Chris Witke, MD, of Viewmont Family Practice, following are the four most important health numbers you need to know:

1. Cholesterol Panel or Lipid Profile. This is a profile of four important numbers:
 - **Total Cholesterol:** The total amount of the different forms of cholesterol in your body. The goal is to be lower than 200 mg/dl.
 - **HDL (High Density Lipoprotein):** The “good” cholesterol. This should be greater than 50 mg/dl for women and 40 mg/dl for men.
 - **LDL (Low Density Lipoprotein):** The “bad” cholesterol. This should be lower than 100 mg/dl; for those with heart disease, the goal is lower than 70 mg/dl.
 - **Triglycerides:** These should be lower than 150 mg/dl.

“High cholesterol increases one’s risk of heart attack or stroke,” Dr. Witke says. “Healthy adults over the age of 20 should get their panel checked every five years.”

2. Body Mass Index (BMI). This is a formula that evaluates a patient’s weight based on height. “A BMI between 25 and 29.9 is overweight, and anything over 30 indicates obesity,” says Dr. Witke. “Extra weight can lead to high cholesterol, heart disease, diabetes, and other chronic health conditions. A person’s BMI should be checked yearly.”

3. Blood Pressure (Systolic/Diastolic).
 - **Systolic** measures blood pressure when the heart pumps. It should be less than 120.
 - **Diastolic** measures blood pressure between heartbeats. It should be less than 80.

“If either or both parts are elevated, you have an increased risk of heart attack, stroke, kidney disease, arterial disease, and eye problems,” Dr. Witke adds. “Healthy adults should check it yearly.”

4. Blood Sugar or Blood Glucose. “High or elevated blood sugar indicates diabetes, which can affect anyone at any age,” says Dr. Witke. “If untreated or poorly managed, high blood sugar can damage nearly every organ and system in our bodies.” Normal fasting blood sugar is less than 100 mg/dl. A blood sugar of 100-125 mg/dl may indicate pre-diabetes, and anything over 126 mg/dl may indicate diabetes. Testing is recommended by a physician based on family history, medical history, or symptoms.

FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 6pm: Medical Explorer Meeting	2 9am: Aerobics 3pm: Safe Kids Meeting 6pm: Lamaze	3 9am: Mallwalkers Program 6pm: Lamaze	4 9am: Aerobics 6:30pm: Bariatric Surgery Support Group	5 10am: Bingo 11am: Bingo 1pm: Seniority Members Only	6 10am: Walk Catawba Valley Kick Off
7	8 6pm: Breastfeeding Class	9 9am: Aerobics 6pm: Lamaze	10 10am: Infant Massage 3pm: Bariatric Surgery Educational Seminar 6pm: Infant CPR	11 7am: Heart to Heart Cholesterol Screening 9am: Aerobics	12 12pm: Cooking Demo	13 10pm: Kids Corner Valentine Event
14 VALENTINE'S DAY	15 PRESIDENTS' DAY 6pm: Infant CPR	16 9am: Aerobics	17 ASH WEDNESDAY 12pm: Organize This Lunch and Learn 6pm: Baby Care	18 9am: Aerobics	19	20 12pm: Refresher Lamaze
21	22 6pm: Bariatric Surgery Educational Seminar	23 9am: Aerobics 6pm: Lamaze	24 10am: Infant Massage 6pm: Lamaze	25 9am: Aerobics 6pm: Father's Class	26 10am: Breastfeeding Support Group 5pm: Breastfeeding Support Group	27
28						

For information on the classes and programs in this calendar – and more – contact the Health First Center at 828/485-2300



Health Tip #3:

Get a colonoscopy.

Colonoscopy. Just the word renders fear and discomfort in the minds of most. But for Jerry Reardon, Catawba Valley Medical Center's Director of Information Systems, it is music to his ears.

Reardon had been staying on top of his health through his forties with annual physicals. After age 49, Jerry skipped a few visits. When he got back on schedule at age 52, his physician ordered a routine colonoscopy. It revealed Stage IV colon cancer that had spread to a lymph node and his liver.

"I have always been healthy," Reardon explains. "I would rarely even get a cold. I had no symptoms whatsoever. That's why a colonoscopy is so important; I had no earthly idea. Apparently, it had been growing for about two years. If I'd had my colonoscopy when I was 50, I might not have had to take such aggressive measures to deal with it."

Dealing with it entailed major surgery that resectioned 18 inches of his colon and removed part of his liver. While they were confident that all the cancer had been removed, his doctors recommended six months of chemotherapy as extra insurance. Now more than a year past his treatments, Reardon remains grateful to have had his first colonoscopy when he did.

"Based on what I know now, the anxiety you feel about getting a colonoscopy is a small price to pay," Reardon says. "It's just so much better to know. It's a death sentence if you don't. If I had not done the colonoscopy and waited for symptoms to appear, it probably would have been too late."

Physicians recommend routine colonoscopies for adults beginning at age 50. For those with risk factors, such as a family history of colorectal cancer, earlier testing is recommended.

MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 6pm: Medical Explorer Meeting	2 9am: Aerobics 3pm: Safe Kids Meeting 6pm: Lamaze	3 6pm: Lamaze	4 9am: Aerobics 6:30pm: Bariatric Surgery Support Group	5 10am: Bingo 11am: Bingo	6
7	8	9 9am: Aerobics 6pm: Lamaze	10 10am: Infant Massage 3pm: Bariatric Surgery Educational Seminar 6pm: Lamaze	11 9am: Aerobics 6pm: Infant CPR	12 12pm: Cooking Demo	13 9am: Weekend Lamaze
14 DAYLIGHT SAVINGS TIME BEGINS 6pm: Lamaze Group Tour & Lecture 6pm: Grandparents Class	15 6pm: Breastfeeding Class	16 ST. PATRICK'S DAY 9am: Aerobics 6pm: Lamaze	17 8am: Mallwalkers Kick Off 12pm: Organize This Lunch and Learn 6pm: Lamaze	18 9am: Aerobics 4:30pm: Sibling Tour	19	20 10am: Babysitters Class
21	22 6pm: Bariatric Surgery Educational Seminar	23 9am: Aerobics 6pm: Lamaze	24 10am: Infant Massage 6pm: Lamaze	25 9am: Aerobics	26 10am: Breastfeeding Support Group 5pm: Breastfeeding Support Group	27 10am: Infant CPR
28 PALM SUNDAY	29	30 JEWISH PASSOVER 9am: Aerobics 6pm: Lamaze	31 6pm: Lamaze			

For information on the classes and programs in this calendar – and more – contact the Health First Center at 828/485-2300



Health Tip #4:

Protect your ears.

The two biggest obstacles to ear health are infections and hearing loss. According to the National Institutes of Health, ear infections are caused when fluid becomes trapped in the middle ear, usually due to a cold, throat infection, or allergies. They are more common in babies and young children but can occur at any age. Hearing loss, on the other hand, is more common among older adults – but it, too, can affect all age groups.

To maintain better ear health, Steven Sanderson, MD, of North Hickory Family Practice, suggests the following precautions:

- Have your ears and hearing checked regularly.
- Seek immediate treatment for ear infections. If left unchecked, infection can spread to the surrounding structures (the inner ear and mastoid bone of the skull), which is more serious. Permanent hearing loss can also develop.
- Recognize and treat allergies quickly. Upper respiratory tract infections and congestion can lead to ear infections.
- Practice effective nose blowing with congestion.
- Limit exposure to loud or prolonged noise, as both may cause hearing damage. When you can't avoid noise, wear ear protection such as earplugs.
- Be sensible when setting the volume of TVs, stereos, personal headsets or ear buds, and MP3 players.

“Protecting the ears is a simple thing to do, but it’s often overlooked until troubles arise,” says Dr. Sanderson. “By taking proper care of our ears and our upper respiratory health from a young age, we can help prevent or minimize the occurrence of ear problems down the road.”

APRIL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
			For information on the classes and programs in this calendar – and more – contact the Health First Center at 828/485-2300	9am: Aerobics 6:30pm: Bariatric Surgery Support Group	GOOD FRIDAY 10am: Bingo 11am: Bingo	2pm: CPR
4	5	6	7	8	9	10
EASTER SUNDAY	CLOSED FOR EASTER	9am: Aerobics 3pm: Safe Kids Meeting 6pm: Baby Care 101	6pm: Infant CPR	9am: Aerobics	12pm: Cooking Demo	
11	12	13	14	15	16	17
2pm: Lamaze	6pm: Medical Explorers	9am: Aerobics 6pm: Lamaze	10am: Infant Massage 3pm: Bariatric Surgery Educational Seminar 6pm: Lamaze	9am: Aerobics		12pm: Refresher Lamaze
18	19	20	21	22	23	24
2pm: Lamaze	6pm: Breastfeeding Class	9am: Aerobics 6pm: Lamaze	12pm: Organize This 6pm: Lamaze	9am: Aerobics	10am: Breastfeeding Support Group 5pm: Breastfeeding Support Group	9am: Weekend Lamaze
25	26	27	28	29	30	
2pm: Lamaze 6pm: Lamaze Group Tour & Lecture 6pm: Grandparents Class	6pm: Bariatric Surgery Educational Seminar	9am: Aerobics 6pm: Lamaze	10am: Infant Massage 6pm: Lamaze	9am: Aerobics		



Health Tip #5:

Look after your eyes.

“Routine eye exams are important for the prevention, detection, and treatment of many eye diseases,” says Richard I. Chang, MD, of Graystone Eye. “Most eye problems, if identified early, can be treated successfully with minimal loss of vision. Also, some problems with vision begin at an early age, so it’s important for children to have routine eye care from the time they are infants.”

According to Dr. Chang, routine eye exams are important – regardless of vision problems – for the following reasons:

- In the early stages of certain eye diseases, subtle changes in vision may go unnoticed. Regularly scheduled eye exams can detect these eye conditions and prevent permanent loss of vision, blindness, and sometimes even death.
- A comprehensive eye exam includes an evaluation of the front of the eye, a check for prescription changes, and verification of the health of the retina. This can lead to early detection of common diseases, such as glaucoma, diabetes, macular degeneration, and even cancer.

Dr. Chang recommends yearly eye exams for both children and adults. “Just like getting a yearly physical maintains the health of a person’s body, an eye exam is a physical for the eye.”

Between visits, Dr. Chang urges people to take a few simple steps of their own to protect their eyes. “A majority of eye problems can be easily prevented by the use of sunglasses and hats. Ultraviolet (UV) light from the sun is one of the main causative factors of macular degeneration, cataracts, pterygium, and lid and ocular tumors.”

MAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 10am: Safe Kids Day
2 2pm: Lamaze	3 6pm: Medical Explorer Meeting	4 9am: Aerobics 3pm: Safe Kids Meeting 6pm: Lamaze	5 6pm: Lamaze	6 7am: Heart to Heart Cholesterol Screening 9am: Aerobics 6:30pm: Bariatric Surgery Support Group	7 10am: Bingo 11am: Bingo	8 2pm: Infant CPR
9 MOTHER'S DAY	10	11 9am: Aerobics 6pm: Lamaze	12 10am: Infant Massage 3pm: Bariatric Surgery Educational Seminar 6pm: Lamaze	13 9am: Aerobics	14 12pm: Cooking Demo	15
16	17 6pm: Breastfeeding Class	18 9am: Aerobics 6pm: Lamaze	19 9am: Mallwalkers Only Program 12pm: Organize This Lunch and Learn 6pm: Lamaze	20 9am: Aerobics 4:30pm: Sibling Tour	21 1pm: Seniority Members Only Program	22 2pm: Infant CPR
23	24 6pm: Bariatric Surgery Educational Seminar	25	26	27	28	29
30	31 MEMORIAL DAY CLOSED	9am: Aerobics 6pm: Lamaze	10am: Infant Massage 6pm: Lamaze	9am: Aerobics	10am: Breastfeeding Support Group 5pm: Breastfeeding Support Group	

For information on the classes and programs in this calendar – and more – contact the Health First Center at 828/485-2300



Health Tip #6:

Watch your weight.

According to the Centers for Disease Control, approximately 67 percent of adults age 20 and older are overweight or obese. And among children, obesity has tripled in the last 40 years. So why does it matter if you put on a few pounds?

“Obesity and being overweight have been associated with many co-morbidities, such as cardiovascular disease, diabetes, and cancer,” says Vondell Clark, MD, Medical Director of Catawba Valley Medical Center’s Healthy House. “Obesity is the second leading cause of preventable death in adults, but the key word here is ‘preventable.’ It’s never too late to start building a healthier life.”

To help manage your weight, Dr. Clark offers the following advice:

- Remember that maintaining a healthy weight is about health – not about weight. If you constantly think about weight, you will always be battling weight. If you think in more positive terms about being healthy, you’ll not only be more successful, but you may actually enjoy the journey.
- Think of dieting in terms of nourishment, not deprivation. We need to shift our mindset away from denial and toward fulfillment. Avoid temptation by planning meals ahead of time and keeping your pantry stocked with healthy options.
- For children, help structure an environment that enables healthier choices from an early age. This includes having healthy snacks on hand, eating meals together as a family, and encouraging “play” time away from the television or computer monitor.

JUNE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 9am: Aerobics 3pm: Safe Kids Meeting 6pm: Lamaze	2 6pm: Lamaze	3 9am: Aerobics 6:30pm: Bariatric Surgery Support Group	4 10am: Bingo 11am Bingo	5 9am: Weekend Lamaze
6 6pm: Lamaze Group Tour & Lecture 6pm: Grandparents Class	7	8 9am: Aerobics 6pm: Infant CPR	9 10am: Infant Massage 3pm: Bariatric Surgery Educational Seminar	10 9am: Aerobics 10:30am: Kids Corner	11 12pm: Cooking Demo	12
13	14 FLAG DAY 6pm: Breastfeeding Class	15 9am: Aerobics 6pm: Baby Care 101	16 12pm: <i>Organize This</i> Lunch and Learn 6pm: Father's Class	17 9am: Aerobics 10:30am: Kids Corner 6pm: Infant CPR	18	19 10am: Babysitters Class
20 FATHER'S DAY	21	22 9am: Aerobics 6pm: Lamaze	23 10am: Infant Massage 6pm: Lamaze	24 9am: Aerobics 10:30am: Kids Corner	25 10am: Breastfeeding Support Group 5pm: Breastfeeding Support Group	26 12pm: Refresher Lamaze
27	28 6pm: Bariatric Surgery Educational Seminar	29 9am: Aerobics 6pm: Lamaze	30 6pm: Lamaze			

For information on the classes and programs in this calendar – and more – contact the Health First Center at 828/485-2300



Health Tip #7:

Prevent falls.

“Fall prevention is particularly important to the elderly population, as more than one third of adults 65 and older fall each year in our country,” says Jeremy Frye, PT, DPT, a physical therapist at Catawba Valley Medical Center’s Center for Rehabilitation. “Among older adults, falls are the leading cause of death due to injury and are also the most common cause of non-fatal injuries and hospital admissions for trauma.”

According to Frye, the risk of falls can be minimized with a focus on health and fitness from an early age. Following are the four key areas he encourages people to maintain in order to help prevent falls:

- Strength and endurance
- Balance
- Vision
- Proper management of chronic health conditions such as diabetes and heart disease.

“Participating in a regular exercise program that includes flexibility, strengthening, endurance, and balance activities is one of the most important steps toward preventing falls,” Frye adds. “Starting a regular exercise program while you are young and healthy is much easier than starting one later in life, particularly after a fall has already occurred.”

Along with regular exercise, Frye recommends some additional preventive steps for older adults:

- Yearly vision checks
- Regular medication reviews to minimize side effects
- Specific home modifications, such as removing clutter and having proper lighting

JULY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3 CLOSED FOR INDEPENDENCE DAY
			For information on the classes and programs in this calendar – and more – contact the Health First Center at 828/485-2300	9am: Aerobics 10:30am: Kids Corner 6:30pm: Bariatric Surgery Support Group	10am: Bingo 11am: Bingo 1pm: Blood Drive	
4 INDEPENDENCE DAY CLOSED	5	6 9am: Aerobics 3pm: Safe Kids Meeting 6pm: Lamaze	7 6pm: Lamaze	8 9am: Aerobics 10:30am: Kids Corner	9 12pm: Cooking Demo	10
11	12 6pm: Breastfeeding Class	13 9am: Aerobics 6pm: Lamaze	14 10am: Infant Massage 3pm: Bariatric Surgery Educational Seminar 6pm: Lamaze	15 9am: Aerobics 10:30am: Kids Corner 4:30pm: Sibling Tour	16	17 9am: Weekend Lamaze
18 6pm: Lamaze Group Tour & Lecture 6pm: Grandparents Class	19	20 9am: Aerobics 6pm: Infant CPR	21 12pm: Organize This 6pm: Baby Care 101	22 9am: Aerobics 10:30am: Kids Corner	23 10am: Breastfeeding Support Group 5pm: Breastfeeding Support Group	24
25	26 6pm: Bariatric Surgery Educational Seminar	27 9am: Aerobics 6pm: Lamaze	28 10am Infant Massage 6pm: Lamaze	29 9am: Aerobics 10:30am: Kids Corner	30	31 2pm: Infant CPR



Health Tip #8:

Get immunized.

Among other things, the outbreak of the H1N1 virus in 2009 underscored the important role immunizations play in both personal and community health. “Immunizations have transformed the landscape of medicine over the past century,” says Aimee Cavendish, MD, of Viewmont Family Medicine. “Many illnesses that once caused widespread death or disability are now nonexistent or rare in this country because of immunizations. Some of these illnesses are still common in other countries, however, and small outbreaks surface occasionally in the U.S. Because of this, immunization is still very important.”

Dr. Cavendish also notes that immunizations are just as vital for adults as they are for children. “Many adolescents and adults need vaccine boosters and new immunizations for tetanus, meningitis, hepatitis, and pneumonia,” she explains. “Newer immunizations are available that can help protect against herpes zoster (shingles) and even cervical cancer. Yearly flu shots are also recommended for most people.”

To learn more about which immunizations are needed when, Dr. Cavendish recommends the following resources:

- Talk with your family doctor about necessary immunizations and any questions or concerns you may have.
- Check with Catawba County Public Health for guidelines and current availability of recommended vaccines.
- If you are traveling abroad, contact the CVMC Travel Clinic at 828/326-2145 to receive vaccinations that may be recommended for travel to particular areas.
- Visit the Centers for Disease Control website at www.cdc.gov/vaccines to download their recommended vaccination schedule for children and adults.

AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 2pm: Lamaze	2	3 9am: Aerobics 3pm: Safe Kids Meeting 6pm: Lamaze	4 6pm: Lamaze	5 7am: Heart to Heart Cholesterol Screening 9am: Aerobics 10:30am: Kids Corner 6:30pm: Bariatric Surgery Support Group	6 10am: Bingo 11am Bingo	7 10am: Babysitters Class
8 2pm: Lamaze	9	10 9am: Aerobics 6pm: Lamaze	11 10am: Infant Massage 3pm: Bariatric Surgery Educational Seminar 6pm: Lamaze	12 9am: Aerobics 10:30am: Kids Corner 6pm: Infant CPR	13 12pm: Cooking Demo	14 12pm: Refresher Lamaze
15 2pm: Lamaze	16 6pm: Breastfeeding Class	17 9am: Aerobics 6pm: Lamaze	18 12pm: Organize This 6pm: Lamaze	19 9am: Aerobics 9am: Mallwalkers Only Program 10:30am: Kids Corner	20	21 2pm: Infant CPR
22 2pm: Lamaze	23 6pm: Bariatric Surgery Educational Seminar	24 9am: Aerobics 6pm: Infant CPR	25 10am: Infant Massage 6pm: Lamaze	26 9am: Aerobics	27 10am: Breastfeeding Support Group 5pm: Breastfeeding Support Group	28 9am: Weekend Lamaze
29 6pm: Lamaze Group Tour & Lecture 6pm: Grandparents Class	30	31 9am: Aerobics 6pm: Infant CPR	<p>For information on the classes and programs in this calendar – and more – contact the Health First Center at 828/485-2300</p>			



Health Tip #9

Stop smoking.

If you smoke, or you know someone who does, consider these startling statistics from the American Medical Association:

- Smokers are 15 times more likely to suffer from cancer. And not just lung cancer; smoking also increases one's risk of developing oral, esophageal, colon, bladder, cervical, and pancreatic cancers.
- Smokers are 16 times more likely to contract emphysema.
- Smokers are 10 times more likely to get bronchitis.
- Smokers are twice as likely to have a heart attack.
- Children of smokers are eight times more likely to become smokers themselves.
- Children of smokers are twice as likely to have respiratory ailments.

“Smoking is clearly a huge health hazard,” says Peggy Messick, RN, BSN, OCN, a Health First Center educator and smoking cessation instructor for Catawba Valley Medical Center. “People start smoking for a variety of reasons and often assume that quitting will be easy. It’s usually not until much later, when smoking-related health issues crop up, that many smokers realize just how important – and difficult – it is to stop.”

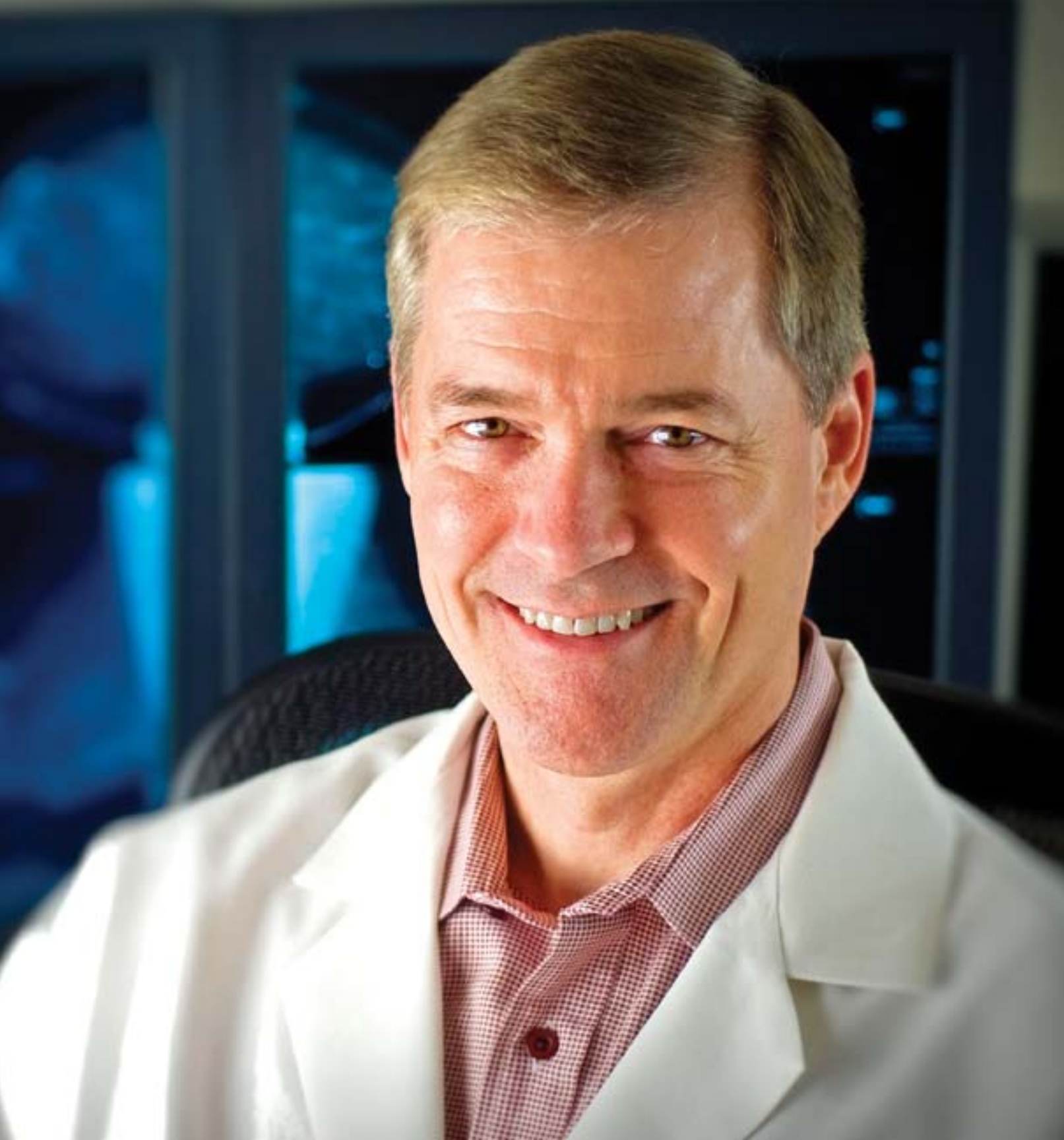
Make the choice this year to kick the habit. For help, Messick urges smokers to try one of the following strategies known to be among the most effective:

- Quitting “cold turkey” – completely eliminating smoking – tends to be more successful than tapering.
- Using nicotine replacements is helpful for some people, but they may not work for everyone.
- Using second-line agents, such as Chantix or Zyban, helps decrease the desire for smoking – either on their own or in combination with nicotine replacement therapy.

Participating in education and support sessions, such as the American Cancer Society’s Fresh Start program, can develop and reinforce positive cessation habits. Fresh Start is offered quarterly through the Health First Center at Valley Hills Mall and to groups upon request.

SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 6pm: Baby Care 101	2 9am: Aerobics 6:30pm: Bariatric Surgery Support Group	3 10am: Bingo 11am: Bingo	4
5	6 LABOR DAY CLOSED	7 9am: Aerobics 3pm: Safe Kids Meeting 6pm: Lamaze	8 10am: Infant Massage 3pm: Bariatric Surgery Educational Seminar 6pm: Lamaze	9 ROSH HASHANA 9am: Aerobics 6pm: Infant CPR	10 12pm: Cooking Demo	11
12	13 6pm: Breastfeeding Class	14 9am: Aerobics 6pm: Lamaze	15 12pm: <i>Organize This</i> Lunch and Learn 6pm: Lamaze	16 9am: Aerobics 4:30pm: Sibling Tour	17	18 YOM KIPPUR 9am: Weekend Lamaze
19 6pm: Lamaze Group Tour & Lecture 6pm: Grandparents Class	20	21 9am: Aerobics 6pm: Lamaze	22 10am: Infant Massage 1pm: Prostate Screening 6pm: Lamaze	23 9am: Aerobics 1pm: Prostate Screening	24 10am: Breastfeeding Support Group 5pm: Breastfeeding Support Group	25
26 2pm: Lamaze	27 6pm: Bariatric Surgery Educational Seminar	28 9am: Aerobics 6pm: Lamaze	29 6pm: Lamaze	30 9am: Aerobics	<p>For information on the classes and programs in this calendar – and more – contact the Health First Center at 828/485-2300</p>	



Health Tip #10

Get a mammogram.

The Susan G. Komen Foundation acknowledges that because the exact cause of breast cancer is not known, there is no sure-fire way to prevent it. However, it does recommend steps you can take that may reduce your risk, including maintaining a healthy weight, regular exercise, limiting alcohol intake, and breast self-exams.

Mammograms are also recommended to help detect the presence of breast cancer early, when it may be in its most treatable stages. "Mammograms are very effective in the early detection of breast cancer," says Edward Pearce, MD, of Catawba Radiological Associates. "An early breast cancer is one that is in an early stage and is undetectable by other methods."

According to Dr. Pearce, the advantages of having regular mammograms include the following:

- Having a series of mammograms for comparison over time improves the chance of detecting cancer at an earlier and more treatable stage.
- Early detection saves lives. When a cancer is in stage 0 or I (an early breast cancer), it is essentially minimally invasive without metastatic spread. Long-term survival rates are 90-95 percent, and treatment is much less severe.
- Early detection leads to earlier and more manageable treatment, which improves a patient's quality of life.

"The American Cancer Society and the American College of Radiology recommend that women have yearly screening mammograms after the age of 40," Dr. Pearce adds. "If a woman has a significant family history, such as a mother, sister, grandmother, or aunt on her mother's side with a history of breast cancer, then she may require earlier mammographic screening. This will depend on the individual woman's history and should be discussed with her physician."

OCTOBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
			<p>For information on the classes and programs in this calendar – and more – contact the Health First Center at 828/485-2300</p>		10am: Bingo 11am: Bingo	12pm: Refresher Lamaze
3	4	5	6	7	8	9
2pm: Lamaze	6pm: Medical Explorer Meeting	9am: Aerobics 3pm: Safe Kids Meeting 6pm: Lamaze	6pm: Lamaze	9am: Aerobics 10am: Senior Resource Fair 6:30pm: Bariatric Surgery Support Group	12pm: Cooking Demo	2pm: Infant CPR
10	11	12	13	14	15	16
2pm: Lamaze	COLUMBUS DAY	9am: Aerobics 6pm: Lamaze	10am: Infant Massage 3pm: Bariatric Surgery Educational Seminar 6pm: Lamaze	9am: Aerobics 6pm: Father's Class		9am: Weekend Lamaze
17	18	19	20	21	22	23
6pm: Lamaze Group Tour & Lecture 6pm: Grandparents Class	6pm: Breastfeeding Class	9am: Aerobics 6pm: Lamaze	12pm: <i>Organize This</i> Lunch and Learn 6pm: Lamaze	9am: Aerobics 6pm: Infant CPR	10am: Breastfeeding Support Group 5pm: Breastfeeding Support Group	
24	25	26	27	28	29	30
2pm: Lamaze						
31	25	26	27	28	29	30
HALLOWEEN	6pm: Bariatric Surgery Educational Seminar	9am: Aerobics 6pm: Lamaze	10am: Infant Massage 6pm: Lamaze	9am: Aerobics		



Health Tip #11: Check for diabetes.

According to the American Diabetes Association, millions of Americans have been diagnosed with type 2 diabetes. Many more are unaware that they are at high risk of acquiring the disease. Risk factors include the following:

- Impaired glucose tolerance (IGT) and/or impaired fasting glucose (IFG)
- Adults over the age of 45
- Family history of diabetes
- Overweight/obesity
- Low HDL cholesterol or high triglycerides
- High blood pressure
- Certain racial and ethnic groups
- Women who had gestational diabetes or who have had a baby weighing nine pounds or more at birth

Tad Adams, Pharm.D., CDE, Coordinator of the Center for Diabetes Control for Catawba Valley Medical Center, recommends that adults get screened for diabetes every three years beginning at age 45. More frequent testing should be considered for persons with risk factors or symptoms regardless of age.

Symptoms of diabetes include frequent urination, unusual thirst, extreme hunger, unusual weight loss, extreme fatigue and irritability, frequent infections, blurred vision, cuts or bruises that are slow to heal, and tingling or numbness in the hands or feet.

“The average adult can prevent or delay the onset of type 2 diabetes through a healthy lifestyle,” says Adams. “Changing your diet, increasing your level of physical activity, and maintaining a healthy weight can help you stay healthier longer and reduce your risk of acquiring diabetes.”

NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 6pm: Medical Explorers	2 9am: Aerobics 3pm: Safe Kids Meeting 6pm: Lamaze	3 6pm: Lamaze	4 7am: Heart to Heart Cholesterol Screening 9am: Aerobics 6:30pm: Bariatric Surgery Support Group	5 10am: Bingo 11am: Bingo	6 10am: Diabetes Fair
7 DAYLIGHT SAVINGS TIME ENDS	8	9 9am: Aerobics 6pm: Lamaze	10 10am: Infant Massage 3pm: Bariatric Surgery Educational Seminar 6pm: Lamaze	11 VETERANS DAY 9am: Aerobics	12 12pm: Cooking Demo	13 9am: Weekend Lamaze
14	15 6pm: Breastfeeding Class	16 9am: Aerobics 6pm: Infant CPR	17 9am: Mallwalkers Only Program 12pm: Organize This Lunch and Learn 6pm: Baby Care 101	18 9am: Aerobics 4:30pm: Sibling Tour	19 1pm: Seniority Only Program	20 10am: Babysitters Class
21	22	23 9am: Aerobics	24 10am: Infant Massage	25 THANKSGIVING DAY CLOSED	26 10am: Breastfeeding Support Group 5pm: Breastfeeding Support Group	27
28	29 6pm: Bariatric Surgery Educational Seminar	30 9am: Aerobics				

For information on the classes and programs in this calendar – and more – contact the Health First Center at 828/485-2300



Health Tip #12:

Beat cold and flu season.

According to the Centers for Disease Control (CDC), illnesses like the flu and colds are caused by viruses that infect the nose, throat, and lungs. The seasonal flu alone is estimated to affect up to 50 million Americans each year.

“The flu and colds are usually spread when someone who is infected coughs or sneezes,” says Deji Okuboye, DO, of Family Medicine Associates. “The viruses can also be passed from your hand to your nose or mouth after touching a contaminated surface, such as a door knob or school desk.”

To prevent catching the cold or flu this season, consider the following tips from Dr. Okuboye:

- Get a yearly flu vaccine.
- Wash your hands frequently.
- Avoid touching your face.
- Stay home when you are ill.
- Avoid or limit spending time in public areas during flu season.
- Use hand sanitizers.

Dr. Okuboye adds that the flu vaccine is especially important for those who are at risk of serious flu complications or who care for people at risk, including the following:

- Healthcare personnel
- Pregnant women
- Those with chronic pulmonary illnesses
- Residents of nursing homes
- Immuno-suppressed individuals
- Cardiac or renal patients
- Diabetics

DECEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 6pm: Infant CPR	2 FIRST DAY OF CHANUKAH 9am: Aerobics 6:30pm: Bariatric Surgery Support Group	3 10am: Bingo 11am: Bingo	4 8:30am: Breakfast with Santa 2pm: Infant CPR
5	6 6pm: Medical Explorers	7 9am: Aerobics 3pm: Safe Kids Meeting 6pm: Lamaze	8 10am: Infant Massage 3pm: Bariatric Surgery Educational Seminar 6pm: Lamaze	9 FINAL DAY OF CHANUKAH 9am: Aerobics	10 10am: Breastfeeding Support Group 5pm: Breastfeeding Support Group	11 12pm: Refresher Lamaze
12	13 6pm: Breastfeeding Class	14 9am: Aerobics 6pm: Lamaze	15 12pm: <i>Organize This</i> Lunch and Learn 6pm: Lamaze	16 9am: Aerobics	17 1pm: Blood Drive	18 2pm: Infant CPR
19	20	21 9am: Aerobics	22 10am: Infant Massage	23 9am: Aerobics	24 CHRISTMAS EVE CLOSED	25 CHRISTMAS DAY CLOSED KWANZAA
26	27 6pm: Bariatric Surgery Educational Seminar	28 9am: Aerobics 6pm: Infant CPR	29 6pm: Baby Care 101	30 9am: Aerobics	31 NEW YEAR'S EVE CLOSED	For information on the classes and programs in this calendar – and more – contact the Health First Center at 828/485-2300

My 2010 Health Plan

Every year, we make resolutions to become healthier. This year, it's time to do something about those resolutions and make a plan – your own personal health plan for 2010. Use this space to write down your health goals for the next twelve months. This will make it easier to review them with your physician during your annual check-up and will serve as a helpful reminder throughout the year. For suggested screenings by age, review the chart on the third page of this calendar.

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER
