



CULBERTSON CONNECTION



Your Health. Your Hospital.

F.A.S.T. Stroke Treatment Is Critical


On February 4, Dennis Harrison, a registered nurse with 38 years under his belt, was working in the recovery room. A snowstorm hit that night, so he got the snow blower out and began clearing sidewalks the following day. Even when a horrible headache hit and kept pounding stronger and stronger, he kept working. When the blurred vision hit, he tried to get his phone out, but his hands wouldn't work. When he finally did, he couldn't speak.

Thankfully, he was only blocks away from Culbertson Memorial Hospital and was at the emergency room in minutes. The team put in two IV lines and began administering tPA (tissue plasminogen activator), the gold standard for stroke treatment. This drug dissolves stroke-causing blood clots and improves blood flow to the part of the brain that's deprived by the blockage. Unfortunately, many don't get to the hospital in time for this treatment since it must be administered within three hours, but having it significantly improves the chances of stroke recovery.

"They said I was minutes away from being in more serious trouble," says Dennis. He got in just under the wire, a fact the doctors and nurses who treated him won't let him forget. In spite of his medical training (he is not only a registered nurse, but was also a medic in the Vietnam War and formerly worked in neurosurgery post op), he almost didn't make it. After therapy, treatment and taking it easy for months, Dennis was released to work one day a month. He's one of the lucky ones; he's nearly got his life back.

Many in his family – on both his mother and father's side – have a history of mini strokes, heart attacks, blood clots and other cardiac issues. Even with his medical experience and extensive family history/high risk factors, he still didn't react quickly when symptoms occurred. It's just one reason he's talking about the importance of recognizing the signs and symptoms of a stroke and acting on them immediately: "When you get any symptoms – speech, numbness, headache – get right on it."

Today, Dennis is almost fully recovered. "The headache lasted for 14 hours, just horrible – I've never had that much pain," he says, "and it took 14 weeks to get my blood pressure where they wanted it. I'm a little unsteady on my feet, but other than that, my only side effect is a little fatigue sometimes."

It could have turned out much differently, and Dennis urges: "Pay attention to the new commercials that are out there for F.A.S.T. Minutes are precious." 



What's F.A.S.T.?

F – Face drooping
A – Arm weakness
S – Speech difficulty
T – Time to call 9-1-1

F.A.S.T. is the easiest way to remember stroke's sudden symptoms. When you see them, call 9-1-1 right away.

F – Ask the person to smile. Does one side of the face droop, or is it numb? Is the smile uneven?

A – Have the person raise both arms. Does one arm drop or drift downward?

S – Is his or her speech slurred or hard to understand? Ask the person to say a simple sentence such as, "Is the sky blue?" Can the person say it correctly?

T – If you note any of these symptoms, you'll know it's time to call 9-1-1. Even if the symptoms lessen or go away, call anyway because they may reoccur. Be sure to note the time so you can indicate when the signs first occurred.



Sarah D.
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Summer Safety

Bike Safety

Use your head; wear a helmet. Bike accidents account for most sports-related emergencies for kids ages 5 to 14. Many can be prevented with a helmet. Having one that fits properly is just as important as wearing it.

- Look up – if you see the bottom rim, it fits.
- Check your ears – if the straps form a “V” under your ears when buckled, it fits.
- Open your mouth – if the helmet hugs your head when you open your mouth, it fits.

Simple Safety Tips

- Wear bright-colored clothing.
- Dress for the weather.
- Never ride with headphones.
- Use a backpack to carry items.
- Ride with a friend.
- Make sure someone knows where you’re going.
- Make sure tires are properly inflated.
- Use lights at night.

Rules of the Road

- Look both ways before crossing traffic.
- Obey traffic signs and signals – just like other vehicles.
- Follow lane markings – don’t turn left from the right lane or go straight in a “right turn only.”
- Scan the road behind you – look over your shoulder without losing balance or swerving. Consider using rear-view mirrors.
- Keep both hands ready for braking.
- Use hand signals to advise others of your intentions.
- Choose the best way to turn left – like an auto: signal to move into the left turn lane, then turn left; like a pedestrian, ride straight to the far-side crosswalk, then walk your bike across.
- Make eye contact with drivers.
- Watch for road hazards – like sewer grates, gravel, ice, sand or debris. Cross railroad tracks at right angles. 🚦

A Shot of Sunscreen

Look around; find five people. One of them has or will have skin cancer in his/her life. Make sure it’s not you or your kids – be smart and you can still have fun in the sun. Make sunscreen a must when you step outside, much like seatbelts in cars. Aim for an SPF of 15 or higher, and look for what’s called broad-spectrum sunscreen – one that protects from ultraviolet radiation rays (both UVA and UVB). This should be clearly marked on the label.



A few easy keys to good sunscreen application:

- Apply to all exposed skin.
- Don’t be stingy – use an ounce (a shot glass) of sunscreen every application.
- Hit the most-missed spots: neck, scalp, around eyes, lips, ears, hands and feet.
- Reapply – at least every 2 hours (and more often if swimming or sweating).
- Get the right product – waterproof, sweatproof, hypoallergenic, fragrance-free, spray, lotion, stick; finding the right one ensures it sticks with you and does the job. 🚦

And remember summertime is critical, but it’s not the only time you need sunscreen. The sun’s out there 365 days a year, so be smart!

Summertime brings fun, festivals and frolic, but all the sunshine and outdoor entertainment also means a need for increased protection and vigilance. A few simple tips can keep you and your family outside and on the run all summer. We want you to enjoy the summer activities while remaining safe!

Heading Off Heat Stroke

When the weather heats up, things can get really fun outside, but it's important to be aware there's a very real risk too. Heat stroke claims lives every year, and it's preventable. When physical activity in hot weather and prolonged exposure to high temperatures cause the body temperature to reach 104°F, heat stroke occurs. Medications, health issues and age can all increase risk – the very young and old are especially vulnerable.

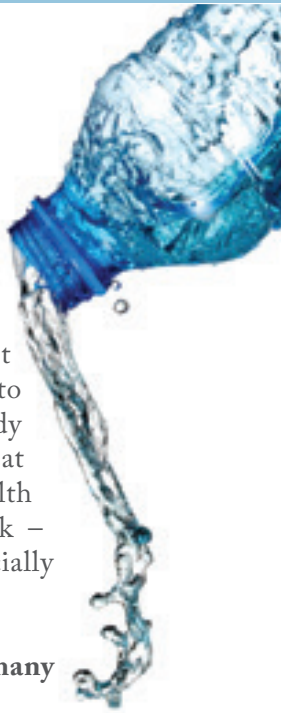
Cramps may be the first sign, but many symptoms can warn of heat stroke.

Here's what to watch for:

- High body temperature
- Muscle weakness or cramps
- No sweating
- Vomiting and nausea
- Flushing (red skin)
- Racing heart rate
- Confusion
- Rapid or shallow breathing
- Headache
- Passing out (or even coma)

Lack of treatment can mean serious complications or even death. You can prevent heat stroke with a few precautions, especially in the hottest part of the day:

- Wear lightweight, loose and light-colored clothes.
- Drink lots of fluids.
- Know whether your medicine makes you more prone.
- Avoid strenuous activity outside.
- Take it easy if you have a health issue that puts you at risk.
- Don't leave children (or anyone) in parked cars. +



Make a Splash with Good Water Safety

There's nothing like a dip to beat summer's heat. Good water safety practices ensure a good time for all at the water's edge. Whether pool, beach or even hot tub, a good offense is the best defense. Learning how to swim is the best way to keep you and your family safe. These tips from the American Red Cross will also help you make water safety a priority:

- Swim in designated areas supervised by lifeguards.
- Always swim with a buddy; do not let anyone swim alone, even when there's a lifeguard.
- Never leave a young child unattended near water, and do not trust a child's life to another child.
- Teach children to always ask permission to go near water.
- Have young children or inexperienced swimmers wear life jackets around water, but don't rely on life jackets alone.
- Establish rules and enforce them. Set limits based on ability. Ban play around drains and suction fittings. Forbid breath-holding contests.
- Even if you don't plan on swimming, be careful around natural bodies of water like rivers and lakes. Cold temperatures, currents and underwater hazards can make a fall into the water dangerous.
- If you go boating, wear a life jacket! Most boating fatalities occur from drowning.
- Avoid alcohol use. It impairs judgment, balance and coordination and affects swimming and diving skills. +



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10th Annual Golf Outing a Success!

Thanks to the generous support of the community, sponsors, golfers and volunteers, the 10th Annual Dr. Russell Dohner Golf Outing raised over \$35,000 for Sarah D. Culbertson Memorial Hospital. The funds from this year's outing will be used to purchase a covered awning for the Mobile MRI Unit and Southwest Entrance of the hospital. +

Left to Right: Lynn Stambaugh, CEO; Dr. Russell Dohner; Lisa Downs, CNO

Childhood Obesity – Nothing to Kid About



Obesity in children is a very real and increasing problem, especially once school's out. In fact, research shows kids gain weight two to three times faster during summer than other times of the year. Lack of planned activity and structure, along with increased accessibility to sugared drinks and snack foods contribute. Quite simply, they're eating too much and doing too little.

"In our American society, we promote consumption of unhealthy food and snacks, so it's hard for children to make healthy choices," says Dr. Marguerite Taillefer, a family practice physician at Taylor Clinic in Beardstown. "They're surrounded by these choices at home, fundraisers and sporting events, and they can buy snacks easily at the grocery store or gas station."

But just because kids are out of school doesn't mean the number on the scale has to go up. Helping kids follow a few simple guidelines can make huge strides toward prevention and promoting a healthy lifestyle:

- Try to **discourage eating in front of the TV**, and limit TV time. It's too easy to overeat and mindlessly reach for sugary or salty snacks. If that's not possible, designate TV-friendly snacks in premeasured amounts.

- **Watch portion sizes.** Consider preparing bags of healthy snacks, especially for travel, such as if you're going to watch or play in a game or your child is going to a park or playdate.
- **Stock the house.** Make healthy choices the staples. Fruits and vegetables should be in abundance – easily and readily available. Throw in a few options like unsalted pretzels, yogurt, peanut butter, hummus or cheese cubes to keep things interesting.
- **Get moving.** Dr. Taillefer encourages at least 60 minutes of physical exercise every day – aerobic activity is best. Certainly there are lots of planned camps and activities, but "doing some exercise doesn't have to cost anything," she says, so don't let the budget be a limiting factor. Try walking, biking (with a helmet of course), playing outside, running, playing group sports like baseball or soccer and swimming if a pool is accessible. Be smart about heat and sun exposure too. If it's too hot or humid, have them go early in the morning or at sunset, and always apply sunscreen!
- **Join them.** Just like adults, kids tend to be more active in groups, so plan family activities around movement and exercise that doesn't feel like exercise. Set family bikes or hikes, make a contest out of 'round the block runs, or join Exercise Rushville and log their points toward end-of-summer prizes (see more on next page). You'll benefit, and so will they! 🏠

"You want them to eat well and not gain weight," says Dr. Taillefer. "It's all about helping them be happy and stay well."



Let's Exercise Rushville

What started as a simple communitywide event to focus on weight loss has become a “get fit” movement dedicated to creating a healthier community. The City of Rushville and Culbertson Memorial Hospital joined forces back in 2008, and the Exercise Rushville Summer Challenge was born. Over 120 people now participate each year, and the focus is on activities and fun fitness, says co-founder and coordinator Tim Ward. “The goal is to get people moving by focusing on summer citywide exercise of any kind – walking, biking, or even working in the garden,” he says.

Since Ward and Director of Nursing Lisa Downs founded the program, they have seen the numbers increase. Working together, they organize events throughout the summer to get people involved, creating different committees to serve a variety of interests – cycling, safety, education, running, walking. A grant through the Illinois Critical Access Hospital Network (ICAHN) helps fund the activities, including a host of fitness and health related events throughout the 12-week program. Cardio, yoga, Zumba and even cooking classes are on the agenda.

“When we looked at the public health report for our county, our obesity rate was 64.7%, and our leading causes of death were cardiovascular disease and cancer,” says Ward. “We wanted to help address that.”

Running from June 1 to August 30, Exercise Rushville focuses on creating an atmosphere of fun that wraps into a healthier lifestyle. Free wellness screenings for blood pressure, blood

sugar and other indicators are offered, as well as seminars with certified personal trainers. Online educational software purchased through a grant helps with patient and community education. Another great grant purchase: signs for the local 3-mile walking, biking and running trail within city limits.

“The people who participate can see the difference,” says Ward. “Some people come back every year wanting to do more and bring people with them.”

Every year has a theme, like Climb Mt. Everest, Go for the Gold, Around the World in 91 Days and this year, Time of Your Life. Participants earn points for each activity, with a goal of 30,000 points in 12 weeks. Participants need to average 2,300 points a week, with 1 hour of exercise adding up to about 600 points... so about 3 to 4 hours a week. Points are turned in weekly and prizes are awarded at the end in a special presentation at the annual Homecoming event. Last year, a FitBit® was among the prizes.

“Whether you're walking an hour or cycling for miles, the goal is that you continue doing it and then excel in it,” says Ward, “and you'll have fun doing it.”

For more information, find Exercise Rushville Summer Challenge on Facebook. To sign up online, go to www.tinyurl.com/2014ExerciseRushville.

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When Time Won't Heal Wounds, Our Wound Clinic Has the Answer



Above: Christina Hardy, RN; Mandy Stout, RN; Nancy Chatham, MSN, ANP-BC, CCNS, CWOCN, CWS; Patty Lane, CNA; and Jenna Settles, RN

When a wound won't heal, its impacts can be far-reaching, dramatically affecting a patient's activity level, comfort, mood, health and even life as they know it. Thankfully, the Advanced Wound Healing Clinic at Culbertson Memorial Hospital can provide the most advanced treatment options close to home. A satellite clinic of Passavant Area Hospital, the Wound Clinic specializes in treating acute and chronic wounds including:

- Diabetic ulcers
- Arterial ulcers
- Venous stasis ulcers
- Pressure ulcers
- Complex soft tissue wounds
- Traumatic wounds/crush injuries
- Problematic surgical wounds
- And more

The Wound Center team takes a comprehensive approach to healing, integrating some of medicine's most advanced techniques such as hyperbaric oxygen therapy, in which patients breathe pure oxygen in a pressurized chamber to promote cell growth and tissue healing. With excellent healing rates and very high patient satisfaction rates, the Wound Center enhances quality of life, improves outcomes, reduces recurrence and lowers amputation rates.

Pioneers in Wound Care

Our team pioneered a multi-disciplinary approach to help those with congestive heart failure to manage lymphedema, a condition in which fluid build-up causes severe swelling in the arms or legs. They presented their exceptional research at the North American Center for Continuing Medical Education Symposium on Advanced Wound Care, the premier interdisciplinary wound care program in its clinical field and the largest annual gathering of wound care clinicians in the United States. They have also published two articles in *Wound Care Advisor*, a national wound care magazine, and their excellent healing rates and very good patient outcomes speak for themselves. 🇺🇸

Excellent Healing Rates

Diabetic Foot Ulcer

12.7 weeks (Only 30% of diabetic foot ulcers are healed after 20 weeks)

Venous Ulcer

10.4 weeks (Up to 50% of venous ulcers remain open and unhealed for 9 months)

Pressure Ulcer

7.72 weeks (Stage III & IV ulcers typically average 8.9 weeks for healing)

The Wound Clinic operates every Monday and Thursday and is open for nursing visits on Fridays. For more information, call 217-322-4321.