



SCHOOLCRAFT
MEMORIAL HOSPITAL



The Health & Wellness Newsletter Fall 2013

SMH Swing Bed Program

helping our patients regain their independence

Schoolcraft Memorial Hospital's Swing Bed program is designed to provide skilled nursing and therapy services to those who are in transition following illness, injury, or surgery and want to receive these services in their own community. Some of the most frequently treated skilled care needs are the result of joint replacements (knees/hips), strokes, wound care, and other conditions for which patients required an acute care hospitalization, but have now entered a rehabilitative phase of their recovery. Our goal is to help patients recuperate and regain their maximum level of independence following their hospitalization. We utilize the team approach, incorporating physician, nurse practitioner or physician's assistant, rehab therapies (physical, occupational, and speech), nursing, and social work, as well as dietary, diabetic education, and cardiopulmonary services.

The term "swing bed" originated from Medicare's determination that a hospital can have an "extended

ALZHEIMER'S DISEASE

*the defining disease of the
baby boomer generation*

Alzheimer's disease is a progressive, fatal disease of the brain that causes problems with memory, thinking, and behavior. It is not normal aging. People afflicted with Alzheimer's disease usually start with forgetfulness, then advance to repeating themselves, having difficulty performing tasks, following directions, and can become agitated, restless, wander, and have poor personal hygiene. In the final stages, a person becomes unable to speak, smile, and eat.

Here is some information about Alzheimer's disease taken from The 2012 Alzheimer's Disease Facts and Figures Report, published by the Alzheimer's Association. You can find the full report at the

care program," and can "swing" its beds between an acute and skilled level of care, on an as needed basis. A hospital has to have obtained approval from the Centers for Medicare and Medicaid Services (CMS), and Schoolcraft Memorial Hospital obtained the certification to become a swing bed hospital in 2000. The swing bed program uses the same benefits from a person's Medicare insurance that a skilled nursing facility would use. It provides another option for where to receive those benefits. Sometimes patients receive their acute care in an out-of-town hospital. Schoolcraft Memorial works with that hospital's physician and discharge planners to ensure a smooth and timely transfer to our Swing Bed program for skilled rehabilitation and/or skilled nursing care. You can get more information about Schoolcraft Memorial hospital's swing bed program by calling the Social Work Department at 906.341.1863, or by asking your physician or discharge planner to contact us.

Alzheimer's Association website – www.alz.org.

- * Researchers are calling Alzheimer's disease the defining disease of the baby boomers. The first baby boomers turned 65 in 2011. There is concern that the number of persons with dementia could bankrupt the health care system and we will have a national crisis on our hands.
- * Nearly one in two people that reach age 85 will get Alzheimer's disease.
- * One in eight between ages 65-85 have Alzheimer's disease.
- * Alzheimer's disease is the sixth leading cause of death, and the only disease of the top 10 causes of death without a way to prevent, cure, or slow its progression. It is the fifth leading cause of death for those over 65. (continued page 4)



Many people believe that if you live in a small town and/or rural area that you are immune from crime or violent behaviors. Though there tends to be less danger than in a metropolitan area, there is still crime and still violent behaviors. People are people, no matter the location, and bad things can and do happen.

Although our police force does a great job in protecting our citizens, people need to take a proactive approach and help our law enforcement officers to help you. Just simply being aware of your surroundings and being alert for things that could harm you will go a long way in providing protection.

There are several things an average person can do to lessen the potential to be involved in a violent incident or attack. Here are a few simple suggestions:

- Always be aware of your surroundings; keep your eyes and ears open. Don't be afraid to look around or at someone.
- Travel in groups if possible – going for that walk to get exercise is more fun with others to keep you company, but if a person is not available, consider walking with a dog, even if you have to borrow your friend's.
- If you see odd behavior, don't dismiss it, go with your instincts. If your instincts tell you someone is not acting appropriately, or they give you the "creeps", your senses are trying to tell you to be aware for a reason.
- Women, especially, have the tendency to get into their cars after shopping, eating, working, and just sit there for a few minutes. You have a lot on your mind and are thinking about what you need to do, or what is next on your list, or you're balancing the checkbook, or talking on the phone. Don't do this! A predator may be watching you and this makes the perfect opportunity for them to get in on the

passenger side of the car with you. Instead, as soon as you get into your car, lock the doors and leave.

- Though it is not as "healthy", always take the elevator instead of the stairs in larger buildings. Stairwells are usually empty, out of the public view, and have blind spots that make them the perfect crime areas.
- People – again especially women – usually try to be helpful. Stop! You can be polite, but be careful at the same time. You may be attacked if you are helpful toward the wrong person. Ted Bundy, the serial killer, was not only good looking and well-educated, but played on the sympathies of unsuspecting women to acquire his next victim.

No matter where you live or travel in the world, bad things can and do happen. It's best to be prepared. Consider taking a self-defense course through a reputable instructor. Try to stay away from the internet or video instructions because there is nothing better than hands-on learning. Practicing a few simple defensive techniques in a safe environment is the best way to find out what works best for you. To sum it all up, common sense and simple awareness will go a long way in protecting you.



Blood pressure is defined as the pressure exerted by the blood on the inner walls of the arteries, being relative to the elasticity and diameter of the vessels and the force of the heartbeat. High blood pressure, also known as hypertension, as the name implies, is just that. Many people know that if our blood pressure gets too high, it can cause a stroke. Many people don't know that untreated high blood pressure can cause many other, often times significant, health problems.

According to the Centers for Disease Control, 1 in every 3 American adults has hypertension. The CDC goes on to state that there were more than 348,000 American deaths that list



Continued page 4



Even ONE Soda A Day Can Hike Your Diabetes Risk!

A soda a day? That's not so bad—a 150-calorie blip, burned off with a brisk half-hour walk. But it's not only your waistline that's at stake, U.S. News reported in 2010. A study published last year in the journal *Diabetes Care* found that people with a daily habit of just one or two sugar-sweetened beverages—anything from sodas and energy drinks to sweetened teas and vitamin water—were more than 25 percent likelier to develop type 2 diabetes than were similar individuals who had no more than one sugary drink per month. Since the overall rate of diabetes is roughly 1 in 10, an increase of 25 percent raises the risk to about 1 in 8. One-a-day guzzlers in the study also had a 20 percent higher rate of metabolic syndrome, a collection of indicators such as high triglyceride levels suggesting that diabetes is not far off.



"Previous studies have shown that sugar-sweetened beverages are strongly associated with weight gain," said lead author Vasanti Malik, a research fellow in the Harvard School of Public Health Department of Nutrition, who says the decision to examine the relationship between sugar-sweetened beverages and risk of diabetes was "the logical next step."

The researchers conducted a study of studies—a meta-analysis—to reach their conclusions. They identified eight studies with enough data to let them check for a link between sugary drinks and type 2 diabetes and three similar studies of metabolic syndrome. The largest diabetes study, which followed more than 91,000 American women ages 24 to 44 for eight years, made the strongest case for a relationship, and it wasn't just because higher consumption of sweetened drinks added excess calories that turned into pounds. While weight gain is a known diabetes risk factor, the diabetes-beverage link persisted even after adjusting for that. "Other factors independently put you at risk for developing diabetes," said Malik.

Haupt, A. (2011, Sept. 1). Half of Americans consume a daily sugary drink. U.S. News and World Report. Retrieved from <http://health.usnews.com/health-news/diet-fitness/diet/articles/2011/09/01/health-buzz-half-of-americans-consume-a-daily-sugary-drink>

Experience the new Schoolcraft Memorial Hospital Website Today!

www.scmh.org



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September 28, 2013 • 9 am to 1 pm

Emerald Elementary School
Manistique, MI

For more information, please call
(906) 341-3293





Blood Pressure (*continued*)

hypertension as a cause or contributing factor to the death. The CDC estimates that 31% of Americans have hypertension and that 30% have prehypertension. This means that less than 30% of Americans have what is considered a normal, healthy blood pressure.

Hypertension often does not have symptoms and can quietly damage your body for years before symptoms present. Some effects high blood pressure can have on the body include:

- Artery damage and narrowing
- Aneurysm
- Coronary Artery Disease
- Heart Failure
- Heart Attack
- Stroke
- Kidney damage/failure
- Visual Impairment

There is medication that can help control high blood pressure but there are many ways to keep it controlled naturally. To lower your blood pressure naturally:

- Limit your salt intake – Limiting salt intake can have a profound effect on blood pressure. It is recommended that you keep your salt intake to less than 2300 mg. per day if you are under age 51 and don't have high blood pressure. If you are over age 51 and/or have high blood pressure, you should limit your sodium to 1500 mg. per day.
- Exercise regularly – Exercise does many things to reduce blood pressure. It reduces stress levels, promotes weight loss, and releases feel good hormones, all of which will help to reduce blood pressure levels.
- Weight loss – Studies show that in many patients with hypertension, a weight loss of only 5 – 10% can often lower blood pressure to a point that medication is no longer needed. This is 8 – 16 pounds in a person who weighs 160 pounds.

It is important to periodically have your blood pressure checked even if you appear healthy and feel good. The adage "an ounce of prevention is worth a pound of cure" is particularly fitting when it pertains to high blood pressure. If you have concerns about your blood pressure contact your physician. The sooner you address and treat your high blood pressure the better off you'll be later on.

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ALZHEIMER'S DISEASE

the defining disease of the baby boomer generation

(Continued from front page)

* The death rates from Alzheimer's disease continue to climb, while other major diseases have declined, thanks to research.

Alzheimer's disease is devastating, deteriorating, and debilitating. The toll this disease takes on caregivers can be devastating – financially, physically, and emotionally. Caregivers usually rate their stress level as either high or very high.

Annually, across the country, the Alzheimer's Association holds its "WALK TO END ALZHEIMER'S DISEASE" formerly called the Memory Walk. You can support the "Walk to End Alzheimer's" by joining your local walk and/or making a donation, either online or directly at the walk.

In Schoolcraft County, the annual walk will be held on **September 14, 2013 at 10 am at Central Park**. Pre-registration is not necessary. For more information, please contact Jeani Dalgord at 341-1863.

The walk event is the nation's largest event to raise funds and awareness for Alzheimer's research, care, and support.



Yoga
classes are offered
weekly at SMH.

Call
Jessica Rochefort, RN
for more
information on the
schedule!
341-3210





With the number of germs or diseases that can be spread by just touching something, people are concerned with hand hygiene. However, most people have the misconception that hand sanitizers are just as good, if not better, than handwashing. This is not true at all! Handwashing is the best way to prevent infection or from becoming ill. Just 15 to 20 seconds of washing at a sink with soap and water has been shown to do a better job of getting rid of the germs on your hands.

Plain

soap and water get rid of the germs better than a hand sanitizer because they are able to loosen the germs and then wash them

down the drain. A hand sanitizer does not remove the germs from your hands and actually kills off only some of them. Depending on the type of sanitizer used, some germs remain very much alive and are still on your hands.

Al-

cohol-Based Hand Sanitizers Alcohol-based hand sanitizers should contain 62 – 95% alcohol to be effective. Alcohol contents higher than 95% are less potent because proteins are not broken down easily in the absence of water. Alcohol-based hand sanitizers are also not approved for use in dietary areas and should not be used around food. The FDA considers all alcohol-based hand sanitizers that are applied to human skin as being drugs and must be covered by the FDA's over-the-counter drug review. Alcohol-based hand sanitizers are not effective against all bacteria, viruses, and fungi. They may not be effective against Hepatitis A, Norwalk-like viruses, other non-lipophilic viruses, fecal pathogens, spores, and parasites. And, contrary to popular belief, once the alcohol evaporates, there are no residual or other effects. Hand lotions will also reduce the ability of alcohol to

effectively reduce bacterial loads on the the hands. Alcohol-impregnated towelettes contain a limited amount of alcohol; therefore, they are not considered to be very effective and should not be used in place of a regular hand sanitizer gel, or instead of washing with soap and water.

Alcohol-Free Hand Sanitizers

There are several brands of alcohol-free hand sanitizers on the market now. Look for this ingredient: Benzalkonium Chloride of at least 0.1%. Benzalkonium

Birthday”, the “ABC” song, or “Twinkle, Twinkle Little Star”.

- o Be sure to rinse well and use a dry paper towel to turn off the faucets.
- When applying a hand sanitizer, ensure that enough of the product is placed into the hands to thoroughly and completely wet your hands. They should be just as wet as if you were washing with water. If this is not the case, you are not using sufficient amounts to do the job.
- Rub the sanitizer into the hands; be sure to get the sanitizer under your nails and between your fingers. Fingernails can harbor lots of bacteria.

- With a hand sanitizer, rub your hands together until the hand sanitizer is dry; do not wipe your hands off with a paper towel or anything else to help dry the sanitizer.

Remember, handwashing does save lives, and the life

you save may be your own!



Chloride has been used as a surgical scrub agent since 1900. Products using Benzalkonium are effective against bacteria, viruses, and fungi including any spore-forming pathogens. These products not only kill 99.99% of germs but they are also not flammable as are alcohol-based sanitizers.

Things to remember when either handwashing or using a hand sanitizer:

- If possible, remove jewelry and watches and move clothing out of the way before washing your hands or using hand sanitizers.
 - o Be sure to clean the jewelry before replacing it on your hands.
- Rub your hands together long enough to sing “Happy

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How to Reduce Your Sodium Intake and Still Enjoy Your Food



Reducing your intake of sodium to 2,300 mg. per day has been the recommendation from several organizations – the American Diabetes Association and the Centers for Disease Control & Prevention, among others. Most Americans consume twice that recommendation, as most processed foods contain sodium. The key is to strike a happy balance, as sodium is a necessary nutrient that the body needs each day. The common complaint heard is that the food will be bland and have no flavor if you cut back on the sodium. You can avoid this by using other seasonings.

Herbs add a pungent flavor to meats and vegetables and soups: Cilantro, chives, dill, oregano, basil, rosemary and/or thyme.

Citrus juices (lemon or lime) add a clean and tangy flavor to salads and vegetables and seafood.

Vinegars can add a sour taste.

Chili peppers can add a spicy heat.

Fresh vegetables like onions, scallions, garlic, and bell peppers are also flavor enhancers and can be used in side dishes like omelets or salads.

Condiments can be high in sodium. One tablespoon of ketchup has 150 mg. of sodium; steak sauce and soy sauce can have double that amount. Use the lower sodium choices available to reduce the sodium intake or portion your amount.

The salt shaker can add 150 mg. of sodium with just a sprinkle, so be careful when adding that extra salt to your cooking or using the salt shaker at the table. Try a replacement of white pepper and minced fresh herbs for a seasoning substitute.

Commercially prepared salad dressing can contain 200 – 500 mg. of sodium to a 2 tablespoon serving. Instead, use a simple combination of olive oil and balsamic vinegar or a similar homemade substitution. Many different vinegars are available and using the different herbs will offer some variety to the recipes.

In shopping for prepared or convenience foods, read the nutrition facts on the labels. Look for the lower sodium varieties such as soups, vegetables, crackers, and condiments. Rinse sodium-containing foods such as tuna, vegetables, and beans before using; this will remove some of the sodium. Try to limit your intake of foods which are high in sodium – products such as smoked or cured meats (ham, bacon, sausage, salami, or cold cuts), most frozen dinners, regular soups, olives, pickles, salted snacks, peanuts, and most cheeses.

Meal planning should center around naturally low sodium foods, fresh or frozen fruits and vegetables without sauces, dried beans or legumes, brown rice, rolled oats, quinoa, and popcorn. Fresh meats are much lower in sodium than cured meats, but check the labels on fresh meat to see if sodium solution has been added. This is done to increase the moisture and it can add sodium content. You will notice as you get used to a lower sodium lifestyle, your sensitivity to salt will increase and you will be satisfied with a much lower sodium intake.





MRSA

So what is MRSA?

These are the initials of one very tough bug (infection), Methicillin-resistant Staphylococcus aureus. Staphylococcus aureus itself can cause serious infections, lesions, systemic disease and it can produce toxins that cause food poisoning and toxic shock syndrome. MRSA is the same infection-causing agent but with a dangerous twist. It is resistant to many antibiotics, including Methicillin, the

longtime drug of choice to treat staph infections.

Although MRSA isn't more contagious than other strains, few antibiotics are available to treat the infection, making this microbe potentially life threatening. So you really need to be careful and vigilant to prevent the spread of MRSA to non-infected persons such as your family or friends.

Soon after the introduction of penicillin, it was found that there were strains of Staph aureus that would produce an enzyme capable of destroying penicillin. Now 90% of Staphylococcal organisms found produce this enzyme.

MRSA was once believed to be found only in larger urban hospitals, but this isn't true. Most MRSA is spread in the community. Cases of MRSA infections in the community have been associated with frequent antibiotic use, sharing contaminated items, living in crowded settings and players of close-contact sports. An outbreak of community acquired food-borne illness has been found to be caused by MRSA. A food handler unknowingly contaminated food at a convenience market delicatessen, most likely by rubbing his hand across his nose – he was found to be carrying the organism in his nose.

What should you look for? Signs of MRSA infections are the same as those for other staph infections. Skin and wound infections are the most commonly seen type of illness associated with these organisms which could be like a sore that doesn't seem to heal; a boil or large pimple; a fever can also tell you that you have an infection. When in doubt, see your healthcare provider.

Are MRSA infections treatable? Yes, most MRSA infections are susceptible to several antibiotics. If an antibiotic is prescribed for MRSA or any other type of infection, it is very important to complete the full course of the antibiotics – do not stop taking them if you start feeling better and/or save some for later use. This only causes further problems and more antibiotic resistance.

The best way to prevent the spread of MRSA infections is to wash your hands often. Hand sanitizers are only an alternative if you can't get to a sink to wash.

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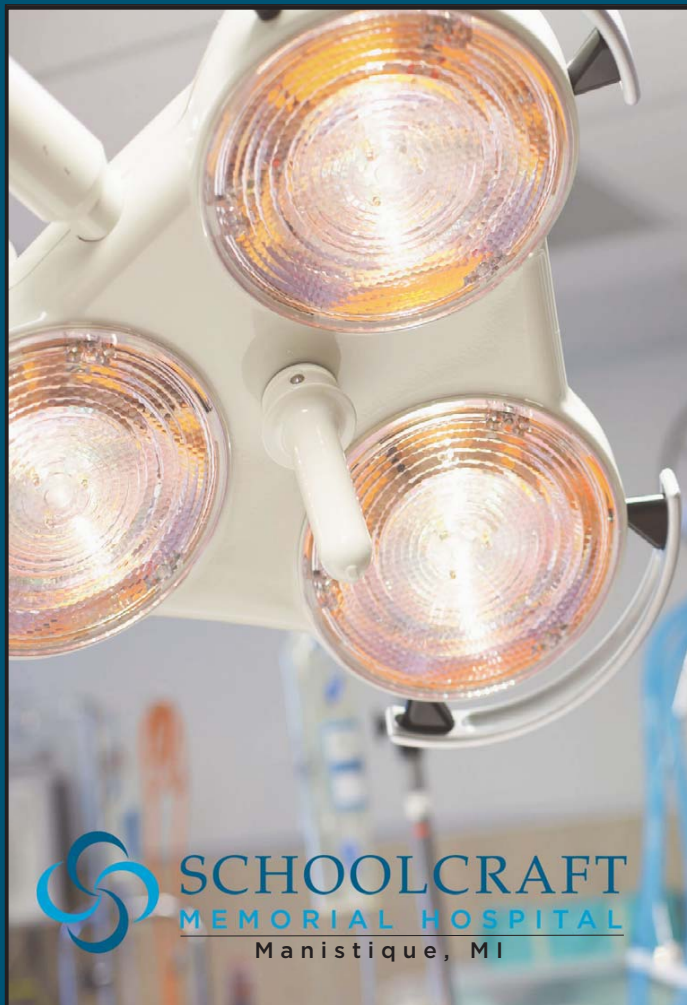
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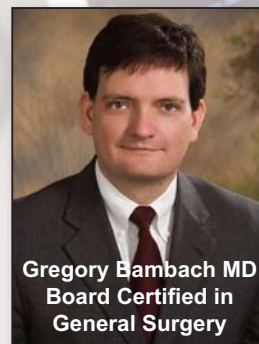


SMH SURGICAL SERVICES GENERAL SURGEON

Major Surgery, Without Major Scars.

Schoolcraft Memorial Hospital boasts two of the newest and one of the largest operating suites in the Upper Peninsula. Schoolcraft Memorial Hospital's Dr. Gregory Bambach provides a full-spectrum of minimally invasive procedures.

A Michigan native, Dr. Bambach received his medical degree and completed his residency from Wayne State University/Detroit Medical Center in Detroit, Michigan. Dr. Bambach is Board Certified in General Surgery.



Gregory Bambach MD
Board Certified in
General Surgery

Since joining SMH in early 2013, Dr. Bambach has been enjoying his growing surgical practice. In fact, he is fast becoming the reason why so many have made him their surgeon of choice, in the Upper Peninsula's south-central region.

To learn more or to make an appointment, please call the SMH Surgical Office Suites at:

906-341-1888 or
1-888-460-8724 ext. 1888

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