

# ACMC *Pulse*

Winter 2011

**Moody**  
*Don't let winter get you down*  
**BLUE**

Join us for a night  
at the Oscars®

An  
apple  
a day  
Page 7



## EXERCISE ADVICE

# Keep it simple

**EXERCISE:** You know you should do it. But it's so confusing. There's so much information available about how much and what sort of exercise is best for you.

But keeping fit isn't as complicated as you might think. Here's pretty much all you need to know to get started.

### How much?

You don't need to be a marathon runner to reap the health benefits of exercise. Just moderate amounts of activity can help.

In fact, the American Heart Association

reports that moderate exercise, such as brisk walking for about 30 minutes on five to six days weekly, could cut your risk for premature death by 50 percent.

More specifically, the Centers for Disease Control and Prevention advises adults to engage in:

→ Moderately intense activities for at least 2½ hours a week.

→ Vigorous activities for 20 minutes or more on three or more days a week.

→ Strengthening activities, such as weightlifting, two days a week.

### What kind?

Moderate activities include: → Brisk walking. → Golf, when pulling or carrying your own clubs. → Recreational swimming. → Doubles tennis. → Bicycling at 5 to 9 mph on level terrain. → Lifting weights. → Chores such as pushing a power mower, scrubbing floors and washing windows.

Vigorous activities include: → Race walking, jogging and running. → Swimming laps. → Singles tennis. → Bicycling at more than 10 mph or riding on steep terrain. → Chores such as mowing with a push lawnmower or moving furniture.

The key to a successful—and sustainable—exercise program is to pick activities you enjoy.



**New year, new you**

It's cold outside, so take your exercise inside to Premiere Fitness, 2231 Lake Ave. in Ashtabula.

We have many options, including:

- ✓ Cardio and strength training equipment.
- ✓ The only Treadwall in the area.
- ✓ Exercise classes.
- ✓ Personal trainers.
- ✓ A salon.
- ✓ Much more.

For more information, visit [www.premierefitness.com](http://www.premierefitness.com) or call 440-998-3488 (440-998-FITT).

## FREE EXERCISE?

# One step at a time

**MANY PEOPLE CLAIM** that they cannot start exercising because of the cost of a health club membership, but there is always a free alternative—walking.

Walking just a few times a week can greatly improve a person's overall health. Studies have shown that people who walk regularly have fewer incidences of cancer, diabetes, heart disease, stroke and other potentially fatal diseases.

Kathy Chiacchiero, RN, wellness coordinator at Ashtabula County Medical Center, says that walking is

a great activity, because it can be done indoors or outdoors. She suggests using a treadmill to exercise while watching television.

"Pull it in front of the TV and watch your favorite show while you walk," Chiacchiero says. "It makes the time go by."

But the health benefits are even greater for those who walk outdoors year-round.

People are often leery about walking on snow-covered sidewalks, Chiacchiero says, but the benefits of being outdoors—fresh air and exposure to sunlight—are worth the hassle.

Experts suggest walking for at least 30 minutes to get the most benefit.



**justwalk**  
a WALK with a DOC program

FOR: \_\_\_\_\_ DATE: \_\_\_\_\_

**Rx**

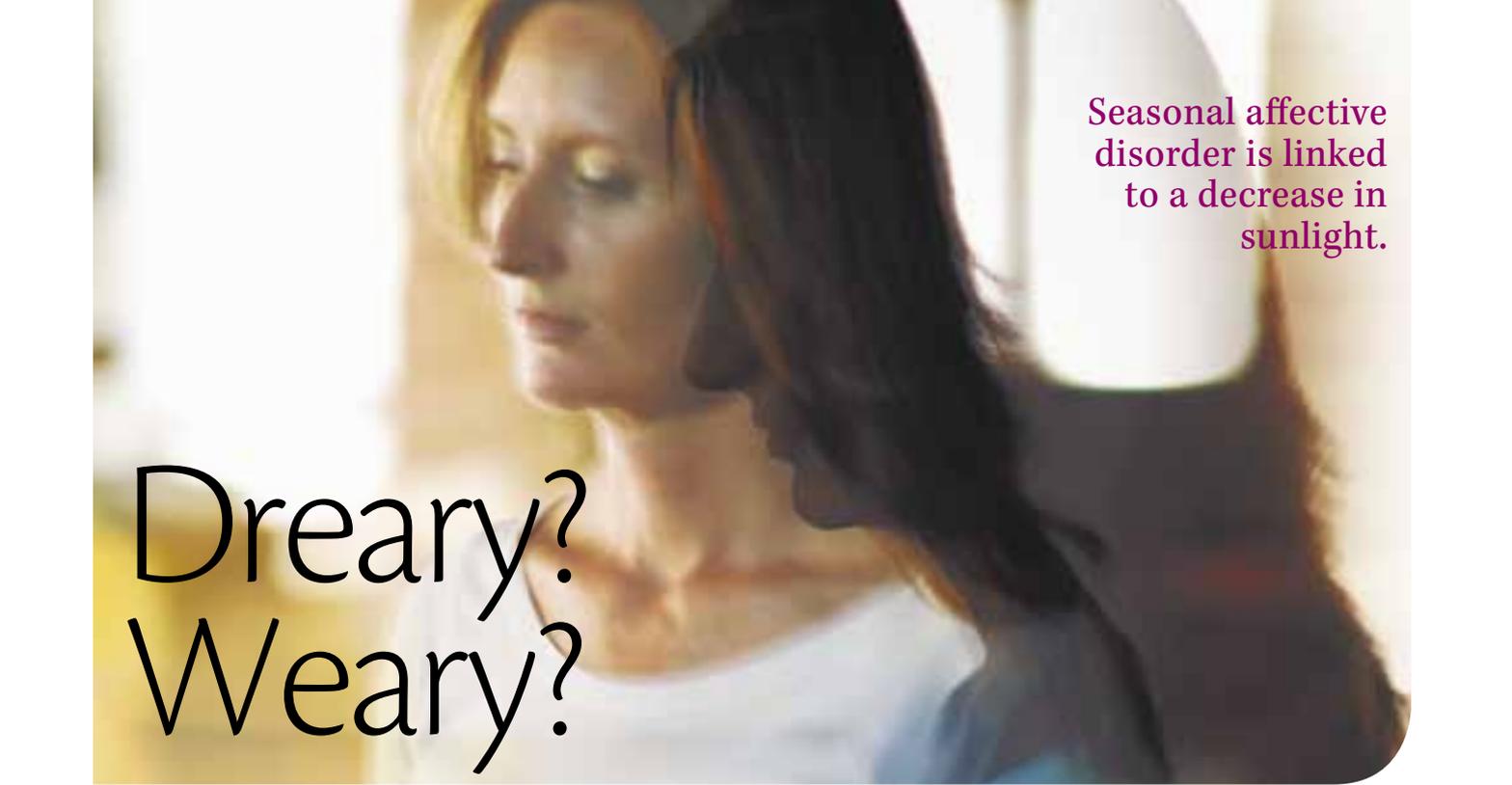
**DIRECTIONS**  
Join a local physician and other healthcare professionals for a walk in the park. This free walking program is open to anyone interested in taking steps for their heart health. Lace up a pair of comfortable shoes and enjoy the fresh air, good company and the opportunity to get fit and have fun.

For more information, hearing times and locations, visit us at [walkwithadoc.org](http://walkwithadoc.org) or sign up to receive a weekly e-newsletter at [contact@walkwithadoc.org](mailto:contact@walkwithadoc.org)

**SPECIAL INSTRUCTIONS**

Dosage:	Refills:
30 Minutes	Daily

Signature: \_\_\_\_\_



Seasonal affective disorder is linked to a decrease in sunlight.

# Dreary? Weary?

## Get help for the winter blues

### TIME TO TALK?

Set up an appointment to talk about mood or other behavioral issues.

 Call 440-994-7504.

AS THE DAYS SHORTEN and the clouds increase, moods start to change.

Most people are able to cope with the changing seasons. But for some, the approach of winter means bouts with depression—and more.

#### The winter doldrums

Seasonal affective disorder (SAD) generally comes with the dark, cold, grey days of winter.

“The further north of the equator, the greater the risk—mostly due to decreased sunlight,” says Farid Talih, MD, a psychiatrist with Ashtabula County Medical Center (ACMC).

Dr. Talih is board-certified in psychiatry and sleep medicine. He treats patients with a variety of psychological disorders in his office and in the ACMC Behavioral Medicine Unit, including specialized treatment for senior citizens.

Serotonin is found in the central nervous system and affects appetite, sleep, mood, memory and learning.

“Everyone has a biological clock, better known as circadian rhythm,” Dr. Talih says. “During the fall and winter months, sunlight is limited, and the melatonin levels decrease, causing changes in affect and mood.”

Melatonin is a primary chemical in regulating the sleep-wake cycle. It is produced primarily at night.

According to Dr. Talih, SAD symptoms

include:

- Decreased energy.
- Oversleeping.
- Decreased interest in activities or social gatherings.
- Craving high-carbohydrate foods.

Those who experience SAD may also engage in substance abuse, withdraw from society, perform poorly at work or school, or have suicidal thoughts.

#### Clear away the clouds

The good news for people with SAD is that it is often easily treatable. Changes in sunlight exposure and diet usually help most people.

“Get outside in the sunlight,” Dr. Talih says. “Make your home or office sunnier—open the blinds; trim the trees outside.”

Dr. Talih also says that some herbs and supplements have been shown to help.

Dr. Talih says that eating more cold-water fish, such as salmon or herring; flax seed oil; pumpkin seeds; walnuts; or olive oil can help a person combat SAD. Each of these foods is high in omega-3 fatty acids, which also contributes to a healthy cardiovascular system.

Dr. Talih says that people with severe cases of SAD may need medication or group therapy.

One benefit to living in the snowbelt is that snow is a great reflector of light. Even on cloudy days, the snow reflects light, which can brighten the day enough to help lift people’s spirits.



Find out more about organ donation at [organdonor.gov](http://organdonor.gov).

# Consider organ donation

**IF SAVING ONE LIFE** is a noble act, what about saving many lives?

That kind of heroism may sound unattainable, but it's possible if you become an organ donor.

According to the U.S. Department of Health and Human Services (HHS), a single organ donor can save or improve the lives of as many as 50 people.

Unfortunately, there's a shortage of organ donors in this country. As many as 19 people in the U.S. die every day waiting for a transplant that never comes, the HHS reports.

## What can be donated

You've probably heard about heart or lung transplants that use donated organs.

But a variety of other organs and tissues can be donated and used for transplantation, including:

- Kidneys. → Liver. → Pancreas.
- Intestines. → Middle ear.
- Corneas. → Skin. → Heart valves.
- Bone. → Veins. → Cartilage.
- Tendons. → Ligaments.

In addition to saving lives, these organs and tissues can help restore sight, cover burns, replace veins, and mend damaged connective tissue and cartilage.

## Becoming a donor

If you want to become an organ donor, sign up with the state donor registry and indicate your decision on your driver's license. In some cases, a donor's family may need to give their consent, so it's also a good idea to discuss your wishes with your family.

## 3 things a donor should know

If you become a donor, you and your family should know that:

**1** The first priority when you are admitted to a hospital is always to save your life. Donation is considered only after efforts to save the life of the donor have failed.

**2** A donor's body is treated with the utmost respect, and an open-casket funeral is still possible after donation.

**3** There is no cost to the donor's family for removing organs and tissues.

U.S. Department of Health and Human Services

## CARDIOPULMONARY RESUSCITATION

# A hands-on approach

**YOU'D PROBABLY** do anything you could to save someone's life.

Learning CPR (cardiopulmonary resuscitation) helps prepare you to do just that when someone experiences cardiac arrest.

If CPR is performed in the first moments after cardiac arrest, it doubles that person's chance of survival. CPR keeps blood flowing to the brain and other vital organs until emergency help arrives.

## When to act

During cardiac arrest, the heart suddenly stops functioning. As a result, a person collapses and can no longer breathe. You may feel shocked if you see this happen, but don't let it stop you from acting. Try not to be afraid, and remember that your actions can only help, says the American Heart Association (AHA).

If an adult around you suddenly collapses, call 911. Then administer hands-only CPR. Here's what to do:  
→ Place your hands in the center of the person's chest. Push as hard

and as fast as you can, allowing the chest to rise between compressions.  
→ Continue, without interruption, until emergency help arrives.

Hands-only CPR can be as effective for cardiac arrest as regular CPR, says the AHA. However, do not use the hands-only technique for:  
→ Infants or children.  
→ Adults whose cardiac arrest was related to a drug overdose or near drowning.  
→ An unwitnessed cardiac arrest.

In these instances, conventional CPR, which includes rescue breathing, is recommended.

## When minutes count



**Ashtabula County Medical Center's emergency department was recently noted as having shorter wait times for cardiac patients.**



# Get a taste of the red carpet

Oscar Night®  
America tickets  
now on sale

**ON SUNDAY, FEB. 27**, the Ashtabula County Medical Center (ACMC) Foundation will host an official Oscar viewing party during the 83rd Academy Awards® ceremony.

The black-tie-optional affair will be held at The Lodge at Geneva-on-the-Lake from 7 to 11 p.m. Attendees will experience the feel of arriving at the Oscars®, complete with red carpet, paparazzi, champagne and a copy of the official Oscar show program—the same program given to celebrities and others attending the awards show at the Kodak Theatre in Hollywood.

Come in formal attire or dress up as your favorite celebrity. The highlight of the night is a live broadcast of the award ceremony.

## A red carpet cause

Guests at Oscar Night America will not only experience the glitz and glamour of a Hollywood-style event, but they will also play an instrumental role in raising money to help the Foundation and ACMC

open a community clinic. The clinic will provide much-needed healthcare to area residents who are uninsured or underinsured.

“Oscar Night has long been an occasion for friends and families to gather and cheer for their favorite films and stars,” says Bruce Davis, the Academy of Motion Picture Arts and Sciences executive director.

Tickets to the ACMC Foundation’s Oscar Night America are \$125 each. A portion of the ticket price is a tax-deductible donation to the ACMC Foundation. In addition to the live broadcast of the Academy Awards, guests will have an opportunity to mingle with local celebrities and bid on auction items, including a helmet autographed by Jim Tressell, an autographed banner from ESPN, items from the Cleveland Indians and Cleveland Cavaliers, and more.

“Oscar Night America is a unique opportunity to combine our love of movies and movie stars with raising money to help our friends and neighbors receive the healthcare services they need,” says Ken Johnson, ACMC Foundation board member and general manager of Conneaut Telephone Company and Suite 224 Internet.

## A nationwide event

Only one charity party in a given media market may participate in Oscar Night America. Events are entirely produced by local nonprofit organizations, with the active participation of the local ABC-TV affiliate station.

Cincinnati is the only other Ohio city to host an official Oscar Night America party. Since its inception in 1994, the national program has generated nearly \$30 million for a wide spectrum of charitable organizations—every cent stays in the community where it was raised.

Oscar Night America is sponsored locally by: → WEWS. → Suite 224 Internet. → Star 97.1. → *The News-Herald*. → Printing Concepts. → Tungsten Creative.

## Get your tickets

Find more about the ACMC Foundation’s Oscar Night America event or order tickets.



Call 440-997-6607 or visit [www.onacleveland.com](http://www.onacleveland.com).



# Little changes make a big difference

**A CHANGE CAN DO YOU GOOD** Want to maintain a healthy weight and help protect your heart at the same time? One way to do that is to substitute low-calorie foods for higher-calorie ones.

**IT DOESN'T TAKE MUCH** to change the way you eat. According to Barbara Vennetti, RD, and Jamie Spendal, RD, dietitians at Ashtabula County Medical Center, minor changes in eating habits can have a big effect on overall health.

They suggest starting by adding seasonal foods to your diet. For

example, a trip to the local apple orchard between August and December can net some tasty varieties of apples.

Another way to subtly change your diet is to make healthy food substitutions. Try using applesauce instead of oil, Greek yogurt instead of sour cream, or sunflower seeds or nuts on salads instead of croutons.

Instead of	Replace with
<b>MILK PRODUCTS</b>	
Whole milk	Low-fat or fat-free milk
Ice cream	Sorbet, sherbet, fat-free frozen yogurt or reduced-fat ice cream
Cream cheese	Neufchatel cheese, light or fat-free cream cheese
<b>MEAT, FISH, POULTRY</b>	
Regular ground beef	Extra-lean ground beef or ground turkey
Chicken or turkey with skin	White-meat chicken or turkey without skin
Oil-packed tuna	Water-packed tuna
<b>BAKED GOODS</b>	
Doughnuts, sweet rolls, muffins	English muffins, bagels, reduced-fat or fat-free muffins
Cake (pound, layer)	Cake (angel food, gingerbread)
Cookies	Reduced-fat, low-calorie, or fat-free cookies or crackers

## Nutrition counseling services available

Need some extra help making a weight-loss plan? The registered dietitians at Ashtabula County Medical Center's Nutritional Services Department provide nutrition counseling with a physician referral. Nutritional counseling is available for:

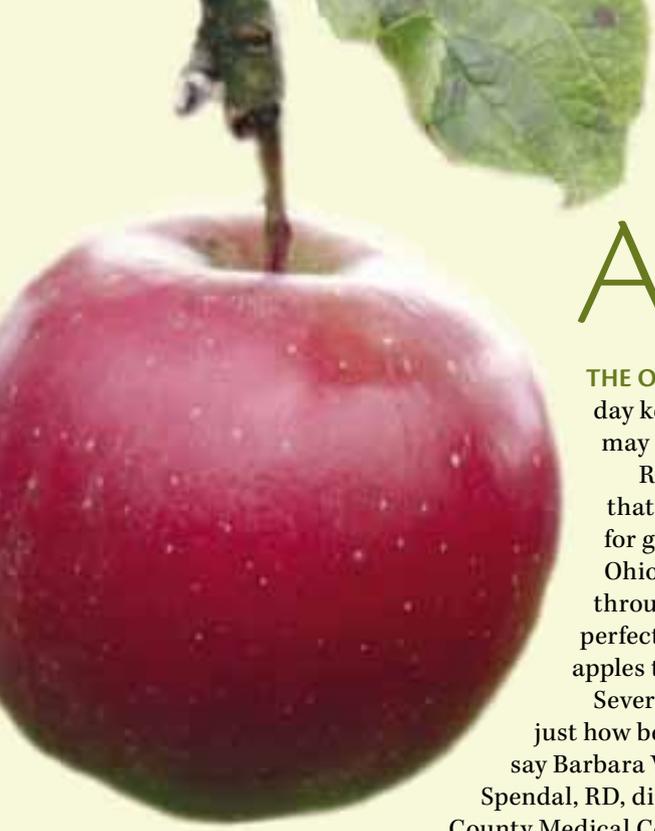
- ✓ Diabetes, including gestational diabetes.
- ✓ Lipid disorders.
- ✓ Cardiovascular disease.
- ✓ Hypertension.
- ✓ Obesity, including childhood obesity.
- ✓ Malnutrition.
- ✓ Eating disorders.
- ✓ Renal disease.
- ✓ Gastrointestinal disease.
- ✓ Wounds.
- ✓ Cancer patients.
- ✓ Osteoporosis.
- ✓ Sports nutrition.
- ✓ Pre-bariatric surgery.

- ✓ High-risk pregnancy.
- ✓ Healthy eating.

Nutrition counselors will help establish eating and exercise plans that can be followed for a lifetime.

A patient must present a signed referral from his or her physician with a diagnosis noted. Check with your insurance provider to determine if nutritional counseling is covered.

To schedule an appointment, call **440-997-2262, ext. 2093.**



# An apple a day

**THE OLD ADAGE** “An apple a day keeps the doctor away” may be rooted in truth.

Researchers have proven that apples are necessary for good health, and since Ohio’s apple season runs through March, now is the perfect time to add some apples to your diet.

Several recent studies show just how beneficial apples can be, say Barbara Vennetti, RD, and Jamie Spendal, RD, dietitians at Ashtabula

County Medical Center. For example:

→ A 2007 Pennsylvania State University study showed that people who added an apple to their breakfast or morning snack consumed fewer calories than those who did not.

→ A 2007 study from the United Kingdom found that people who ate five apples per week had better lung function and a lower risk for asthma.

→ A 2004 study linked apple consumption to a reduced risk for Alzheimer’s disease and Parkinson’s disease, while another linked apple consumption to a reduced risk of cardiovascular disease.

“Apples may be even better for you than

previously appreciated,” Spendal says. “They are a healthy food choice, especially if eaten instead of less-nutritious snacks. But even if eating apples can’t keep the doctor away, eating more apples is unlikely to cause you harm.”

One reason apples are so good for us is that they contain the antioxidant quercetin, which has been linked to reduced growth and spread of cancer cells. The peel is a good source of quercetin, so don’t throw it away. Tannins in apple juice may also help keep gums healthy.

Apples are low in calories—about 80 for a medium-sized apple—and are high in fiber. Since 84 percent of an apple’s content is water, it also helps relieve thirst.

Spendal suggests incorporating apples into your diet in different ways—beyond just wiping off the fruit and eating it whole.

A good kid-friendly snack is an apple sandwich. Slice a Granny Smith or other tart apple, and put it in a whole-grain pita with ricotta cheese and a dash of cinnamon.

With plenty of apple orchards throughout northeast Ohio, it is easy to add locally grown apples to your family’s diet.

Apple season is the right time to pick up a healthy habit.

## From the recipe box of ACMC chef John S. Juhasz

### Easy apple crisp

This low-sodium, low-fat recipe is provided by John S. Juhasz, executive chef/nutrition foodservice manager, AVI Healthcare Division, Ashtabula County Medical Center nutrition services.

#### INGREDIENTS

- 4 cups sliced apples in water
- ½ teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- 1 cup apple cider
- 1 ounce granola

#### DIRECTIONS

- ✓ Preheat oven to 325 F.
  - ✓ Drain water from apple slices.
  - ✓ Combine sliced apples, cinnamon, nutmeg and apple cider.
  - ✓ Place mixture in 2-inch deep pan and cover with foil.
  - ✓ Bake apple mixture until internal temperature reaches 165 F.
  - ✓ To serve, ladle 3 ounces of apple mixture into a bowl. Sprinkle 1 ounce of granola on top. Serve hot.
- Cover, label and refrigerate leftovers.



ACMC PULSE is published as a community service for the friends and patrons of:

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[www.acmchealth.org](http://www.acmchealth.org)

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## ASHTABULA COUNTY MEDICAL CENTER

Check out the many opportunities below to improve and preserve your health and the health of those you love. Call **440-997-6555** to register.

### ACMC sixth annual Women's Heart Health Tea

**Saturday, Feb. 5  
11 a.m.—doors open  
Noon—luncheon  
Geneva State Park  
Lodge**

Join us to learn more about women's health. Reservations are required. For more information, call **440-997-6555**.

### Breastfeeding Classes

Call the ACMC maternity unit at **440-997-6230** for information.

### COPD Support Group

**First Wednesday of each  
month and Thursday,  
April 7  
2 to 3 p.m.  
ACMC Education Center**

### Diabetes Support Group

**First Thursday of each  
month and Friday,  
April 1  
7 p.m.  
Ashtabula Clinic  
basement conference  
room  
To sign up, call **440-997-6555**.**

### Mended Hearts

**Sunday, March 20  
3 p.m.  
ACMC Solarium, fifth  
floor**  
A support group for people who have experienced a heart condition or have undergone heart surgery. Families welcome. For more information, call Frank Starkey at **440-998-7954**.

### Stroke Support Group

**Fourth Thursday of  
each month and Friday,  
March 25  
3 p.m.  
Skilled nursing unit  
dining room, third floor  
To sign up, call Denise  
McNabb at **440-997-6298**.**

# Above and beyond

## ACMC is in top 5 percent in emergency medicine

**ASHTABULA COUNTY** Medical Center's (ACMC) emergency medicine care is among the top 5 percent in the nation, according to a recent study by HealthGrades, the leading independent healthcare ratings organization. As a result, ACMC is a recipient of the HealthGrades 2010 Emergency Medicine Excellence Award.

Of the 4,900 hospitals examined for their mortality rates in 11 of the most common conditions for Medicare patients associated with emergency medicine, only 255 received this award. In addition, ACMC is the only hospital in the region to receive this award.

ACMC and the other award recipients had a 39 percent lower mortality rate for the 11 conditions studied than the other facilities. The mortality rates were risk-adjusted so that hospitals with older patients or patients with more serious illnesses could be compared on an equal footing with other hospitals.

The study used 5 million Medicare patient records from 2006, 2007 and 2008 to

analyze mortality rates for bowel obstruction, chronic obstructive pulmonary disease (COPD), diabetic acidosis and coma, gastrointestinal bleeding, heart attack, pancreatitis, pneumonia, pulmonary embolism, respiratory failure, sepsis, and stroke.

Hospitals in the top 5 percent improved their patient outcomes in these conditions 16 percent over the time period studied, compared with a 10 percent improvement for all other hospitals in the U.S.

"With the CDC showing that 50 percent of hospital admissions are now beginning with hospital emergency rooms, it's more important than ever for hospitals to reach the level of excellence achieved by those in the top 5 percent of this study," says Rick May, MD, a vice president with HealthGrades and co-author of the study. "Those living in a community with a top 5 percent hospital in emergency medicine should feel extremely confident that, should an emergency arise, they will receive top-notch care."

