

ArborHEALTHANDlife

Recover close to home

with our Transitional Care

MORTON HOSPITAL provides many levels of medical care—outpatient, emergency, acute, transitional and custodial. However, it is our new Mayo Clinic-modeled Transitional Care Program that is receiving lots of

attention these days. Transitional care is often termed as “post-acute care.” In essence, it is the final leg of inpatient care before the patient is ready to manage their care at home.

Stroke patients who come into our Emergency Department (ED) are great examples. When it comes to stroke, “time is brain.” It is vital that the patient quickly receives the clot-busting drugs administered in our ED. It’s our job to stabilize the patient and take the steps to help prevent brain damage. Once completed, these patients are typically transferred to a larger hospital with on-staff neurologists for acute care. However, in most cases, those same patients will be discharged from that specialized hospital before they’re ready to go home. In the past, they were sent to a skilled nursing

facility, very often in the same city as the discharging hospital. For East Lewis County residents that meant an extended stay a long way from home.

Not only does our Transitional Care Program enable our community members to recover close to home, we also offer a number of important advantages over skilled nursing facilities. We typically have higher nurse hours per patients, and we have physicians on-site 24 hours a day. We also offer rehabilitation services, respiratory therapy, radiology and clinical laboratory services.

“It’s also important to note that we offer a patient-centered approach that includes bedside rounds with the care team on a regular schedule,” says Transitional Care Coordinator LeeAnn Evans.

And, of course, not all of our Transitional Care patients started out in the ED. Some stays are planned ahead, such as those for joint replacement patients. These patients, too, have their surgery at a specialized hospital but need post-acute care before they’re ready to go home.

“Hospital-based Transitional Care is the ideal setting for patients with complex health conditions and post-acute needs,” says Mayo Clinic Pulmonologist Mark Lindsay, MD. “By offering these services in rural hospitals, patients and families can get high quality post-acute care close to home. Morton Hospital has the staff, the facilities, and the commitment to deliver exceptional transitional care.”



Contact Transitional Care Coordinator LeeAnn Evans at **360-496-3533** for more information.

Stroke: Why the need for speed

Maybe the most important thing you should know about stroke is that it is always an emergency. Always.

A stroke can occur when a blood vessel that feeds oxygen and blood to the brain is blocked by a clot. That's called an ischemic stroke, and it's the most common kind. According to the American Stroke Association (ASA), ischemic strokes make up about 87% of strokes.

A stroke also can occur when a blood vessel ruptures, spilling blood into the surrounding brain. This is called a hemorrhagic stroke. Hemorrhagic strokes account for about 13% of all strokes, according to the ASA.

Why is stroke always an emergency?

A stroke starves the brain of the nutrients it needs. If a stroke interrupts blood flow to a particular part of the brain that controls a body function, that part of the body won't work normally.

That's why stroke is a leading cause of disability in the U.S. It kills brain cells. Quick medical treatment is crucial to minimize the long-term effects of stroke and to reduce the risk of death.

What are the symptoms of a stroke?

The major symptoms of a stroke can be best remembered by the acronym FAST, which stands for:

Face drooping. Does one side of the face droop or is it numb? A quick way to assess this is to ask the person to smile. Is the smile uneven or lopsided?



Arm weakness. Is one arm weak or numb? Ask the person to raise both arms. Does one arm dip downward?



Speech difficulty. Ask the person to repeat a simple sentence. Is their speech slurred, or are they not able to speak at all?



Time to call 911. This isn't a symptom, but instead an urgent reminder to get help right away—even if the symptoms go away. The best way to get emergency medical help for a stroke is to call 911.



Fight germs with your bare hands

When germs come calling, everyone in your home may wind up feeling miserable—and missing work or school.

But it doesn't have to be that way. One of the most effective germ-fighting tools is at your fingertips, literally.

You already do it every day. But are you washing your hands well enough? Check your technique against these five steps from the Centers for Disease Control and Prevention:

- 1 Wet your hands at the sink with either warm or cold water. Turn off the tap and apply soap.
- 2 Get your hands sudsy by rubbing them together. Scrub the backs of your hands, in between fingers and under your nails too.
- 3 Keep right on scrubbing for at least 20 seconds.
- 4 Rinse well.
- 5 Dry your hands with a clean towel, or air-dry them.

That's how—here's when

Remind everyone at your home to wash their hands often, especially when germs are going around. And always lather up:

- Before eating.
- Before, during and after cooking or preparing food.
- Before and after caring for a sick person or treating a wound.
- After blowing your nose, coughing or sneezing.
- After touching an animal or its food or disposing of its waste.
- After taking out the trash.



ASK THE EXPERTS

How can I stay healthy with heart failure?

The internist says: Keep an eye on your weight

A sudden weight increase—such as 3 or more pounds in 24 hours—may mean that your body is retaining fluid and that your treatment may need adjustments. Check your weight at the same time every morning, and call your provider for a persistent weight increase, especially if you also have shortness of breath or leg swelling.



Quoc Ho, MD
Internist
Randle Clinic,
108 Kindle Rd.,
Randle, WA
360-497-3333



The family medicine physician assistant says: Cut back on salt

Salty foods can cause your body to retain fluids, which can make heart failure symptoms worse. When you shop for food, check labels for sodium (salt) levels. This will help you limit how much salt you eat. Try to eat fewer processed and prepared foods, which often have a lot of sodium.



Robin Rice, PA-C
Randle Clinic,
108 Kindle Rd.,
Randle, WA
360-497-3333



The family doctor says: Get some exercise

Exercise is good for people with heart failure. Plus it lowers stress. Walking is often an easy way to exercise. Your doctor also may recommend a cardiac rehabilitation program, where people with heart disease go for medically supervised exercise.



Don Allison, MD
Mossyrock Clinic,
745 Williams St.,
Mossyrock, WA
360-983-8990



The family doctor says: Rest when you need it

While it's good to be active, sometimes you need to take it easy to manage heart failure well. For example, rest may be best when you have more heart failure symptoms than usual. Alternate periods of rest with activity so you can do more.



Keiran Shute, MD
Mossyrock Clinic,
745 Williams St.,
Mossyrock, WA
360-983-8990



Just say yes to this test

If a screening test could save your life, would you do it?

Then consider getting a colonoscopy. It is the most sensitive test for colon cancer, one of the leading cancer killers in the U.S.

Colon cancer doesn't have to be so deadly. By some estimates, if every adult followed screening recommendations, most colon cancer deaths could be prevented.

That is because colon cancer usually starts from abnormal growths, called polyps, in the colon or rectum. Over time, these growths can turn into colon cancer, explains General Surgeon Tom Anderson, MD.

Colonoscopies can find polyps before they are cancerous. Doctors can remove polyps during the test, which stops cancer from ever starting. A colonoscopy can also find cancer early, when treatment is most effective.

Our Services

24-hour, on-site ER doctor

Specialty Clinic

- General surgery.
- Women's health.
- Sleep medicine.

Surgery Clinic

Wound Care Clinic

Clinical Laboratory

Consulting Specialists

Diagnostic Imaging

- CT scan.
- 3-D digital mammography.
- Digital x-ray.
- MRI.
- Nuclear medicine.
- Ultrasound.

Free Health Education Classes

Nutrition Services

Outpatient Drug Therapy

Physical Rehabilitation

- Aqua therapy.
- Occupational therapy.
- Physical therapy.
- Respiratory services.
- Speech therapy.

Sleep Lab

Social Services

Visit us online
myarborhealth.org.



Talk to your doctor

Most people should have a colonoscopy starting at age 45—and every 10 years after that if the results are normal. But ask your doctor what the best screening schedule is for you.



General Surgeon Tom Anderson, MD

What you can expect

"Here's how a colonoscopy works: A thin, lighted tube is inserted into the rectum," says Dr. Anderson. (Not to worry, you will be asleep the whole time.) "The tube is connected to a video camera so I can see inside your rectum and entire colon. If I spot a suspicious polyp, I will almost always remove it right at that time."

Probably the worst part of the whole experience is the bowel preparation you need to do beforehand to clean out your colon. But all that bathroom time could help add years to your life. And don't be concerned that the test itself will be painful. Remember, you will be given medicine to make you sleep through it, so you won't feel anything.

Sources: American Cancer Society; Centers for Disease Control and Prevention; National Institutes of Health

See your primary care provider for a colonoscopy referral at:

- Arbor Health, Randle Clinic, **360-497-3333**
- Arbor Health, Mossyrock Clinic, **360-983-8990**

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ARBOR HEALTH AND LIFE is brought to you by Arbor Health Foundation as a community service for the friends and patrons of ARBOR HEALTH, P.O. Box 1138, Morton, WA 98356, telephone 360-496-5112.

Information in ARBOR HEALTH AND LIFE comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider. Models may be used in photos and illustrations.

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facts to know about prostate cancer



As a man, it's important to know at least a few things about prostate cancer, starting with the following facts:

1 It's the most common nonskin cancer in men. About 1 in 9 American men will be diagnosed with prostate cancer at some point in their lifetime. But most of these men will die with prostate cancer, not of it. This is because prostate cancer often grows slowly. So older men who get the disease often die from something else before their prostate cancer ever becomes a serious threat.

2 Prostate cancer is the second leading cause of cancer death in men. Only lung cancer kills more U.S. men. So prostate cancer is still a serious disease that can shorten a man's life, especially if he develops it at a younger age.

3 Getting older raises your risk. Your chances of getting prostate cancer go up significantly after age 50. However, African American men tend to develop prostate cancer at a younger age (and more often) than other men do. If prostate cancer runs in your family, your own chances of getting the disease may be higher too.

4 There usually are no early symptoms. As prostate cancer grows, it may cause problems like difficulty urinating, blood in the urine or semen, erectile dysfunction, or back or hip pain. But other things can cause these symptoms too. For

instance, most men have trouble urinating as they get older because of an enlarged prostate (a noncancerous condition).

5 Sometimes the right treatment is no treatment. Prostate cancer treatment can have serious side effects, including urinary incontinence and erectile dysfunction. Because of this risk—and since the disease often grows slowly—some men choose to delay treatment and have their doctors routinely monitor them with blood tests and exams instead. Other men may choose to be treated right away with surgery, radiation, chemotherapy, hormone therapy or other options.

Every situation is different, of course, which is why men who are diagnosed with prostate cancer should always discuss with their doctor what the best treatment plan is for them.

Sources: American Cancer Society; U.S. Preventive Services Task Force

Find it early!

Screening can often find prostate cancer early. Talk to your doctor about the benefits and risks of screening.

Don't have a doctor? Call one of our primary care clinics and we'll make an appointment for you:

- Randle Clinic, **360-497-3333**
- Mossyrock Clinic, **360-983-8990**

Corks 'n' Caps Fundraiser

- Beer and wine paired with delectable bites
- Live auction
- Tickets: \$50 per person

Packwood Community Center
SATURDAY, JULY 20

- Catered by Ramblin' Jack's Rib Eye of Napavine
- Dick's Brewing Company in Centralia
- Bateaux Cellars in Toledo

Tickets available at
myarborhealth.org and at
the Morton Hospital Gift Shop.



myarborhealth.org

Find a doctor

Get connected to the right physician for you and your family. Our provider directory makes it easy to search by name or specialty.

Events calendar

Learn about screenings and health classes and sign up online.

Health Information Library

Find reliable, up-to-date health information and learn more about related services and events.

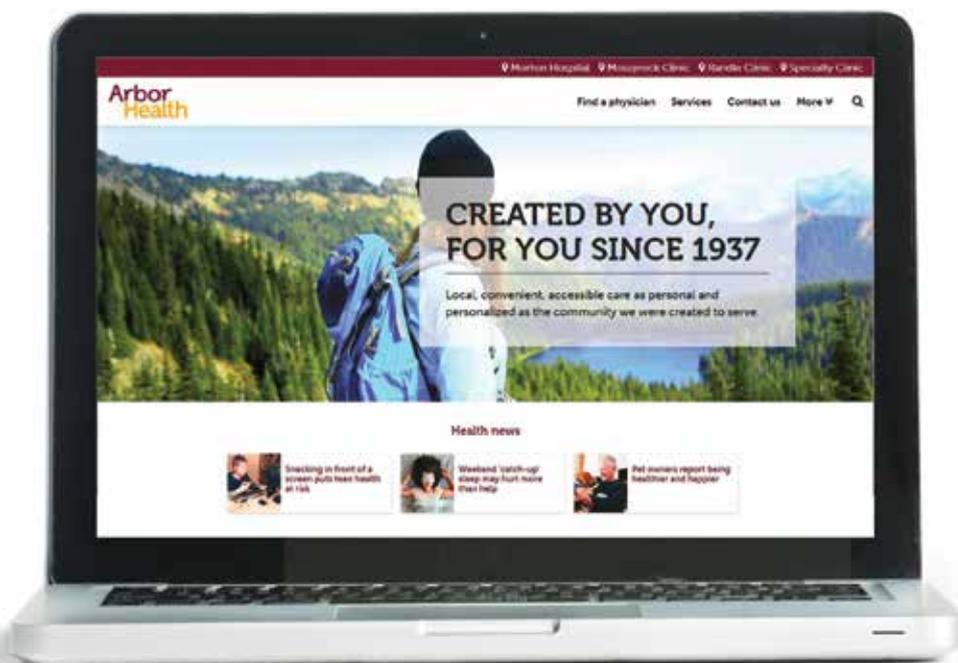
Patient portal

Your direct connection with health-care professionals. Use our online tools to manage your health, access your health information and easily contact your providers.

Bookmark it

Here's your 24/7 source for the latest in health care information. At work or at home, you can connect with the resources you need, including doctors in

your area, health education classes, support groups and more. The health information you need at your fingertips: **myarborhealth.org**.



6 ways to be water-wise

Up the appeal.

Add refreshing lemon, lime, orange, melon or cucumber slices.

Eat your H₂O.

Celery, tomatoes, melons, strawberries, lettuce and broccoli are all good sources of water.

Put it on the menu.

Have a glass of water, instead of sugary drinks, with meals.

Check your hydration hue.

The morning's first urine should look more like lemonade than apple juice.

Sip on the go.

Keep a freezer-safe water bottle filled, chilled and ready to take with you.

Refuel right.

Drink more water to replace lost fluids when exercising or sweating.