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ROBERT WOOD JOHNSON
UNIVERSITY HOSPITAL
HAMILTON

About Health

FALL 2009

Ride of Your Life

Joint replacement
can open new doors—
if you follow the right
recovery plan **PAGE 6**

Diets and Diabetes: Get the Facts

If you have diabetes, shedding those few extra pounds is a good thing, right? That depends. Research published in *Diabetes Care* in 2008 shows that some overweight young people with diabetes turn to unhealthy methods of losing weight. Here's your guide to a number of weight-loss tactics and how they affect diabetes:

(don't miss) Be sure to attend "Dining Healthy with Diabetes" cooking demo and Q&A on **Thursday, September 17; 6:30 to 7:30 p.m.**, at the Healthy Cooking Kitchen. Register at **609.584.5900**. Fee: \$10

WEIGHT-LOSS TACTIC	HOW IT AFFECTS DIABETES
Exercising regularly	✓ Improves your body's use of insulin, burns excess fat
Consuming a healthy diet	✓ Helps control blood sugar levels
Fasting	✗ Can worsen your body's ability to handle glucose and insulin
Using diet aids without a doctor's advice	✗ Can cause side effects, such as heart racing
Vomiting or using laxatives	✗ Can cause dental problems, dehydration and potassium loss
Skipping insulin doses	✗ Can cause dehydration, and over the long term can lead to diabetes complications such as vision loss, kidney disease and nerve damage

MEET THE PRACTICE

Join the physicians and staff of RWJ Hamilton Diabetes & Endocrinology Group on Thursday, November 5, 6 to 8:30 p.m., at the RWJ Hamilton Center for Health & Wellness to learn what's new with diabetic treatments and education. Call **609.584.5900** to register.



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Complete Cancer Care

At the Cancer Institute of New Jersey Hamilton (CINJ Hamilton), we combine the resources of a leading cancer care center with those of a national award-winning hospital—RWJ Hamilton. Because our free-standing facility is located on the hospital's campus, we provide you with a full range of cancer treatment options.

Our interdisciplinary approach provides you with a customized treatment plan to meet your specific needs. Every staff member has specialized training and experience in treating cancer patients. The on-site team includes physicians, nurses, radiation therapists, dietitians, a breast health navigator, pharmacist, social worker, dosimetrist, and research nurse and coordinator.

Our CINJ Hamilton-based physicians are board certified in oncology, medical oncology, radiation oncology, internal medicine and hematology. They are faculty members of the CINJ in New Brunswick. CINJ, a Center of Excellence of the University of Medicine and Dentistry of New Jersey—Robert Wood Johnson Medical School, is the state's only National Cancer Institute-designated Comprehensive Cancer Center. Our patients have access to groundbreaking research studies.

Learn more about what we can do for you and your family at rwjhamilton.org/cancer.



1.5 billion

Number of people worldwide who participate in daylight saving time, which ends November 1 this year. Using the “fall back” to get an extra hour of sleep might be good for your heart, according to a 2008 study in the *New England Journal of Medicine*. Researchers found that heart attack death rates dip the day after clocks are reset an hour earlier in the fall. To boost your health, the National Sleep Foundation advises Americans to use the extra hour to catch up on their winks.

LOSING SLEEP?
The state-of-the-art
SleepCare Center at
RWJ Hamilton can improve your health and quality of life by diagnosing and treating the full range of sleep disorders. For more information, call toll-free, 1.866.SLEEP40 (1.866.753.3740) or visit rwjhamilton.org.



Get Screened!

Join us on Thursdays from 7:30 to 10:30 a.m. at the RWJ Hamilton Center for Health & Wellness for cholesterol, lipid profile, glucose and blood pressure screenings. Have an immediate reading of your glucose and lipid levels, including HDL, LDL and triglycerides, following a simple stick test. Optional stroke risk assessments are available. Fast for 12 hours prior for accurate results.

Register at **609.584.5900**.

Fee: \$15 (\$10 for our 50+ Club members).



Evade the Virus

Fall officially means changing colors, crisp air—and the start of germ season. As kids are heading back to school, cold viruses called rhinoviruses are kicking into high gear. Do you know how to conquer the highly contagious common cold? Take this quiz and find out:

- Getting less than seven hours of sleep increases your chances of getting a cold by how much?**
 - Two times
 - Three times
 - Ten times
 - Doesn't increase your chances
- Which of the following are not proven methods for preventing a cold?**
 - Taking large quantities of vitamin C
 - Over-the-counter zinc lozenges or zinc lollipops
 - Echinacea, a dietary herbal supplement
 - All of the above
- How many viruses are known to cause the symptoms of a common cold?**
 - One
 - Five
 - More than 50
 - More than 200
- How long can rhinoviruses live on your skin or objects such as telephones or doorknobs?**
 - 10 minutes
 - Three hours
 - Two days
 - A week

Answers: 1. B, according to a recent study in *Archives of Internal Medicine*; 2. D, says the U.S. Centers for Disease Control and Prevention; 3. D, the CDC says; 4. B, according to the CDC.

(flu shots) The single best way to prevent seasonal flu is to get vaccinated. For information on RWJ Hamilton's flu shot program, call **609.584.5900** or go to rwjhamilton.org.

Brain Boosters

5 foods for enhancing your mental power

YOU'RE PROBABLY WELL AWARE OF THE EFFECT foods have on your heart. But did you know that what you eat also directly affects your brain?

"There's no question that the brain is powered by food—vitamins, minerals and antioxidants," says M. Billie O'Donnell, RNC, BSN, CDE, community nurse educator at RWJ Hamilton. "What you eat affects blood flow, and blood flow affects brain function."

Eating a diet rich in fruits, vegetables, whole grains, lean protein and low-fat dairy is key to optimal brain function. For a boost, consider these specific food choices:



Wheat Germ

Rich in vitamin E, wheat germ may have cognitive benefits. "A high intake of vitamin E from food—but not supplements—is inversely associated with Alzheimer's disease," O'Donnell says. Not into wheat germ? Almonds, peanuts and sunflower seeds also contain the vitamin.

Avocado

Monounsaturated, or good, fats, which can be found in avocado, olive oil and peanut butter, help to lower cholesterol and improve blood flow, which can prevent stroke and cognitive decline, O'Donnell says.

Salmon

Omega-3 fatty acids have been found to combat the inflammation associated with brain cell death, according to the AARP. Find them in fatty fish like salmon, mackerel, lake trout, herring, sardines and albacore tuna.

Curry

Protect yourself from harmful free radicals that damage brain cells with resveratrol, which can be found in curry, red wine and grape juice.

Whole-Grain Pasta

Ever wonder why so many comfort foods are carbohydrate-heavy? "Carbs boost serotonin production in the brain, which makes you feel good," O'Donnell says. But refined grains will cause you to "crash." For longer-lasting effects, choose whole grains. ■

(call today) Go to rwjhamilton.org and click "HealthConnection" or call **609.584.5900** to register for one of our healthy cooking classes. They're guaranteed to jog your noggin and boost your mood!





Summer's Over Sweet Potato and Pear Soup

Find a heartwarming, heart-healthy entree in this sweet soup. Fat-free, full of vitamins A and C, and an excellent source of fiber, the dish is perfect for a rainy day, a sick day or any kind of day.

- 1 large sweet potato, peeled and cut into 1-inch chunks
- 2 medium ripe pears, peeled, cored and cut into 1-inch chunks
- 1 small red onion, trimmed and cut into 1-inch chunks
- ¾ c. evaporated, nonfat milk
- ½ tsp. fresh thyme leaves, chopped or ¼ tsp. crushed, dried thyme
- ¼ tsp. crushed red pepper flakes
- ¼ tsp. salt
- ⅛ tsp. pepper
- 2 c. reduced-sodium chicken broth
- ¼ c. fat-free yogurt, preferably Greek-style
- Fresh thyme sprigs for garnish, optional

1 Preheat oven to 400 degrees. Place sweet potato, pears and onion in a nonstick roasting pan. Spray vegetables and pear with nonstick cooking spray. Toss. Roast for 50 minutes or until fork tender. Remove from oven.

2 Place vegetables and pears in large pot. Add evaporated milk. Purée mixture using an immersion blender. (If desired, purée vegetables with milk in a free-standing blender, in batches if necessary.) Pour purée into large pot. Add thyme, red pepper flakes, salt, pepper and chicken broth to pot. Simmer soup for 10 minutes, stirring occasionally.

3 Spoon soup into 4 bowls. Top each serving with 1 Tbsp. of yogurt. Garnish with thyme sprigs.

Makes 4 (1-cup) servings. Nutritional information per serving: 190 calories, 0.5 g total fat, 7 g protein, 45 g carbohydrates, 430 mg sodium, 5.5 g dietary fiber

Maintain Your Mind

Just as important to your brain as the food you eat are the activities you do. Here are some ways to keep your mind sharp in the years to come, according to the AARP:

GO DANCING. Learning some new steps can help form new neural connections and ease your brain's stress response.

WALK IT OUT. Just 20 minutes of walking a day can lower blood sugar and increase blood flow to the brain.

BE A RESOURCE. Volunteer at a library, arboretum or museum, and you'll learn new facts and have opportunities to think on your feet.

REDECORATE. Making changes to your living space can encourage cell growth in the brain.

COOL DOWN. Anger has been found to inhibit memory. Take a few moments to take some deep breaths instead of getting hotheaded.

 **CLASSY COOKING**
For a list of Healthy Cooking Kitchen classes, see [HealthCheck](https://www.healthcheck.org) or visit [rwjhamilton.org](https://www.rwjhamilton.org).

A Joint Effort

To recover swiftly and safely after a hip or knee replacement, try these tips from leading specialists

IS JOINT REPLACEMENT SURGERY IN YOUR FUTURE? Although having to undergo any type of surgery doesn't sound like good news, these procedures can do wonders if you're in pain or just not getting around the way you used to.

Today's procedures and tools are especially effective, which means faster and more comfortable recoveries for most people. But you have to do your part, too. In this article, an RWJ Hamilton expert shares his best advice for a speedy and successful recovery.



Rx: Talk It Out

Establishing open communication with your surgeon tops the list of tips from Michael Duch, MD, board certified orthopaedic surgeon at RWJ Hamilton.

“When patients can talk with their surgeon about what’s going to be done and they have time to absorb the information and ask questions, I think that’s when patients invariably have a good outcome,” Dr. Duch explains. “And learning how potential complications can be prevented is very important.”

Good communication should include patients’ families and friends who might be helping with home care, Dr. Duch adds. They should be just as educated about the recovery process as the patient.

Rx: Be Prepared

Based on your abilities and health status, do as much as you can to strengthen the surrounding muscles before joint replacement surgery, says Dr. Duch.

“Strengthen the muscles in the thigh if you’re going to have a knee replacement,” Dr. Duch recommends. “If you’re having a hip replacement, make the muscles around the hip and abdomen as strong as possible.”

Dr. Duch is one of many surgeons who provide their patients with preoperative consultations that include working with a physical therapist on specific exercises.

Rx: Make It Personal

According to Dr. Duch, some aspects of joint replacement surgery tend to be standard practice: specific types of exercises before and after your procedure, diets that encourage good nutrition and certain pain medications. But make sure your surgeon and healthcare team are customizing your treatment and recovery plan to address your needs.

“Treatment protocols need to be individualized, because every patient is unique,” Dr. Duch says. “Standard procedures and individualized features need to be in place for a successful recovery.”

Rx: Get Moving

After joint replacement surgery, most people are up and out of bed the same day—a critical component of recovery, the experts agree.

“Especially that first week,” Dr. Duch says, “patients who have a knee replacement really have to work through their discomfort to gain as much mobility as possible.” Dr. Duch adds that getting active fairly quickly is equally important after hip replacement surgery, and it may be easier for these patients because they tend to be in less pain than before the hip was replaced.

Everyone experiences some surgical discomfort after a joint replacement, but knee replacements are typically more painful than hip replacements. The pain is managed with medication as needed, especially in the first days after surgery.

Patients work with physical therapists at the hospital and after they’re released to build strength and mobility through exercises that are safe and effective.

Rx: Think Positive

A patient’s outlook plays a big role in his or her recovery, says Dr. Duch, who urges people to go into surgery expecting to do well.

“Of course, patients should always be aware of the potential risks,” Dr. Duch explains. “But most people have a significantly better quality of life after joint replacement surgery, and going into surgery and recovery with a positive outlook can optimize their chances for success.” ■



*Michael Duch, MD,
board certified
orthopaedic
surgeon at
RWJ Hamilton*

Bedside Basics

Talk to your doctor about what to expect right before and after surgery.

Here are some standard practices:

- **If you take aspirin or anti-inflammatory medications, you’ll be asked to stop about a week before surgery; your doctor will tell you how to manage your other medications.**
- **You’ll be instructed not to eat or drink anything after midnight the day before surgery.**
- **You’ll be asked to arrive at the hospital about two hours before surgery, to get checked in and be evaluated by nurses and the anesthesiologist.**
- **Depending on the type of surgery, you’ll probably spend two to five days in the hospital.**
- **When you’re released from the hospital, you may be sent to a rehabilitation facility for another week or so before returning home.**

(be prepared)

Scheduled for orthopaedic surgery? Attend our Orthopaedic Excellence Program, offered every Wednesday from 2 to 3 p.m. at the hospital. Meet the team, ask questions, know what to expect. Call **609.584.6507** for more information.

The Trick to Getting Healthier

3 simple ways to improve your well-being

Leading a healthier lifestyle can be a real mind game. Just as quickly as you decide to eat more vegetables or start exercising, you find a hundred excuses to abandon those plans.

What if you could “trick” yourself into better health? By making small adjustments and adopting routine behaviors, you can become healthier—in mind and body. Here are some tips to sneak in health, without all the games:



1. BAG UP A BETTER WORKOUT.

To avoid exercise sabotage, pack your gym bag the night before so you wake up with a well-intentioned workout plan. Want more encouragement? Put the bag by the front door so you nearly trip over it on your way out. “Research indicates people who work out in the morning consistently adhere to an exercise program,” says Mary Ann Harpel, group fitness manager at the RWJ Hamilton Center for Health & Wellness. “Plus, a morning workout sets a positive tone, making it more likely you’ll continue throughout the day with other healthy choices.”

2. MOVE THE FAT TO THE BACK.

It’s nearly impossible to eliminate high-calorie and fatty foods from your pantry, but out of sight equals out of mind—and reach. Push the fat- and calorie-rich items to the back, reserving the front row for better nutritional picks. By default, you’ll be more likely to grab a whole-wheat cracker instead of your emergency candy stash.

3. INSTITUTE AN AUTOMATIC-RENEWAL POLICY.

Here’s a surefire way to keep your annual health exams in check: Schedule them while at the office for this year’s appointment. Don’t worry about forgetting—most physicians’ offices will remind you with a note or phone call as the date gets closer. Some health organizations will even remind you to schedule specific exams.



Present This Coupon For a
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* Cannot be combined with any other offer. First-time visitors only. Must be 18 years or older. ID required. Some restrictions apply.

Spirit of
Women[®]

(girls’ night out[®]) On Thursday,

October 22, gather the girls and head to the RWJ Hamilton Center for Health & Wellness for educational activities, exhibits and sweepstakes. The focus? Taking care of the whole you, including breast health! Visit rwjhamilton.org or call 609.584.5900 for details.