

A Better You

Embracing Health...Embracing Life

Fall 2009



H1N1 Flu: Are You Safe?



In April 2009, news broke that a new influenza virus was spreading and causing many illnesses in Mexico, the United States, Canada and abroad. Referred to as swine flu, or H1N1, it spreads from human-to-human contact, and is not spread by contact with pigs or from eating pork (the name swine flu comes from its genetic similarity to a virus that spreads in pigs).

Although this virus has drawn attention worldwide and prompted swift action by the World Health Organization, the U.S. government and others, it's important to keep things in perspective. Reported cases of H1N1 flu in the United States have been milder than anticipated, with few reported deaths. Keep in mind that 36,000 Americans die each year from seasonal influenza. The main difference between seasonal influenza and H1N1 is that seasonal influenza tends to hit those with weakened immune systems, such as infants and the elderly, while swine flu can strike people of all ages severely.

How to Recognize H1N1

The signs and symptoms of the H1N1 virus are similar to seasonal influenza. If you experience the following symptoms, contact your doctor immediately:

- Fever
- Headache
- Cough
- Chills
- Sore throat
- Fever
- Body aches
- Diarrhea or vomiting

Precautionary measures are key to stopping germs that cause respiratory illness such as influenza. These measures include:

- Washing your hands frequently, especially after coughing or sneezing.
- Using an alcohol-based hand sanitizer, if soap and water are not available.
- Covering your nose and mouth with a tissue when you cough or sneeze.
- Avoiding touching your eyes, nose and mouth.
- Avoiding people who are sick, and staying home if you have symptoms.

We Are Prepared

Pasco Regional Medical Center's goal is to keep our community informed and healthy. For more information about the H1N1 virus, visit www.PascoRegionalmc.com. Our home page features a link to the Centers for Disease Control and Prevention Web site where the most recent information is available.



ER  **EXTRA™**
Close By. Far Better.

Extra Fast, Extra Easy and Extraordinary Care

Who doesn't want a little extra? ER Extra is a revolutionary new emergency room experience – spending more time focusing on your care and less time with the typical hospital ER hassles. At Pasco Regional Medical Center, we know how to deliver the finest care without the extra delays and excuses.

Debunking Breast Cancer Myths

Breast cancer awareness has increased over the past decade with walks for the cure, celebrities speaking out about their experiences and proceeds of pink-ribboned products going to breast cancer research. But even amid a greater level of awareness, rumors and myths about breast cancer continue to circulate. Below are some common misconceptions about breast cancer, and the truth behind them.

Myth: Breast cancer is only hereditary.

Fact: Although family history plays a part, it is not the only risk factor. Some women who have no family history can get breast cancer, and others who have a strong family history may never get it. Talk with your healthcare provider about women in your family who have had cancer to determine which screenings are appropriate for you.

Myth: Antiperspirants and deodorants cause breast cancer.

Fact: Internet rumors have been circulating for years linking antiperspirants and deodorants to breast cancer. The claim is that either harmful substances, such as aluminum, in deodorants leach into the skin, raising the risk of cancer, or that they block the body's ability to release toxins, causing a build up that ultimately leads to cancer. Neither the National Cancer Institute nor the FDA have found any link between the use of antiperspirant or deodorant to breast cancer.

Myth: Eating fruits and vegetables will cure breast cancer.

Fact: Although eating the recommended daily servings of fruits and vegetables is good for your health, it does not cure cancer. Fruits and vegetables are full of antioxidants, though, so eating them is still a healthy habit to adopt.



Myth: Eating soy causes breast cancer.

Fact: Soy products are low in fat and cholesterol and can be a healthy addition to your diet. But some claim the phytoestrogens contained in soy have an estrogen effect, which can lead to breast cancer. Studies are inconclusive as to whether the amount of phytoestrogens in soy products is high enough to be correlated with breast cancer. Talk to your healthcare professional to find out whether soy is right for your diet.

Myth: Birth control pills cause breast cancer.

Fact: Hormones can affect your likelihood of getting breast cancer, and birth control pills alter the hormones in a woman's body. Studies on estrogen and other hormones used in birth control and their affect on cancer have been inconclusive. Talk to your healthcare professional to choose a contraceptive that is right for you.

Myth: All I need to do is my monthly breast self-exam and I will be fine.

Fact: While it is good to examine your breasts monthly and feel for lumps and changes, mammograms are an important step in catching breast cancer early. Women age 40 and older should have a yearly mammogram. Women with a family history of breast cancer may need to begin annual screenings sooner.



To schedule your digital mammogram at Pasco Regional Medical Center, please call (352) 521-1592.

The Great American Smokeout®

November 19, 2009



Join us as we participate in the American Cancer Society Great American Smokeout® Nov. 19.

Each year on the third Thursday of November, smokers across the nation take part in this event by smoking less or quitting for the day.

Research has shown that it is never too late to quit smoking. People who quit smoking live longer than those who continue to smoke. Smokers who quit substantially reduce their risk of premature death.

Research also indicates that smokers are most successful in kicking the habit when they have some means of support, such as:

- Nicotine replacement products.
- Counseling.
- Stop-smoking groups.
- Telephone smoking cessation hotlines.
- Prescription medications to lessen the cravings.
- Guide books.
- Encouragement and support from friends and family.

Telephone smoking cessation help lines are a free and easy-to-use resource. For support and assistance in finding a help line, contact the American Cancer Society at **(800) 227-2345**.

The argument that it is too late to quit smoking because the damage is already done is untrue. (See information at right.)

Tobacco-Free Campus

In cooperation with the Pasco County Health Department and all Pasco County hospitals, Pasco Regional Medical Center will become a tobacco-free campus. Beginning Nov. 1, smoking and the use of tobacco products will not be allowed on the hospital campus.

Need help quitting? Talk to your doctor or call **(352) 521-1593** to receive a complimentary Nicotine and Habit Quit Kit.

Quit Smoking

The Benefits Start 20 Minutes After You Stop

If guilt trips and scare tactics haven't helped you quit smoking, try a positive approach instead. If you quit smoking today, you'll experience health benefits within minutes of quitting. And if you remain smoke-free, you'll feel younger and add years back to your life.

In just:	Your body responds positively to quitting:
20 minutes	Blood pressure decreases. Heart rate becomes lower. Body temperature of hands and feet increases.
8 hours	Carbon monoxide level in blood drops to normal. Oxygen level in blood returns to normal.
24 hours	Chance of heart attack decreases.
48 hours	Nerve endings begin to regrow. Ability to taste and smell improves.
2 weeks to 3 months	Circulation improves. Walking becomes easier. Lung function increases.
1 to 9 months	Less coughing, sinus congestion, fatigue and shortness of breath.
1 year	Risk of coronary heart disease is decreased to half that of a smoker.
5 years	From five to 15 years after quitting, stroke risk is reduced to that of people who have never smoked.
10 years	Risk of lung cancer drops to as low as 50% compared to those who continue to smoke. Risk of cancer of the mouth, throat, esophagus, bladder, kidney and pancreas decreases. Risk of ulcers decreases.
15 years	Risk of coronary heart disease is similar to that of people who never smoked. Risk of death returns to nearly the level of people who have never smoked.

Source: American Lung Association, www.lungusa.org.

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Calendar of Events

LAP-BAND® Weight Loss Seminars

Are you ready to finally lose the weight and change your life? If so, register to attend one of our free surgical weight loss seminars. **Our surgeons are pioneers in the field of LAP-BAND® surgery and have performed more than 800 procedures at Pasco Regional Medical Center (PRMC).** For more information, register to attend one of our monthly seminars by calling (352) 518-1090 or toll-free (888) 848-7673.

- Oct. 7, 6 to 7:30 p.m.
- Nov. 4, 6 to 7:30 p.m.
- Dec. 2, 6 to 7:30 p.m.

ROSE® Weight Loss Seminars

If you've regained weight after gastric bypass surgery, we have good news. PRMC is one of a handful of hospitals nationwide to offer the ROSE®, an **incisionless**, endoscopic, surgical procedure to treat the source of weight regain and help you restore weight-loss success. To learn more, register to attend one of our monthly seminars by calling (352) 518-1090 or toll-free (888) 848-ROSE (7673).

- Oct. 7, 7:30 to 8:30 p.m.
- Dec. 2, 7:30 to 8:30 p.m.

Childbirth Education Classes

This is a series of five classes, including Infant/Child CPR. They focus on childbirth techniques, breathing exercises, what to expect, the role of the support person and how to manage labor. These classes are free to parents delivering at PRMC. All classes are held from 7 to 9:30 p.m. at PRMC in Medical Plaza I, Suite 107. For registration information, please call (352) 521-1138.

- Oct. 7 – Child/Infant CPR
- Oct. 14, 15, 21, 22 – Childbirth Classes
- Nov. 5 – Child/Infant CPR
- Nov. 10, 11, 18, 19 – Childbirth Classes
- Jan. 14 – Child/Infant CPR
- Jan. 20, 21, 27, 28 – Childbirth Classes

Diabetic Support Group

This monthly support group meets on the first Thursday of each month from 2 to 3 p.m. to discuss nutrition and health issues related to managing diabetes. To register to attend, please call (352) 521-1100, ext. 1423.

- Nov. 5
- Dec. 3

Living with Diabetes Program

A unique education and exercise rehabilitation program for diabetics, this program follows specific guidelines from the American Diabetes Association. Patient progress is monitored to ensure each patient is as safe as possible while following his or her individualized diet and exercise plan. To be accepted into this program, you will need a prescription from your physician, a commitment to getting control of your diabetes and a one-time fee of \$50. For more information, please call (352) 521-1100, ext. 1423.

Lunch & Learn

PRMC is pleased to offer these one-hour presentations on various healthcare topics. These sessions include a complimentary lunch and valuable question-and-answer session at the end of each presentation. Seminars are held in Medical Plaza I, Suite 108 from noon to 1 p.m. Reservations are required. Call (352) 521-1593 to register today. Seating is limited.

- Nov. 18 – Swine Flu and You, David R. Johnson, MD, MS, MHA, Pasco County Health Department
- Dec. 9 – Uterine Prolapse, Behrouz Madani, MD, FACOG, Obstetrics and Gynecology