

about your health

EXTRAORDINARY PEOPLE. EXTRAORDINARY CARE. SUMMER 2007

Which SPF Do You Need for SKIN PROTECTION?

One woman's olive skin hardly ever burns. But her redheaded, fair-skinned friend seems to burn within minutes of being outside.

Can both friends share the same sunscreen? Or do different skin types require different sun protection factors (SPFs)?

An SPF tells you how well a sunscreen guards against ultraviolet-B (UVB) rays, which burn the skin and raise your risk of skin cancer. The higher the SPF, the longer you can spend in the sun without burning. But the numbers can be misleading. An SPF 30 doesn't provide twice as much protection as an SPF 15. An SPF 15 sunscreen filters about 92 percent

of ultraviolet-B light, while an SPF 30 sunscreen filters about 97 percent.

The best way to prevent skin cancer: Stay out of the sun. If you know you're going to be exposed, cover up with protective clothing and slather on sunscreen. Experts recommend that everyone use an SPF of at least 15—even if you have dark skin. But you may want to go higher if your skin burns easily. Fair-skinned people developed 2.5 times fewer sunburn cells when they wore an SPF 30 versus an SPF 15.

One thing the SPF does not tell you is how well a sunscreen protects against ultraviolet-A (UVA) rays. UVA rays don't burn your skin, but they contribute to skin cancer and cause your skin to wrinkle and age. So, be sure your sunscreen says it protects against both UVA and UVB rays. ■

inside ▶



Osteoporosis 2



Detecting Stroke 3



Hospital Award 6



Event Calendar



How Is Your Bone Health?



Dual-energy x-ray absorptiometry, or DXA, is a state-of-the-art technique for determining bone density—a key indicator of bone health. A DXA machine allows doctors the ability to measure a person's bone health, as well as track changes over time. And, it is the most accurate test available for detecting osteoporosis.

The test is quick, approximately 15 minutes, and precise, exposing you to less than one-tenth the radiation of a standard chest x-ray. An initial DXA is recommended for women at menopause. If you are a woman or man at risk for osteoporosis, it is important to undergo regular bone testing.

Durham Regional Hospital offers an array of diagnostic services. Call 919-470-5272 today to schedule an appointment for your bone density scan. You will need a signed referral form from your physician to make an appointment.

Bone Up Against Osteoporosis

Osteoporosis affects millions of older women. But younger women should be concerned, too. Healthy lifestyle choices can help younger women store enough bone to fight osteoporosis when they're older. And they can help women beyond age 30—and past menopause—slow down this age-related bone loss. “The best treatment for osteoporosis is an active prevention program that includes obtaining the peak bone mass that your family genetics will allow and working every day to maintain what you have attained,” says Joe Minchew, MD, North Carolina Orthopaedic Clinic.

The first step to building a stronger defense against osteoporosis is to get the recommended daily amount of calcium:



- Girls ages 9 to 18 need 1,300 milligrams.
- Women ages 19 to 50 need 1,000 milligrams, and women older than 50 need 1,200 milligrams.

Good food sources include low-fat dairy products; dark green, leafy vegetables; and calcium-fortified breads and juices. Calcium supplements also may help, if necessary.

Calcium, however, can't work alone. The following five lifestyle strategies can help women keep their bones healthy for a lifetime, too:

- 1. Exercise regularly.** The best activities for bones are weightbearing ones, such as running, basketball or tennis. Strength training helps too.
- 2. Get 400 IUs of vitamin D daily.** Women can get enough vitamin D by spending 15 to 20 minutes in the sun every day.
- 3. Substitute meat with soy protein.** Animal protein may reduce calcium in the body, while soy protein seems to protect bones.
- 4. Limit alcohol to one drink a day.** Regularly drinking more alcohol can interfere with estrogen and damage bones.
- 5. Choose black or green tea.** Nutrients in these teas, called flavonoids, may help build bone. ■

Clarification: DASH Diet

In the spring issue of *About Your Health*, the article “DASH to Health with a Disease-Fighting Diet” stated that the DASH diet recommends six servings a day or less for meat, fish and poultry. The article should have included the fact that the National Heart, Lung and Blood Institute, which created the DASH diet, considers a serving of meat to be only 1 ounce. We apologize for any confusion caused by this omission.

Stroke: Knowledge Is Your Best Defense

Research shows that a lot of people are unaware of the causes and warning signs of stroke—facts that could save their lives.

Many strokes can be prevented, and those that do strike often can be successfully treated if people seek emergency care right away.

Do you know how to protect yourself against stroke? “The best way to treat a stroke is to prevent it in the first place,” says Larry B. Goldstein, MD, Director of the Duke Stroke Center and the new Medical Director for Stroke at Durham Regional Hospital. “For those who have symptoms of stroke, it is critical to get to the hospital immediately—time lost is brain lost.”

Test Your Knowledge

Check T for true and F for false:

1. High blood pressure is the most important, treatable risk factor for stroke.

T F

2. Your diet can affect your stroke risk.

T F

3. Chest pain is a warning sign of stroke.

T F

4. If you suspect a stroke, lie down until the symptoms subside. Then, call your doctor.

T F

Check Your Answers

1. True. Studies show that even a slight reduction in blood pressure can reduce stroke risk by as much as 42 percent in people with high blood pressure.

Other chronic conditions also increase the risk of stroke, including heart disease—particularly an irregular heartbeat called atrial fibrillation, diabetes and high cholesterol. Properly managing these conditions can significantly reduce the possibility of a stroke.

2. True. Research indicates that a well-balanced diet, low in saturated fat and with at least five servings of fruits and vegetables daily, is associated with lower stroke risk.

Other lifestyle choices that decrease stroke risk include:

■ **not smoking.** Research indicates that smoking increases the risk of stroke by 50 percent. But within five years after quitting, former smokers can expect their risk level to fall to that of people who have never smoked. Exposure to secondhand smoke seems to be as serious as being a smoker.

■ **exercising regularly.** Moderate exercise has been shown to reduce stroke risk by as much as 41 percent.



did you know?

Activity after a stroke decreases the risk of suffering another stroke. In one study, stroke survivors worked out for 20 minutes three times a week. After 16 weeks, they were stronger, could do more and had better overall health.

- limiting alcohol to light or moderate consumption—no more than two drinks per day for men or one for women. Women who are pregnant or breast-feeding should not drink.
- 3. False.** The most common stroke warning signs include:
- sudden numbness or weakness of the face, arm or leg, especially on one side of the body
 - sudden confusion, trouble speaking or understanding
 - sudden trouble seeing in one or both eyes
 - sudden trouble walking, dizziness, loss of balance or coordination
 - sudden, severe headache with no known cause.
- 4. False.** Call 911 and get to the emergency room right away. Speed is critical. The sooner treatment is given, the better a person's chances of having a full recovery. ■



DURHAM REGIONAL HOSPITAL

For 30 years, Durham Regional Hospital has been serving the health care needs of Durham, Orange, Person, Granville and the surrounding counties. Durham Regional, part of Duke Medicine, is dedicated to providing exceptional medical care with the personal touch and convenience only a community hospital can offer.

Our patients receive care they can depend on—as well as attention to what is important to them and their families—by an expert team of compassionate medical professionals. Services include Behavioral Health, Emergency Medicine, General Medicine,



Hematology/Oncology, Outpatient Diagnostic Services, and Surgical Services offered in an inpatient and outpatient setting.

Service highlights include:

Cardiology—This includes services for cardiac catheterization, angioplasty, open-heart surgical procedures and the Wellness Institute, a comprehensive cardiac rehabilitation program.

Orthopaedics and Rehabilitation— This includes musculoskeletal care, total joint arthroplasty and treatment and rehabilitation for sports injuries, trauma or complex spine conditions. Durham Rehabilitation Institute, a 30-bed physical rehabilitation unit located in the hospital, provides complete physical, occupational and speech therapy services on an inpatient and outpatient basis.

Women Services—This includes breast, heart and bone health, as well as gynecological medical/surgical services, including minimally invasive gynecological surgery. Plus, The Birth Place offers exceptional care for moms and their newborns and a Level II Intensive Care Nursery staffed by Duke neonatologists.

To find a physician, visit www.durhamregional.org.

upcoming events

Shake, Rattle and Roll

Tuesday, April 24, 7 pm

"Getting Ready for Baby #2"

by MargEva Cole, MD, Durham Obstetrics and Gynecology, and Lisa Ferrari, MD, Durham Pediatrics. Shake, Rattle and Roll is a free seminar series for potential parents or those looking for a little refresher.

Hosted by area experts on health, the seminar is located in Private Dining Room C at Durham Regional Hospital.

To register, visit

www.durhamregional.org

or call **919-403-4DRH (4374)**.

The Birth Place Tour

Tuesdays, 7 pm

To help prepare for the safe delivery of your baby, Durham Regional Hospital provides tours of its Labor and Delivery Unit, Postpartum Unit and Nursery. To register, call **919-416-DUKE (3853)**.

Look Good...Feel Better

Mondays, May 21, June 18, July 16 and August 20, 6 pm

A free American Cancer Society program teaches women beauty techniques while they undergo chemotherapy and radiation treatments. Participants receive a free cosmetics kit and instruction by beauty professionals. Located in the Radiation Oncology Conference Room at Durham Regional Hospital. Space is limited. To register, call **919-470-6520**.

American Red Cross Blood Drive

May 31 and August 1

10 am to 2:30 pm

Donate the gift of life—donate blood. The blood drives are held in the First Level Classroom at Durham Regional Hospital. Call **919-470-6524** to register.

SUPPORT GROUPS

Duke Weight Loss Surgery Support Group

Meets once a month. Call **919-660-2229** for dates and to register.

Stroke Survivor Support Group

Meets the second Monday of the month from 1 to 2 pm in Private Dining Room E at Durham Regional Hospital. Contact Myra Williams at **919-660-0096** or **919-470-7205**.

Better health is just a click away! Get a **FREE** monthly health briefing via email. Visit **www.durhamregional.org** to sign up.



Hospital Earns Top Performer Status



Durham Regional Hospital (DRH) was named one of the top performers in a groundbreaking project from the Centers for Medicare & Medicaid Services (CMS)/Premier, Inc. The Hospital Quality Incentive Demonstration (HQID) project rewards hospitals financially for delivering higher quality care in five clinical areas. DRH was rated in the top 10 percent among hospitals involved in the project based on its second-year, overall quality score for coronary artery bypass graft.

“Providing outstanding patient care has always been our primary mission,” says Charles Murphy, MD, of Central Carolina Cardiovascular & Thoracic Surgery and DRH’s medical staff. “Over time, health care costs can be controlled by meeting quality standards that help us provide treatment before a condition worsens and eliminate unnecessary procedures.”

DRH achieved an overall quality score of 99.3 percent for coronary artery bypass graft, leading to its top ranking. Examples of quality measures that were considered include smoking cessation, discharge instructions and pneumococcal vaccination for patients.

“As a health care provider, we are constantly working to improve the care we provide. Quality care requires team work. Our success with coronary artery bypass graft is a perfect illustration of physicians and health care teams working together to ensure quality medical care,” says David P. McQuaid, RPh, MBA, FACHE, Chief Executive Officer of DRH.

Based on its score, DRH will receive a bonus payment of \$28,142 from CMS, which awarded incentive payments of \$8.7 million to 115 top-performing hospitals. ■

did you know?

An analysis of 63 trials on cardiac rehabilitation showed that programs that combined counseling with exercise had the most impact—these cut the risk of a future heart attack by 38 percent.



David P. McQuaid, CEO

Katie Galbraith, Divisional Marketing & Communications Officer

Kellie Peacock, Marketing & Corporate Communications Manager

For more information or suggestions concerning this publication, call the Marketing Department at 919-470-6520.
© 2007 Printed in USA.

676M

Duke University Health System
Durham Regional Hospital
3643 North Roxboro Road
Durham, NC 27704

Nonprofit Org
U.S. Postage
PAID
Duke Univ.
Health System