

Summer

WellAware

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FEATURE ARTICLE

What to Stock for Summer Safety

Warmer weather can mean more fun, but it can also mean more risk of injury. Here's what to pack to be prepared:

On the road

Whether traveling for work or play, be sure to bring a first-aid kit that includes sunscreen, insect repellent, adhesive bandages, thermometer, pain reliever, antacid, antidiarrheal medication, syrup of ipecac to induce vomiting in case of accidental poisoning... and hydrocortisone cream to ease rashes and stings.

On the water

All boats should carry a wearable life preserver — also called a personal flotation device — for each person on board. *Important:* Wear a life preserver at all times when boating. Most accidental boating deaths could have been prevented if the victim had been wearing one.

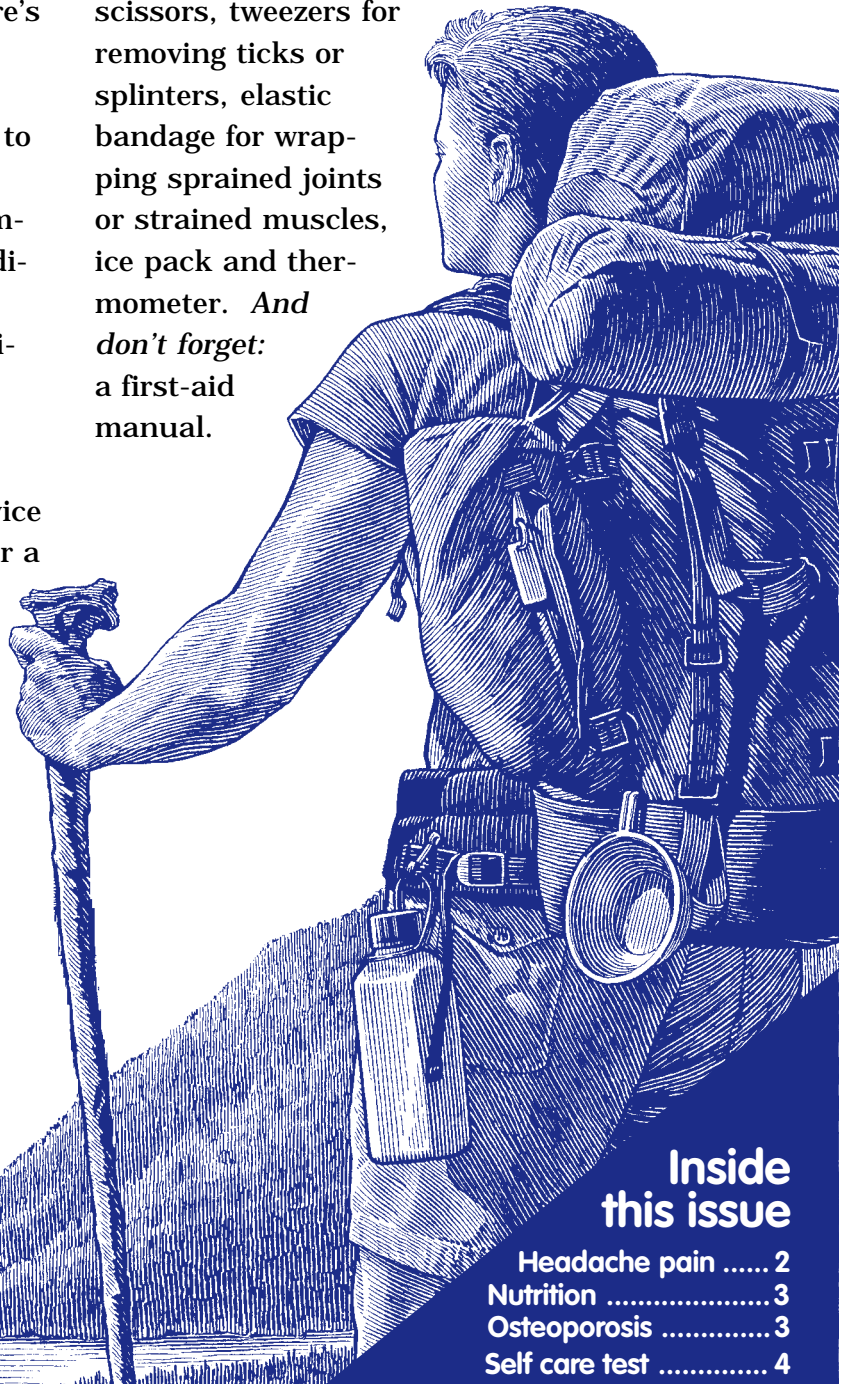
In the woods

Pack a basic first aid kit, map, compass, pocket knife, flashlight with extra batteries, whistle or flare, emergency blanket, waterproof matches, and a tube of firestarter for unplanned overnights. *Rule of thumb:* Bring 1-2 quarts of water per person per day and more food than you think you need. *Plus:* a bee-sting kit for anyone allergic to insect stings.

Staying home?

In addition to basic first-aid medications, stock these items in your medicine chest for routine summer mishaps:

roll bandage, sterile gauze pads, blunt-tipped scissors, tweezers for removing ticks or splinters, elastic bandage for wrapping sprained joints or strained muscles, ice pack and thermometer. *And don't forget:* a first-aid manual.



Inside this issue

Headache pain	2
Nutrition	3
Osteoporosis	3
Self care test	4

PREVENTION

Head Off Tension Headache Pain

Three out of four people report having at least one headache each year. There are about 60 million chronic headache sufferers in the United States.

Tension headaches account for almost 90 percent of all reported headaches. Its pain is constant, dull and often accompanied by throbbing shoulders and neck. Stress ignites it. **To ease a tension headache, try these tactics:**

- ⇒ **Explore biofeedback.** You can learn how to relax your muscles with just your mind.
- ⇒ **Indulge yourself with a massage.** Whether it's an amateur or a professional, someone massaging your head, neck and shoulders could work wonders.
- ⇒ **Practice relaxation techniques.** Sit in a dark, cool room all alone, close your eyes and imagine yourself relaxing in your favorite surroundings. Play a relaxation tape of rain falling, a

- stream flowing, or soft instrumental music. Explore Yoga.
- ⇒ **Learn to maintain proper posture.** A slight change in your head, neck, or arm position could be all it takes to relieve your headache.
- ⇒ **Swallow painkillers.** Whether these are aspirin, acetaminophen, ibuprofen, or prescription drugs, they could alleviate your headache in proper dosages. But, taken too often, they can sometimes cause headaches. Talk to your doctor about taking additional B-complex.
- ⇒ **Pack on the ice.** Ice packs placed on your head and neck can sometimes relieve your headaches.
- ⇒ **Warm it up.** Some people find hot showers and heating pads to be a "miracle worker." For more information, try the Health Information Center at MGHS 225-4950 or the National Headache Foundation at (800) 843-2256.

NUTRITION

A Nutrition Dream Team

You already know that a healthy diet should include plenty of fruits and vegetables. But not all are created equal. Here are some of the best — fruits and veggies high in antioxidants and other disease-fighting substances:

• **Bring on the broccoli.**

By weight, it has more vitamin C than an orange, and roughly as much calcium as milk. And it's an excellent source of folic acid, potassium and fiber. *Plus:* broccoli, cauliflower, brussels

sprouts and other members of the cabbage family have been shown to share cancer-prevention effects.

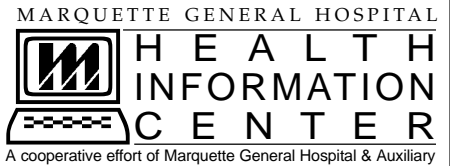
• **Carry carrots to work.**

They're great for snacks — and just one carrot gives you more than the recommended dietary allowance (RDA) of beta carotene. Carrots are also rich in potassium, which helps control blood pressure and is essential for your heart, kidneys, muscles and nerves.

• **Peppers? Reach for the red.**

Red peppers have *three times* as

continued on page 3



The Health Information Center continues to increase its supply of materials available to patrons. American Heart Association materials have been added as well as poison prevention information and diabetes videos and cookbooks.

Visit the Health Information Center, located on the first floor of the MGH Patient Tower. The center is open Monday through Friday, 10 am-2 pm. Questions? Call 225-4950 or 1-800-562-9753, Ext. 4950. Or send a request to MGH HIC, 580 West College Avenue, Marquette, MI 49855



Four cost-saving health services for employers

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906-225-4555
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MGH Health Numbers

Health Information Center	225-4950
Wellness Institute	225-4802
Upper Michigan Heart Institute	225-4600
Upper Michigan Cancer Center	225-3500
Women's & Children's Center	225-3081
Poison Information Network	225-3497

WellAware

A courtesy of the Wellness Institute of Marquette General Hospital. If you would like more information on wellness-related issues or would like to be on our mailing list, please call us at 225-4802 or 1-800-562-9753, Ext. 4802. Margaret Swetish Twichell, Editor & Stacey Brooks, Community Relations, Layout & Design. Printed by MGH Print Shop.

NUTRITION CONTINUED FROM P. 2**Dream Team**

much vitamin C as citrus fruits.

- **Pick a potato.**

Sweet potatoes and white potatoes are both loaded with vitamin C and other nutrients.

Examples: White potatoes are packed with potassium...sweet potatoes with beta carotene.

- **Cut up a cantaloupe.**

Among melons, it's the most nutritious. Just two-thirds of a cup cubed melon supplies 70% of your RDA for vitamin C, and nearly as much for vitamin A in the form of beta carotene. *Plus:* Cantaloupe also gives you potassium, folic acid, other B vitamins, and fiber.

- **Stick with strawberries.**

Just one cup provides about 140% of your vitamin C RDA, more fiber than two slices of whole wheat toast, and potassium. All for just 45 calories.

More nutritional best bets: mangoes...pumpkin...kale...spinach. *Shopping tip:* The brighter or darker the color of the produce, the more nutrition it may contain.

HEALTH**Osteoporosis—The Bone Breaking News**

by Ann Clifton, Student Intern, MGH Health Information Center

Osteoporosis is a debilitating disease which decreases bone density, increasing one's risk of bone fractures and breaks. The most common sites of these injuries are the hip, spine, wrist and arm. People often have no idea they have osteoporosis until they have a break or fracture. This is why osteoporosis is sometimes referred to as the "silent disease."

Now it's time to break the silence! Assess your risks and take steps to successfully prevent osteoporosis. Ask yourself the following questions:

- Are you female?
- Are you more than 45 years of age?
- Are you Asian or Caucasian?
- Do you have an inadequate intake of calcium in your diet?
- Is there a history of osteoporosis in your family?
- Are you thin or do you have a small frame?
- Have you gone through menopause?
- Do you smoke or drink alcohol in excess?
- Do you take a steroid-based or thyroid medications?

If you answered yes to any of the above questions, you are at

an increased risk for osteoporosis. Women are four times more likely than men to get osteoporosis, especially after they go through menopause. The decrease of estrogen speeds up the destruction of bone tissue. Keep in mind osteoporosis is not curable, but it is highly preventable. The following suggestions will

content in bones.

- Consider estrogen therapy after menopause.
- Get a Bone Density Test.

Taking these steps can help reduce your risk. Maintaining a good weight bearing exercise program will help build bone tissue. However, keeping enough calcium in your diet will help keep your bones strong. This is an essential part of prevention, but remember, it will only last as long as it is followed. Here are some sample foods with portion and calcium value:

- 8 ounce glass of milk (300 mg)
- 1 ½ ounces of cheddar cheese (300 mg)
- 2 cups of cottage cheese (300 mg)
- 1 cup of yogurt (300 mg)

Do your part in breaking the silence, share these tips with friends and loved ones.



help reduce your risk, as well as improve the condition if you are already affected:

- Eat a diet adequate in calcium (1,000 - 1,500 mg per day).
- Do weight bearing exercises such as walking, jogging, hiking.
- Quit smoking.
- Avoid excess alcohol intake.
- Decrease carbonated beverages, this decreases the calcium

For more information, contact:
Marquette General Hospital
Health Information Center
420 W. Magnetic Street
Marquette, MI 49855
(906) 225-4950
or National Osteoporosis
1150 17th Street NW, Suite 500
Washington, D.C. 20036-4603
<http://www.nof.org/>

TEST YOURSELF



Taking Care of Your Self?

Take this simple test and see how you score.

Often we get so wrapped up in the minutiae of our lives, we forget the bigger picture. If your score is low, make needed changes and see how you score in six months.

	Very Much So			Not At All	
	5	4	3	2	1
I feel my life matters.					
I am living my dream.					
I feel the energy of optimum health.					
I have “nutritious” people in my life.					
I enjoy being alive.					
I regularly enjoy hearty belly laughs.					
I take time for solitude.					
My recreation re-creates me.					
I take time to nurture my soul.					
My life is balanced.					
I have the courage to say “no.”					
TOTAL					
Source: The Hope Heart Institute, Seattle					

WELLAWARE, a newsletter written by, and for, the people of the Upper Peninsula of Michigan, is available for purchase. For more information, contact Margaret Twichell at 225-4802, or toll free at (800) 562-9753, ext. 4802. This newsletter cannot be duplicated without expressed written consent of the Wellness Institute at Marquette General Hospital.

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