

DON'T LET BACKPACKS PUT A STRAIN ON YOUR CHILD



OPHELIA GARMON-BROWN, M.D.
Medical Director, Presbyterian Urgent Care

Just like those shoes, size matters with a book bag. The larger the bag, the more books it can hold. And the weight of those books adds up quickly, potentially posing a threat to your child's back health. Backpacks are designed to be carried on the back, not slung over a shoulder. The back and the abdominal muscles support the weight of the pack. If your child wears the

backpack correctly, the weight should be evenly distributed across the child's body. However, if backpacks are too heavy or used incorrectly, they can strain muscles and joints and may cause back pain.

Students should carry no more than 10 to 15 percent of their body weight in their backpacks. A child who weighs 50 lbs. should carry no more than 7.5 lbs., and a 150 lb. student should carry no more than 22.5 lbs.

If the backpack is too heavy, your child will lean forward at the hips or arch the back, which could cause the spine to compress unnaturally and lead to shoulder, neck and back pain. Remind your child about the rule for lifting heavy objects: bend using both knees, and don't bend over at the waist when wearing or lifting a heavy backpack.



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Hospital Service Lines: A Successful Strategy



PATRICIA CAMPBELL MSN, RNC
Executive Director, Women's & Children's Services

I am excited to announce that the third and final phase of Presbyterian Women's Center is now complete. Our Women's Care Unit – the final stage of the center – opened in February.

The 20-bed inpatient unit is designed to provide care for a variety of women's health diagnoses, such as gynecologic surgery and breast surgery. The beautifully-decorated rooms feature amenities such as sleep beds for overnight guests, ceiling fans and hair dryers.

The first phase of the new Presbyterian Women's Center opened in September 2004 and includes 16 birthing suites, 35 postpartum

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Oncology

WHAT YOU SHOULD KNOW BEFORE USING HERBAL MEDICINE

ANGELA BUTLER, MS RD LDN, *Presbyterian Cancer Center*

Dietary supplement use is expanding in rapid proportions. According to National Health Interview Survey estimates, Americans continue to take dietary supplements at increasing rates, with approximately 34 percent of adults using a vitamin and mineral supplement.

We take these supplements with the best of intentions for improved health, but since the industry is not regulated by the Food and Drug Administration, many people are misled. It is important to know these tips before using a supplement:

When Considering Complementary and Alternative Therapies, You Should Ask:

- What benefits can be expected from this therapy?
- What are the risks associated with this therapy?
- Do the known benefits outweigh the risks?
- What side effects can be expected?
- Will the therapy interfere with conventional treatment?

Be a Smart Consumer!

- Many claims associated with herbals are either unproven or false.
- Herbal medicines are generally safe to use, **but not always**.
- Herbals can have adverse effects and interactions with other medicines.
- Lack of U.S. laws allows dangerous herbs on the market.

Presbyterian Cancer Center offers comprehensive services for diagnosing and treating cancer. The center diagnoses more cancer than any other hospital in the region and remains at the forefront of cancer treatment, research and technology. Services include cancer clinics for a second opinion on breast, lung, melanoma, GI and prostate cancer diagnoses; psychosocial support at the Buddy Kemp Caring House; wellness and rehabilitation services; the inpatient Harris Hospice Unit; and Presbyterian Blume Pediatric Hematology and Oncology Clinic.

How to Read Labels and Choose Products

- Always read the label to be sure you are buying the correct product in the recommended dose.
- Make sure the words “potency guaranteed” or “guaranteed potency” appear on the label.
- Always buy a standardized extract if possible.
- Do not buy a product without a list of each herb it contains and the amount on the label.
- Look for USP (United States Pharmacopoeia) on the label. The USP sets standards for products and inspects for quality.

How to Check Out a Company

- Ask for quality assurance information.
- Ask if they follow current Good Manufacturing Procedures (GMP).
- Ask if their lab is FDA-approved.

Finally...

Always check with your healthcare practitioner before using a supplement, especially if you have a chronic health condition, are pregnant or breastfeeding, or if you take prescription or over-the-counter medications. Some supplements can interact with medications to produce dangerous side-effects.

When looking for information on the Internet, use the directory sites of respected organizations. Web sites that are maintained by the government, a university, or a reputable medical or health organization contain the most reliable information.

Remember, when it comes to getting the vitamins and minerals your body needs, whole foods are still your best bet. Researchers are continuously identifying antioxidants, phytochemicals and other compounds in foods that can help protect your body against diseases and other conditions. However, researchers are also identifying benefits of vitamins and minerals in amounts that are difficult to get from your diet - even well balanced diets! With that in mind, choose your herbal supplements wisely.

Women's Center

PREPARING FOR SURGERY: PRE-HYSTERECTOMY CLASS

Mary Rachui, RNC, MS, *Women's Health Education*

How does the woman who attended classes to prepare for childbirth handle the next major hospitalization? She attends a class to prepare for her hysterectomy and she often brings a support person to the class, just as she did for the childbirth class.

Childbirth classes have improved women's labor, delivery and recovery experiences, both physically and emotionally. This is true also for women who attend a pre-surgical class prior to their scheduled hysterectomy. A typical class explains surgery terms and details, what to expect at every stage before and after the surgery, and debunks myths associated with the surgery.

An important part of the class teaches women what to expect at home during recovery. General guidelines for increasing activity, asking and allowing those around them to help, driving and care of the incision are discussed. And, class leaders discuss women's sexual response following surgery. The class ends with a tour of the hospital to help relieve anxiety for both the patient and her support person.

Still wondering if you should invest your time and energy into a pre-hysterectomy class? Recently, a class participant commented that the class was "extremely helpful with lots of valuable information to ease my fears and answer my questions."



Presbyterian offers this class once each month. For more information and to register for the class, call 704-384-CARE.

Presbyterian Women's Center offers comprehensive care for women throughout their lives, including a variety of educational classes, seminars and support groups on topics ranging from pregnancy and childbirth to osteoporosis. Our maternity services include a Level IV nursery that provides the highest level of care available for premature and critically ill newborns.

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When it comes to the straps, look for bags with two wide straps. Narrow straps that cut into the shoulders can cause numbness or weakness in the arms and hands.

And, if you think a bag on wheels is best for your child, check with school first to see what is recommended. Rolling packs often cause students to trip in the hallways.

As a parent, pay attention to your child if he or she complains about back pain, and check the backpack as a possible cause.

Presbyterian Orthopaedic Hospital is one of the few dedicated orthopaedic hospitals in the nation. Our team of orthopaedic specialists uses the most advanced technology to diagnose and treat injuries and diseases of the bones and joints. Presbyterian Orthopaedic Hospital specializes in total joint replacement for knees, hips and shoulders. Other areas of specialty include: hand, spine, foot and ankle; sports medicine and pediatrics.

Cardiovascular

DON'T FORGET TO EXERCISE

NICOLE MARTIN, BS, HEALTH EDUCATION COORDINATOR, *Presbyterian Center for Preventive Cardiology*

Regular exercise is an important part of achieving a heart-healthy lifestyle. Combined with healthy eating, exercise can reduce your risk factors for heart disease and improve your overall health. The benefits of exercise include:

- Stronger heart
- Increased energy
- Weight loss and weight maintenance
- Better control of diabetes, blood pressure and blood lipids

Before beginning your exercise program, ask your physician for medical clearance. Please treat exercise like medicine, and for best results, exercise daily. Gradually increase your exercise time daily until you can exercise at least 60 minutes every day.

Your exercise session should include the following:

1. **Warm Up:** Begin each exercise session with an 8-10 minute warm-up. For example, if you are walking for aerobic exercise, walk slowly for 8-10 minutes. If you are cycling, cycle slowly for 8-10 minutes.
2. **Aerobic Activity:** Do at least 20-60 minutes of moderate activity. Aerobic exercise means moving large muscle groups continuously. Some examples of aerobic activities include walking, jogging, cycling and dancing.
3. **Cool Down:** Your cool down should last 8-10 minutes and you can easily use your warm-up exercises as a cool-down as well.
4. **Stretching:** Stretch at the end of your exercise session while your muscles are warm and more pliable. Try to hold each stretch for 15-60 seconds.

Presbyterian Cardiovascular Institute is one of the largest comprehensive heart and vascular institutes in the area and provides a full range of nationally recognized services. Board-certified cardiologists are available on-site 24 hours a day to ensure rapid treatment of acute heart attacks. The institute is a leader in national and international cardiovascular research, which provides our patients with the latest cardiac treatments.

Consistent efforts are the keys to success in making healthy lifestyle changes. Here are some quick tips to get you on your way to an active and safe lifestyle:

- Drink one eight-ounce glass of water before and during your workout (about every 20 minutes), and at least 16 ounces after activities.
- Exercise indoors if the humidity plus the temperature is greater than 150° Fahrenheit or if the temperature is less than 40° Fahrenheit actual or with wind chill.
- Do not exercise immediately following a meal. Allow two hours for sufficient digestion.
- Exercise should not be painful! Work at a level that is light to somewhat hard.

For more information on class and consultation opportunities to help you achieve a heart-healthy lifestyle, please contact Presbyterian Center for Preventive Cardiology at 704-384-5043.



TAKE CHARGE OF YOUR HEALTH!

Want to lead a healthier lifestyle? Stuck in a health rut? Take a class at Presbyterian and jump start your health today!

Infant Massage

For parents with babies 6 weeks – 9 months, or crawling age.



Infant Car Seat Check & Safety Class

Learn proper installation, hear about latest seats available. Child seat check.

For Expecting Grandparents

Learn about today's childbirth experience and advancements in infant care. Tour included.



Super Sitter

Six-hour babysitting class for boys and girls ages 11-13, includes babysitting techniques, child development, safety tips, first aid, rescue breathing, accident management.

Prepare For Your Hysterectomy

Learn what to expect during your hospital stay and recovery. Support person welcome.

Osteoporosis Group Program

A four-class program that combines exercise and education and targets men and women who have or are at risk for bone loss. Instructors include a registered nurse, registered dietitian and physical therapist and may be covered by some insurance plans.



Surgical Solutions

Presbyterian Center for Bariatric Surgery is hosting free seminars on weight loss surgery. Topics include the risks of severe obesity, whether you are a surgical candidate and the risks and benefits of weight loss surgery. Have your questions answered and concerns addressed.

Buddy Kemp Caring House

The Presbyterian Buddy Kemp Caring House is a community cancer support program offering support groups, counseling services, educational programs and a resource library for individuals diagnosed with cancer, their families and friends.

Take Off A Ton in 10 Weeks

Educational, fun and supportive weight-loss program sponsored by the Presbyterian Center for Preventive Cardiology. Nutritionists, nurses and exercise physiologists teach easy and delicious low-fat recipes and help you to begin a safe, fun exercise program.

Eat Your Heart Out Cooking School

Learn to cook the heart-healthy way! A registered dietician will lead the class in preparing a meal from the Mediterranean-American diet. You will also take a cardiovascular risk assessment test, learn valuable nutrition information and have a chance to enjoy your heart-healthy meal. Cost for 2-hour cooking class varies with menu content.



Stress-Relieving Massage Therapy

Enjoy both deep tissue and Swedish massage techniques by a licensed therapist in a soothing environment at Presbyterian Center for Preventive Cardiology. Massage sessions are offered from 9 a.m. to 5 p.m., Monday through Friday, by appointment only.



Cardiac Rehabilitation

Presbyterian Center for Preventive Cardiology's Rehabilitation Program offers exercise therapy, nutrition counseling and cardiac education to help patients and their families recover from a heart attack, heart surgery or other cardiac conditions.

Presbyterian offers a variety of classes to meet the needs of your family.
For a complete schedule, visit www.presbyterian.org, or call 704-384-CARE to register.

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rooms, three C-Section rooms and 14 suites for high-risk patients. A new 38-bed Level IV intensive care nursery opened in July 2005 as the second phase of the center.

In reflecting on the outcomes of our new center, I'd like to mention the success of our service line strategy within Presbyterian. The planning of Presbyterian Women's Center is one of the first outcomes of Presbyterian's Service Line Management.



Service Line Management provides an excellent model for consumer-driven healthcare. As healthcare costs continue to skyrocket, healthcare professionals are searching for solutions to lower them. One solution is to encourage individuals to participate in health and wellness programs, and engage them in their personal health.

Presbyterian has four major service lines: Presbyterian Cancer Center, Presbyterian Orthopaedic Hospital, Presbyterian Cardiovascular Institute and Presbyterian Women's Center. Each article in this issue of Focus on Women highlights a small part of each of these major service lines. You can also visit our Web site, www.presbyterian.org, to learn more about our service lines.

I invite you to come in and tour Presbyterian Women's Center, and discover our staff, our services, and the details that make it such an excellent place to receive care. And, be on the lookout for more information in the future about our women's service line and how it can benefit you.

F O C U S O N W O M E N

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