

# Vibrant Health



Check out our website for more information on heart-healthy living: [www.sgmh.org](http://www.sgmh.org).

Because it accumulates in arteries, low-density lipoprotein (LDL) is often called bad cholesterol. You'll want less of this kind. But it's fine to have more high-density lipoprotein (HDL)—the good type that helps sweep arteries clean.

**3 You need to be tested.** The only way to know if your cholesterol levels are in a healthy range is to get a blood test.

You should have your cholesterol checked at least every four years or as often as your doctor suggests.

**4 Your numbers matter.** In general, ideal numbers are less than 200 mg/dL for total cholesterol, less than 100 mg/dL for LDL and 60 mg/dL or higher for HDL. You may need your total cholesterol or LDL level to be lower, depending on your other risk factors.

**5 Little changes help.** Eating a healthy diet, exercising, losing some weight (if you're overweight) and stopping smoking (if you smoke) can all help bring your LDL level down and raise your HDL level. If lifestyle changes aren't enough, your doctor may prescribe medication.

## 5 must-knows about cholesterol

**WHAT** do heart attack and stroke have in common? Among other things, they share common culprits—including too much cholesterol.

This soft, fatlike substance is found throughout the body—it's in the bloodstream and in every cell. But excessive levels, known as high blood cholesterol, can clog arteries in the heart and brain and block blood flow to these vital organs. That boosts the likelihood of having a

heart attack or a stroke.

The more you know about cholesterol, the more you can reduce your risk for these serious health problems. Start here with these five facts.

**1 Your body makes plenty.** It actually produces all the cholesterol you need for good health. Much of the cholesterol that accumulates in arteries comes from eating foods that contain saturated or trans fats, which the liver converts to cholesterol.

**2 There are good and bad types.**



Check out our upcoming events

3



Ovarian cancer: Myths and facts

4



SGMH honors breast cancer awareness month each year. For more information, please visit [www.sgmh.org](http://www.sgmh.org).

## Fast facts about backs

Here's some useful information about that complex assortment of interconnected bones, muscles, ligaments, tendons and nerves that make up your back—and the debilitating pain it can sometimes cause you:

- ▶ The lower back is made up of five bones called lumbar vertebrae. Between the bones, small, flexible disks act as shock absorbers. The spinal cord runs behind the disks.
- ▶ Almost everyone has low-back pain at some time. Usually, it gets better within a few weeks.
- ▶ Low-back pain is the most common cause of job-related disability.
- ▶ Half of the people who have an episode of low-back pain will have another episode within a year.
- ▶ Men and women are equally affected by low-back pain.
- ▶ A comprehensive program of exercise and stretching can be very effective for many people with back pain. Your doctor or physical therapist can help you devise the best exercise plan for you.

Sources: American Academy of Orthopaedic Surgeons; National Institutes of Health

## 7 ways to have a healthier back

Prevent pain before it starts. Minimize your risk for back pain with these tips:

- 1 Push, don't pull, heavy objects.
- 2 To pick up an object, bend at your knees—not your waist. Lift with your legs, not your back, with the object close to your body. Avoid twisting.
- 3 Stand on a sturdy stool to reach things above

shoulder level.

- 4 Place pillows under your knees if you sleep on your back, or lie on your side with a pillow between your knees. A firm mattress is often best for your back.
- 5 Control your weight.
- 6 Don't smoke. Smoking restricts blood flow to the disks that cushion the vertebrae.
- 7 Exercise regularly to keep muscles strong and flexible.

Source: North American Spine Society

## Next up: Surgery?

You've tried physical therapy, worn a brace and taken medicine. Nothing seems to stop your low-back pain.

What's your next option?

It might be surgery, which may relieve pressure on nerves, stabilize the spine and ease pain. Common conditions treated surgically include:

**A herniated disk.** In this case, a spinal disk becomes damaged, causing the shock-absorbing, gel-like center to leak.

**Osteoarthritis.** This can cause a breakdown of one or more disks or a narrowing of the spinal canal.

Depending on your problem, various surgical methods can be used. In many cases, some of the bone and ligament atop the nerves is removed, followed by the removal of materials pressing on the nerves. Sometimes bones are fused together to improve stability.

Source: American Academy of Orthopaedic Surgeons

### We've got your back

To make an appointment with a physical therapist, call 951-849-3933.





# Classes & Programs

For more information on all classes and programs, please call 951-845-1121.

## Support Groups

### Al-Anon

► **Every Monday at 6:30 p.m.**

Where: Classroom B

Contact: Kathy Calhoun, 951-849-2614

Part of the worldwide fellowship that offers a program of recovery for the families and friends of alcoholics, whether or not the alcoholic recognizes the existence of a drinking problem or seeks help.

### Cocaine Anon

► **Every Tuesday at 6 p.m.**

Where: Classroom B

### Narcotics Anonymous

► **Every Friday and Saturday at 6:30 p.m.**

Where: Classroom B

Program to help struggling addicts, run by past addicts who are trying to lend support to those trying to get clean.

### Bosom Buddies

► **Third Tuesday of each month, 10 a.m.**

Where: Classroom C

Contact: Russie Friese, 951-769-0389

Breast cancer support group. Wherever you are in your journey with breast cancer, we are here for you.

## Classes:

### Basic Life Support

► **Every Wednesday from 3:30 to 5 p.m.**

Contact: 951-845-1121, ext. 2116

Please call for location and more information about fees associated with this class.

### Physical Therapy Class

► **Thursday, Nov. 17, noon to 1 p.m.**

Where: Highland Springs Medical Plaza, San Jacinto Conference Room

Contact: 951-849-3933

Dan Kirk, MPT, OCS, CCI, will speak on "Running and Running Injuries." Refreshments will be served.

### Behavioral Health Center

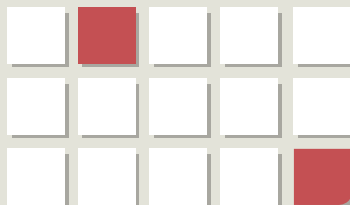
The Behavioral Health Center provides adult outpatient psychiatric services located in Palm Springs. For information about specific classes or programs, please call 760-325-2683.

## FLU SEASON ALERT

Influenza can be **MISERABLE & DEADLY**. Nearly **EVERYONE** 6 months or older should get a yearly flu vaccine.

- ✓ **Vaccinate!**
- ✓ **Don't wait.**
- ✓ **Don't hesitate.**

It takes **2 WEEKS** for the flu vaccine to be fully effective.



*Get it **NOW** so you're protected when you need it.*

Flu viruses **CHANGE** from year to year. To stay protected, you need a flu vaccine **EVERY YEAR**.



## BUST THAT MYTH!

The flu shot can't give you the flu. It has no infectious germs.\*

\*Mild side effects from the shot may occur, but serious reactions are very rare.

## Take your best shot at staying well

For more information or to take a flu quiz, visit [www.sgmh.org/flu](http://www.sgmh.org/flu).



Source: Centers for Disease Control and Prevention

Standard  
U.S. Postage  
PAID  
Walla Walla, WA  
Permit No. 44

# Vibrant Health

VIBRANT HEALTH is published as a community service for the friends and patrons of San Geronio Memorial Hospital, telephone 951-845-1121, website [www.sgmh.org](http://www.sgmh.org).

Hospital Board of Directors  
Chairperson

**Dr. Jerilynn Kaibel**

Healthcare District Board of  
Directors Chairperson

**Lynn Bogh Baldi**

Hospital Chief Executive Officer  
**Mark Turner**

Hospital Marketing Coordinator  
**Kenneth J. Kim**

Information in VIBRANT HEALTH comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider. Models may be used in photos and illustrations.

2016 © Coffey Communications, Inc. All rights reserved.

## 4 myths about ovarian cancer



**WHEN** it comes to cancer, breast cancer is on a lot of women's radar—think of all those pink ribbons.

But how much do you know about ovarian cancer? And is what you do know accurate?

Make sure you're not misled by these misconceptions.

**Myth: Ovarian cancer is almost always deadly.**

**Fact:** It certainly can be life-

threatening. In fact, ovarian cancer kills more women than any other reproductive cancer. Still,

when found early—before it's spread outside the ovaries—the five-year survival rate is 92 percent, reports the American Society of Clinical Oncologists.

**Myth: Ovarian cancer doesn't cause symptoms.**

**Fact:** For years, ovarian cancer was considered a silent killer that rarely produced symptoms. And many women weren't diagnosed until their cancer was advanced. But doctors now have identified certain warning signs, including:

- ▶ Bloating
- ▶ Having pelvic pressure or abdominal pain

- ▶ Feeling full quickly or having trouble eating
- ▶ Feeling a need to urinate often or urgently

If these symptoms are unusual for you—or they happen almost daily for more than a few weeks—tell your doctor. If ovarian cancer is causing them, acting quickly may help detect the disease at an early, highly treatable stage.

**Myth: If my Pap test is normal, I don't have ovarian cancer.**

**Fact:** The Pap

test spots cancerous or precancerous changes in your cervix—it isn't a test for ovarian cancer.

**Myth: The CA-125 blood test can check healthy women for ovarian cancer.**

**Fact:** Unfortunately, this test—which measures the blood levels of a protein called CA-125—isn't a reliable screening test.

Even though blood levels of CA-125 are often elevated in women with ovarian cancer, there are also harmless reasons for high levels. As a result, the test isn't useful for routine screening.

Additional source: American Cancer Society

To find a gynecologist close to you, call 951-769-4894.