

Vibrant Health



A JOURNAL DEVOTED TO HEALTHFUL LIVING

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When to get checkups

In general, the American Academy of Pediatrics recommends checkups at the following ages:

UP TO AGE 1:

- ▶ Newborn
- ▶ 3 to 5 days
- ▶ 1 month
- ▶ 2 months
- ▶ 4 months
- ▶ 6 months
- ▶ 9 months
- ▶ 12 months

AGES 1 TO 4:

- ▶ 15 months
- ▶ 18 months
- ▶ 24 months
- ▶ 30 months
- ▶ 3 years
- ▶ 4 years

AGES 5 TO 21:

- ▶ Annual exams through the age of 21 (your pediatrician may recommend more visits if necessary)

Checkups: Why your child needs them

THERE are two kinds of trips to the pediatrician: those when your child is sick and those when he or she is well. Well-child checkups can be just as important as the visits for illness. They give you the tools you need to keep your child healthy year-round—and for a lifetime.

According to the American

Academy of Pediatrics, at a childhood checkup you may expect:

A physical exam. Among other things, the doctor will measure your child's height and weight, listen to the heart and lungs,

and press lightly on the abdomen to check the health of internal organs.

A developmental assessment.

The doctor may ask about emotional

and behavioral health. For example, you may discuss a baby's developmental milestones—such as smiling, clapping and learning to walk—or how older children are doing in school.

Our providers are here to help your family stay healthy. Learn more about our team by clicking on "Find a Doctor" at sgmh.org.

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Get ready for baby

YOU'VE just found out you're pregnant, and soon this wonderful news will be obvious—you'll have a baby bump!

And like every mom-to-be, you want a healthy pregnancy. What follows is expert advice on the best way to care for yourself and the baby you can't wait to meet.

First things first

Of all the things you can do to help keep you and your baby healthy, perhaps the most important is to get early and regular prenatal care.

These pregnancy checkups are when your doctor will:

- ▶ Keep a close watch on you and your baby so that any possible health problem—such as a rise in your blood pressure or a slowing of your baby's growth—is spotted early, when it's easiest to treat
- ▶ Answer all your questions about pregnancy and childbirth
- ▶ Advise you on what to do—and not to do—to give your baby a healthy start in life

So if you haven't arranged for your first checkup yet, don't wait any longer. And show up for every checkup your doctor suggests, even if you feel fine.

6 steps for two

Your lifestyle—and everyday choices—can have a major effect on your health and the health of your growing baby. To take good care of both of you, follow these six pregnancy must-dos:

- 1 Make smart food choices.** That means you should:
 - ▶ Eat a variety of healthy foods so



your baby is well-nourished. Choose fruits, vegetables, whole grains, calcium-rich foods and foods low in saturated fat.

- ▶ Drink plenty of fluids, especially water.
- ▶ Stay away from fish that is high in mercury, such as swordfish, tilefish, king mackerel and shark. Mercury has been tied to birth defects.
- ▶ Also avoid raw fish; undercooked

meat; deli meat; and unpasteurized cheeses, such as certain types of feta, blue cheese and Mexican-style

soft cheeses. Check the label to make sure the cheese is pasteurized.

- 2 Get enough folic acid.** Take a multivitamin or prenatal vitamin with 400 micrograms of folic acid every day. This B vitamin helps protect against major birth defects in a baby's brain and spine.
- 3 Aim for a slow, steady weight gain.** Generally, you should gain about 2 to 4 pounds total for the first trimester and 3 to 4 pounds per

month for the second and third trimesters. But ask your doctor what's best for you and your baby.

- 4 Stay fit.** Unless your doctor tells you otherwise, get at least 2½ hours of moderate-intensity aerobic activity every week. It's best to spread out your workouts. Avoid any exercise in which you might get hit in the abdomen, such as basketball or soccer.

- 5 Don't smoke, drink alcohol or use recreational drugs.** You put your baby at risk for things like fetal alcohol spectrum disorders and sudden infant death syndrome. If you need help quitting, ask your doctor for help. Stay away from secondhand smoke too. It's also harmful for developing babies.

- 6 Always speak to your doctor before you start or stop a medicine.** Many medications, including over-the-counter ones, can cause problems during pregnancy. But not taking a medicine you need can also be risky for you and your baby. Your doctor can advise what's right for you on this topic and all other pregnancy-related concerns.

If you don't have a doctor yet, call today to get started on your prenatal care: **951-845-1121.**

SPRING CLEANING

Spiff up for safety

Let the season inspire a tidier and safer home with these quick tips.



SHINE ON. Mix ¼ cup of white vinegar with a quart of warm water for a homemade, less toxic window cleaner.



TAKE ON TRIPPING HAZARDS. Clear clutter from floors and stairways. Remove or secure throw rugs.



GO ON POISON PATROL. Keep medicines and household chemicals in their original bottles or containers. Store them out of the reach of children.



PUT AWAY EVERY LITTLE THING. If kids live in or visit your home, scan rooms for small items that might be choking hazards.



SOUND THE ALARM. Install smoke alarms on every level, outside sleeping areas and in bedrooms. Bonus tip: Set a smartphone reminder to test them monthly!



CLEAN SPONGES DAILY. To help wipe out germs, toss sponges in the dishwasher with a drying cycle—or microwave a damp sponge for one minute. Consider using paper towels to clean countertops. They're less likely to spread germs.

Go green! Reduce, reuse, recycle. Learn more about how and where to dispose of or donate items at epa.gov/recycle.

Sources: Academy of Nutrition and Dietetics; American Academy of Pediatrics; Centers for Disease Control and Prevention; U.S. Consumer Product Safety Commission; U.S. Department of Agriculture

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 at 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.

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.

VIBRANT HEALTH is published as a community service for the friends and patrons of San Geronio Memorial Hospital, telephone **951-845-1121**, website **sgmh.org**.

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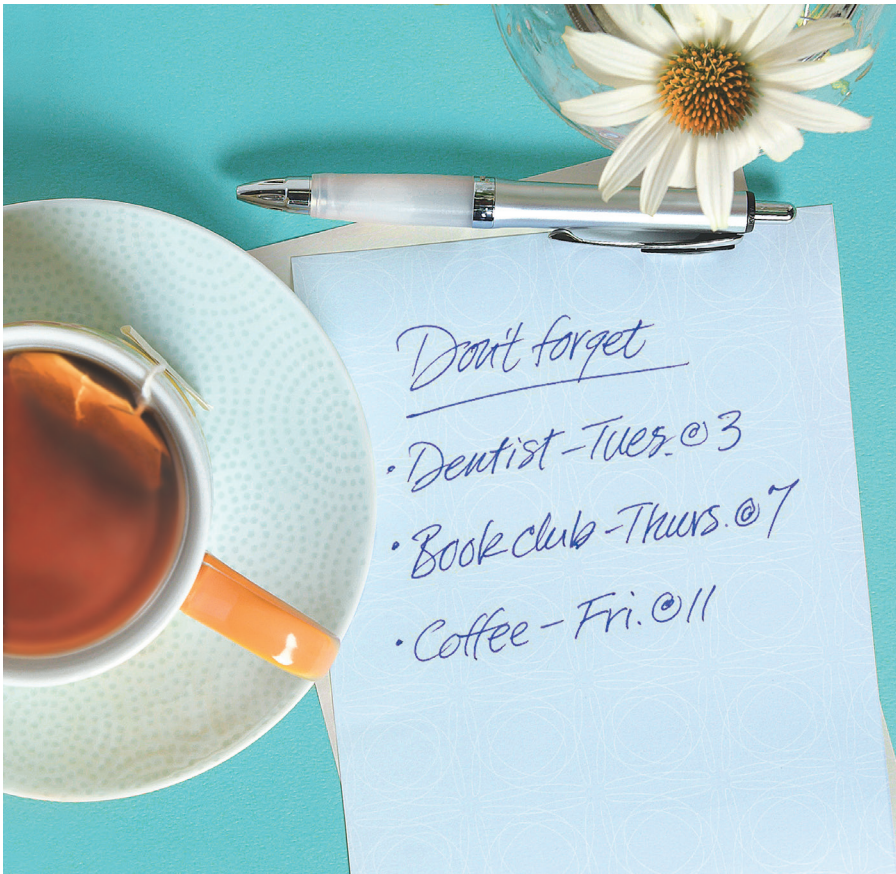
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Memory glitches: Are they a problem?

CAN'T remember where you put your cellphone? Blanked out on a new friend's name?

Well, join a not-so-exclusive club.

Just about everyone is frustrated or embarrassed by these memory glitches at one time or another. Brain

cells change over the years, and life is often cluttered, stressed, distracted and busy. Of course we can't remember when that dentist appointment is!

But when memory problems start to affect everyday life, they should be taken seriously, according to the

American Academy of Family Physicians. Signs of trouble might include:

- ▶ Forgetting things much more often than you used to
- ▶ Forgetting how to do things you've done many times before
- ▶ Repeating questions or stories in the same conversation
- ▶ Becoming lost in familiar places
- ▶ Having trouble making choices or handling money

Your doctor can help you decide if memory problems are cause for concern.

Don't have a doctor? Call
951-845-1121 for a referral.

- ▶ Having trouble learning new things or following directions, such as in a recipe
- ▶ Being unable to keep track of what happens each day

A medical work-up by your doctor can help sort through which memory problems are normal and which aren't.

Memory problems can be scary, of course. They may be early signs of Alzheimer's disease or another type of dementia.

But underlying health conditions—such as anxiety, a thyroid imbalance, depression or side effects from medications—can also trigger glitches in memory. And once such conditions are treated and corrected, memory often improves.