

Vibrant Health



A JOURNAL DEVOTED TO HEALTHFUL LIVING

FALL 2015



To find out more about mammograms or to schedule your appointment, call 951-769-2142.

MAMMOGRAMS

Screenings save lives

SOME excuses hold up. Alarm clocks do occasionally fail, and tires do go flat.

But when it comes to taking care of your breast health, no excuse will do.

That's especially true when the excuse is based on misinformation. Here are three reasons women often give for not getting mammograms—along with the facts.

1 “I don't have time.” The truth is, a mammogram takes only about 20 minutes. You can usually make an appointment for a time that is convenient for you.

2 “It will hurt too much.” There may be some discomfort, since your breasts need to be flattened slightly to get the best x-ray picture—but that's only for a few seconds. If you're still menstruating, time your

mammogram for a week after your period, when your breasts are likely to be less tender. Also, the technician can make adjustments if it truly hurts too much.

3 “I don't have any symptoms or a family history of breast cancer.” Not having these risks may lower your chances for getting breast cancer, but they don't rule it out. Most women who get breast cancer do not have a family history of the disease. And early breast tumors—which mammograms can detect—may be too small to feel and may cause no symptoms.

Because regular screening with mammograms saves lives, the American Cancer Society and other experts recommend that women have yearly mammograms starting at age 40.

Six things you should know about breast cancer

- ▶ Breast cancer is second only to lung cancer as the most common cause of cancer death in U.S. women.
- ▶ Men get breast cancer too, though not very often—less than 1 percent of breast cancer cases are in men.
- ▶ Being physically active decreases the risk of getting breast cancer.

- ▶ Since 2000, the rate at which women in the U.S. are being diagnosed with breast cancer has decreased and the rate at which they are dying from the disease has dropped too.
- ▶ Researchers are studying the genetic differences between women who get breast cancer and those who don't, which

- may lead to better treatment options.
- ▶ With early-stage breast cancer, life expectancy is the same for all women, whether they have breast-sparing surgery—also known as a lumpectomy—or a mastectomy.

Sources: Centers for Disease Control and Prevention; National Cancer Institute

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Looking ahead

San Gorgonio Memorial Hospital Board of Directors seeks development impact fees

THE San Gorgonio Memorial Hospital (SGMH) Board of Directors wishes to congratulate the San Gorgonio Memorial Healthcare District Board on passing the long-overdue development impact fee assessment.

With the assistance of David Taussig & Associates, Inc., and Tom Breitreuz, the Healthcare District Board prepared a Nexus study, which indicated a need to assess development impact fees for our district. These fees will be collected by the Healthcare District in cooperation with the cities of Banning, Beaumont, Cabazon, Calimesa and Cherry Valley, and will help provide funding for a patient care building.

Development impact fees will be assessed when developers build new single- and multifamily homes in the district, as well as nonresidential facilities. As the San Gorgonio area grows, new residents of these communities will use the SGMH facilities, as will the employees of the new businesses that complement the growth.

The development impact fees will help mitigate the impact of the increased population.

There are currently 84,400 residents who are served by SGMH and 18,700 employees who work within the district and are likely to use SGMH health care facilities. The Nexus study indicates that the population is estimated to increase by 97,700 residents and 29,100 new employees. The impact fees are necessary to provide adequate health care facilities to meet this projected level of growth.

Collection of these fees, which will be deposited in an interest-bearing account, will begin on Sept. 7, 2015.

By collecting these fees, the Healthcare District is ensuring future developments contribute their share of the expansion of the hospital that they will utilize. The SGMH Board of Directors thanks the Healthcare District for identifying a way to help the Hospital continue to provide safe, high-quality, personalized health care services to everyone.

Better together

SGMH Board votes to enter affiliation discussions with Loma Linda University Health and Adventist Health

San Gorgonio Memorial Hospital (SGMH) is pleased to announce the decision to officially enter into exclusive discussions with Loma Linda University Health and Adventist Health for the purpose of affiliation. The SGMH board voted unanimously during its meeting on May 28, 2015.

“After a lengthy and thorough evaluation of our options, the Board made its decision to unify efforts with Loma Linda University Health and Adventist Health,” says Dr. Jerilynn Kaibel, Hospital Board of Directors Chairperson, SGMH. “Combining our current strengths with the long-standing history of our new affiliates will create a synergy that enhances medical and hospital treatment services to the San Gorgonio Pass communities.”

Over the coming months, representatives from SGMH, Loma Linda University Health and Adventist Health will be working to finalize the affiliation process.

Dr. Kaibel emphasizes that this new affiliation will improve the quality of care and patient safety in the Pass communities by expanding the range of services provided while retaining and recruiting talented personnel and staff. Additionally, this relationship will provide resources to complete the last phase of construction for the patient care building at SGMH.

“San Gorgonio Memorial Hospital’s mission has always been to provide safe, high-quality, personalized health care services,” Dr. Kaibel says. “And this new affiliation will allow us to keep that focus, continuing our dedication to care for our community.”

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The anatomy of smoking

How tobacco affects many parts of your body

IF you smoke and need a powerful motivator to quit, knowing the truth about how smoking harms your health may be what it takes.

Smoking affects nearly every part of your body, including your:

▶ **Airways.** Delicate tissues in your lungs become inflamed because of smoking. This can lead to serious disorders, such as chronic obstructive pulmonary disease. Smoking can also cause cancer to develop in your lungs, throat and mouth.

▶ **Heart.** Smoking harms the cells lining the blood vessels and heart and can increase the risk of clots that cause heart attacks.

Smoking can also contribute to an abdominal aortic aneurysm—the weakening of the major artery near the stomach.

▶ **Other blood vessels.** Damage to vessel linings can cause them to narrow, restricting blood flow to the kidneys, stomach, arms, legs and feet. This can lead to a range of problems, including pain and gangrene.

▶ **Brain.** Blood clots that form in

damaged arteries can travel to your brain and cause strokes.

▶ **Bones and tendons.** Smoking increases the risk for osteoporosis—weak bones—and fractures in both men and women.

Overuse injuries, such as tendonitis, and traumatic injuries, such as sprains, are also more likely among smokers, according to the American Academy of Orthopaedic Surgeons.

▶ **Immune system.** Smokers have smaller amounts than nonsmokers of some types of cells that destroy germs. That leaves you more vulnerable to infections.

In addition, smoking can cause cancer of the pancreas, kidneys, cervix and stomach. It also can cause leukemia, which is cancer of the blood.

A tobacco quit line can also help you quit for good. Call 800-QUIT-NOW (800-784-8669).

Turn your risks around

There's another list that's much more encouraging—the benefits of giving up smoking, which start soon after you quit. Check the list out, along with the American Cancer Society's guide to quitting smoking, at www.morehealth.org/quit4good.

WHAT'S IN CIGARETTE SMOKE?

- ACETONE**
FOUND IN NAIL POLISH REMOVER
- ACETIC ACID**
FOUND IN HAIR DYE
- AMMONIA**
USED IN HOUSEHOLD CLEANERS
- ARSENIC**
FOUND IN RAT POISON & PESTICIDES
- BENZENE**
FOUND IN RUBBER CEMENT & GASOLINE
- BUTANE**
FOUND IN LIGHTER FLUID
- CADMIUM**
FOUND IN BATTERY ACID
- CARBON MONOXIDE**
FOUND IN CAR EXHAUST FUMES
- FORMALDEHYDE**
USED IN EMBALMING FLUID
- HEXAMINE**
FOUND IN BARBECUE LIGHTER FLUID
- HYDROGEN CYANIDE**
USED AS A CHEMICAL WEAPON
- LEAD**
USED IN BATTERIES
- METHANOL**
FOUND IN ROCKET FUEL & ANTIFREEZE
- NAPHTHALENE**
FOUND IN MOTH BALLS
- NICOTINE**
USED AS INSECTICIDE
- TOLUENE**
USED TO MAKE PAINT THINNERS

SGMH sets example for the community

San Geronio Memorial Hospital became a smoke-free, tobacco-free campus effective July 1, 2015.

No smoking is permitted on the Hospital grounds, which includes the parking lots and outlying areas. The policy also includes all forms of tobacco, including vapor, e-cigarettes and chewing tobacco.

"As the most prominent health care organization in our community, it is our duty to set a proper example of healthy living and to discourage tobacco use," said CEO Mark Turner. "I hope that it will serve as a catalyst for those considering quitting the habit."

The policy applies to everyone who enters the Hospital campus, including patients, family and Hospital associates. No designated smoking area will be provided on campus.

KNOWN TO CAUSE CANCER
MAY CAUSE CANCER

Sources: American Lung Association; U.S. Department of Health and Human Services

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EMERGENCY MEDICAL FORMS

Be prepared

SPENDING just a few minutes now to fill out some forms is one of the best ways to prepare for an emergency. Forms that contain medical information about you and your family can be vital.

The American College of Emergency Physicians recommends that you complete the following forms for yourself and your children:

- ▶ Medical history, which contains a list of both your prescription and over-the-counter medications, medical conditions, surgeries, allergies, and family medical history.
- ▶ Consent-to-treat—available in both English and Spanish—which

To download your forms, visit www.morehealth.org/forms.

lets you designate someone (such as a relative, babysitter, teacher or school nurse) to make medical decisions for your child in your absence.

▶ Emergency information for children with special health needs (chronic medical illnesses or disabilities), which lists all prior medical procedures, allergies, and medications or foods to avoid.

Make copies of all your medical forms, and keep them in your home, car and first aid kits.

Update all of the forms regularly. And if you have a medical condition, wear some type of medical ID jewelry or carry a medical ID card in your purse or wallet.

Fully accredited, ready for you

In May 2015, San Gorgonio Memorial Hospital (SGMH) had its triennial Hospital Accreditation Survey by the Center for Improvement in Healthcare Quality (CIHQ) and was fully accredited for another three years.

CIHQ assists hospitals in the Centers for

Medicare & Medicaid Services certification process and has provided the SGMH staff with the tools and support needed for a successful accreditation survey. SGMH met the requirements for full accreditation under the acute care accreditation program.

SGMH also had a laboratory accreditation survey by The Joint Commission in March 2015. Laboratory accreditation is

required every two years and is designed to help organizations continually provide safe, high-quality treatment and services. In May 2015, The Joint Commission granted SGMH an accreditation decision of accredited for all services surveyed under the Comprehensive Accreditation Manual for Laboratory and Point-of-Care Testing.

