HELP KIDS
LIVE WELL
WITH ASTHMA

DOCTORS TAKE AIM
AT WOMEN’S
STROKE RISK

INTENSIVE CARE UNIT
GETS HELP FROM
EMPLOYEES

4 FOODS TO HELP YOU FIGHT THE FLU
Does heartburn wake you up at night? If you drink soft drinks, you might want to stop or at least cut down. In a study of nearly 4,000 adults, those who drank one or more sodas daily, greatly boosted their risk of suffering heartburn during sleep. The high acid content of carbonated drinks is partly to blame, according to the authors of the study.

Can my soda consumption really contribute to my heartburn?

Nearly 80 million Americans have prediabetes, a condition characterized by high blood sugar. It often raises the risk for type 2 diabetes. However, according to results published in The Lancet, this diagnosis isn’t inevitable. In fact, getting blood sugar levels back to normal — even just for a short time — could indicate a lower risk of developing diabetes down the road.

Study researchers followed almost 2,000 adults with prediabetes for up to six years. Those whose blood sugar levels returned to normal — even just once — had a 56 percent lower risk of later developing type 2 diabetes.

I was just diagnosed with prediabetes. Does this mean I will get diabetes?

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Dr. Kaur is a member of the American Academy of Pediatrics, American Medical Association and the American Heart Association.

To make an appointment, call the OSF Medical Group – Galesburg Clinic at 309-344-1000 or visit www.osfgalesburgclinic.org/pediatrics.
Now that the season has turned and your child is away from home more, you’ll have to rely on teachers, coaches and other parents to keep your child safe. But don’t worry — there is a lot you can do to help.

AWAY FROM HOME
Most children want to be outside, and when they’re young, you’ll likely go with them. But as they get older, they may want to visit friends or go to the skating rink without you. To keep your child safe, you’ll have to become an asthma teacher to your child and your child’s caretakers.

PREPARING YOUR CHILD
Even if your child is young, there will be tasks they can handle. The easiest and most important of these is to tell you how they feel. So encourage communication, and be sure to teach your child to:

■ Know what triggers asthma.
■ Be able to spot asthma symptoms.
■ Use controller medicines.

PREPARING OTHERS
If your child is too young, their caretaker will need to know how to manage asthma. This means you’ll have to teach them the basics of asthma control. You might also want to print copies of your child’s asthma action plan and give them to your child’s caretaker.

AT SCHOOL
Your child spends a lot of time at school or day care. Most are used to caring care for children with asthma, but you’ll have to guide matters at times. This way, your child can learn free from worry.

DO YOUR HOMEWORK
If your child was recently diagnosed with asthma or is attending a new school or daycare, learn as much as you can about the laws protecting your child. All 50 states allow children to carry asthma medicine at school. But local policies vary. Ask what steps you can take for your child to carry medicine in school.

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AN ACTION PLAN FOR SCHOOL
Your doctor will write and sign an action plan for you to give to your child’s school. The action plan will include details about your child’s asthma so staff can spot signs of a flare-up and avoid exposing your child to triggers. It will also list emergency contact numbers and the steps to take in case of an emergency.

Each year, meet with your child’s teachers and gym instructors, the principal and the school nurse. During the meeting, you should hand out and discuss your child’s asthma action plan. Be sure to show how your child’s medicines work and when to use them.

AT PLAY
When asthma is well-controlled, your child can take part in all physical activities at school, join a team or play with friends in the snow. And if your child feels symptoms when at play, talk with your doctor about what to do. Activities may need to be altered for a time. Your child may also need to use rescue medication before activity.

WHEN YOUR CHILD SHOULD STAY HOME
This time of year can be a challenge. The cold weather can trigger asthma symptoms and catching a cold can make airways more sensitive. Keep your child home if they show the following signs:

■ Difficulty breathing.
■ Fever of 100 degrees or higher.
■ Labored wheezing that continues after taking medicine.
■ Peak-flow readings not near the target number after taking medicine.

Help Kids Live Well with Asthma

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THE EXPERT ADVANTAGE
When it comes to medical care for your child, you want nothing but the best. That’s why our experts are ready to help. We partner with Children’s Hospitals of Illinois to offer the very best to our little patients with big hearts. To make an appointment with OSF St. Mary pediatricians Resham Kaur, MD, or Saoussan Alfaheh, MD, please call 309-344-1000 or visit www.osfgalesburgclinic.org/pediatrics.
Doctors Take Aim at Women’s Stroke Risk

Almost four million American women could tell you what a stroke feels like — they’ve survived one. But one in five women can’t name a single warning sign, a new survey finds.

Now, a new effort by health experts aims to slash stroke rates among women. The strategy: Reduce risk factors only females among women. The strategy: Reduce risk factors only females. The strategy: Reduce risk factors only females. The strategy: Reduce risk factors only females. The strategy: Reduce risk factors only females. The strategy: Reduce risk factors only females.

**Women face special dangers**
Though heart attacks get more press, strokes rank as the third-most common cause of death among women. More than 400,000 U.S. women each year have one, and more than 75,000 die. And although the risk increases with age, more than 100,000 strokes occur yearly in those younger than 65.

As in men, smoking, extra weight and high blood pressure increase your risk. But new guidelines from the American Heart Association and American Stroke Association address factors unique to women, including:

- **Preeclampsia.** This blood-pressure disorder during pregnancy doubles new moms’ stroke risk. Women with high blood pressure before pregnancy might need aspirin or other drugs to reduce it. And women who develop preeclampsia should be watched closely for strokes later in life.
- **Migraine headaches with aura.** If you have these hard-hitting headaches, quit smoking. The combination boosts your stroke risk tenfold.
- **Atrial fibrillation.** This irregular heartbeat leads to four to five times the stroke risk among older women. Those age 75 and older should be examined for it.

**ACT FAST WHEN SYMPTOMS STRIKE**
Take action by learning the stroke warning signs:

- **Face drooping.**
- **Arm weakness.**
- **Speech difficulty.**
- **Time to call 911.**

Quit Smoking for a Healthy Mind and Body

When it comes to stroke, OSF St. Mary Medical Center provides expert and timely diagnosis and treatment. OSF St. Mary partners with the Illinois Neurological Institute to provide you access to a comprehensive stroke education, treatment and rehabilitation facility.

**For more information, visit www.ini.org/stroke.**

Seek stress relief
It’s normal to feel irritable, restless or a little blue for about a week or two after quitting. To speed the process of quitting along, try other ways to cope with stress. For instance, regular exercise improves your health, lifts your mood and occupies the time you used to spend smoking. Meditation, time in nature or spiritual practices may also help. It may be as simple as creating peaceful times in your daily schedule.

**When depression lingers**
If your sad feelings don’t go away after quitting, resist the urge to return to the habit. Besides its harmful health effects, smoking isn’t a proven treatment for depression. In fact, smokers have higher rates of the condition. Nicotine slows the transmission of signals between your nerve cells, dampening positive feelings.

Talk with your doctor about alternate forms of treatment. Counseling, antidepressants or a combination of the two can safely lift you out of the dumps.

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**How long do nicotine cravings last?**
One of the biggest hurdles quitters face is nicotine cravings — intense urges to smoke.

These cravings are part of the physical withdrawal process and usually begin within an hour or two after you stub out your last cigarette. They build to a peak over the next several days. Just remember: Each craving is short-lived. If you can wait it out for just a few minutes, the urge will pass and you’ll be one step closer to quitting for good. Try drinking water, taking a walk, calling a friend or chewing sugar-free gum.

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Intensive Care Unit Gets Help from Employees

Employees at OSF St. Mary Medical Center recently participated in a “Whack the Wall” fundraiser organized by the OSF St. Mary Foundation. Employees paid $5 to get three swings with a sledge hammer to help tear down the Intensive Care Unit (ICU) walls.

About $200 was raised to benefit the ICU project. Not only did employees raise funds that day, they have donated over $100,000 towards the renovation through an employee giving campaign.

WORKING TOWARD A NEW ICU

The “Whack the Wall” fundraiser helped mark the beginning of a renovation project that will result in a brand new ICU. The east wing of the 4th floor will undergo a transformation in order to make room for the expanded ICU. Cardiology Services was relocated to the 2nd floor to free up space.

The former ICU consisted of nine beds in a 115-square-foot size room. These rooms lacked space for equipment, staff members and family members. The rooms had little or no additional space for visiting family members.

A PEEK INSIDE

The new department will consist of six beds in a 290-square-foot-size room. While there is a reduction from the current nine rooms to six rooms, the daily average census at OSF St. Mary indicated that six rooms will be adequate.

The new rooms will include extra space for staff members and equipment. They will have dedicated family space and private bathrooms that include showers. All of the rooms will consist of glass and will be within view of the nurses’ station. They will have curtained doors for privacy and noise reduction. The department itself will include a dedicated visitor waiting room and a separate consultation room.

The ICU will remain open throughout the duration of the construction.

The renovation is projected to cost more than $3 million dollars. It is scheduled to be completed on or around January 2015.

Bring us one step closer to our fundraising goal! Donate online at www.osfstmary.org/donate.
The Wireless Way to Stay Healthy

Your bathroom scale. Your gym shoes. Your salad spinner. Now, you can add another item to your list of health and wellness tools: your smartphone.

An increasing array of apps — software programs that run on your smartphone or tablet — aim to help you prevent health problems or manage chronic conditions. Use them to:

1. Keep medical records close at hand. Carry important health information in one convenient place. For example, an app called My Dietary Supplements keeps a list of your vitamins, herbs and similar products. That way, you can consult it at the pharmacy or doctor’s office. One called MyFamily helps you select a health care plan and download medical records to share with your doctor.

2. Make healthy changes. Some apps, including several from the National Cancer Institute, offer support to quit smoking. One — QuitPal — lets you choose a quit date, log your smoking habits, see how much money you’ve saved, and set reminder alerts. Other apps help you to count calories, to aid your weight-loss efforts.

3. Access health information on the go. Aren’t near your computer? Mobile apps can still link you to reliable health advice. Some focus on a particular topic, such as flu or breast-feeding. Others — including Health Hotlines, a directory of 9,000 toll-free numbers for health organizations — connect you to medical help when you need it.

4. Monitor medical conditions. Some apps actually transform your smartphone into a medical device. Using special attachments, you can now perform — and record — checks of your blood sugar, blood pressure and other health stats. The U.S. Food and Drug Administration regulates these apps to make sure they help, not harm, your health.

Another word of warning: check the source before downloading or entering personal information into an app. Consult your device’s app store for details about who developed the app and how they’ll use your data. Look for those produced by government agencies, university health centers and other reliable sources.

Pregnancy Discomforts: When to Call the Doctor

Congratulations — you’re pregnant! The next nine months may bring some uncomfortable changes to your body. Most of these ills—including backache, constipation and morning sickness — aren’t worrisome.

Be sure to watch for signs of the following complications, which do require medical attention:

- Ectopic pregnancy: While many pregnant women experience spotting, bleeding can indicate a major problem, including ectopic pregnancy. This occurs when the embryo becomes implanted outside the uterus — usually in the fallopian tubes.

Signs include lower abdominal pain and bleeding. Because an ectopic pregnancy could endanger your life, tell your doctor right away if you experience these symptoms.

- Urinary tract infection (UTI): It’s normal to urinate more often while you’re pregnant. However, if you feel burning during urination, need to go again right after urinating or notice blood in your urine, you may have a UTI. It’s vital to seek treatment for a UTI, since it may lead to a kidney infection—which could trigger early labor.

- Gestational diabetes: If you’re feeling excessively thirsty, hungry or tired, tell your doctor. You may have gestational diabetes. Left untreated, it can boost the risk for birth defects, premature birth and high blood pressure.

- High blood pressure: Between 6 and 8 percent of women will experience high blood pressure during pregnancy. Gestational hypertension typically begins around week 20, and goes away after childbirth. Though most women go on to deliver healthy babies, the condition can cause restricted oxygen flow to the placenta, leading to low birth weight. In severe cases, it can lead to preeclampsia.

Childbirth Education Classes

In birthing classes, expectant moms learn how to cope with labor via breathing, relaxing and participation from their partners. Each woman’s partner is encouraged to take part in the labor and delivery process. The breathing and other strategies can be helpful even for women who plan on having an epidural, an anesthetic that can take away labor pain. That’s because the anesthetic doesn’t always completely numb all pain.

The next Childbirth Education class at OSF St. Mary is Wednesday, Nov. 12. For more information or to register, visit www.osfstmary.org/calendar.
HELP SAVE LIVES – Join Us for Bushels for Care

WHAT IS BUSHELS FOR CARE? The Bushels for Care program allows the agricultural community to donate the bushels they harvest as a charitable donation. The local farming community can donate as many bushels of unsold grain to the program as they choose — from one to dozens.

Bushels can include those yet to be harvested or grain already in storage. Farmers can deduct the expenses used to grow the donated grain from their taxes. As a result, the medical center benefits from 100 percent of the value of the grain donation, without any additional expense to the farmers.

WHO DOES BUSHELS FOR CARE HELP? Proceeds from the Bushels for Care program will be used to support OSF St. Mary Medical Center.

INTERESTED IN GIVING A GIFT TO BUSHELS FOR CARE? Call OSF St. Mary Foundation at 309-344-3161 ext. 4450. Or visit www.osfstmary.org/bushels.