

W O W

WORDS
OF
WELLNESS

Titusville Area Hospital

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Reduce Your Risk for Breast Cancer

Even though each woman's risk for breast cancer is different, some changes may help prevent cancer. Controlling weight, limiting alcohol and exercising regularly are the most common ways to help prevent cancer, but there are a few others to consider:

- 1. Breast-feed.** The longer mothers breast-feed, the greater the protection against breast cancer.
- 2. Know the risks of hormone therapy.** If you're taking hormone therapy for menopausal symptoms, consult with your doctor about the risks and benefits, and ask about other options. Long-term hormone therapy may lead to increased risk of breast cancer.
- 3. Avoid exposure to environmental pollution.** Our environment exposes us to dangers like car exhaust and air pollution. Limiting your exposure may help protect against an increased risk of breast cancer.

Source: Mayo Clinic, www.mayoclinic.com.

Breast Cancer Screenings Continue to Help Save Lives

Screenings are the best way to find breast cancer early, in its most treatable stages. Exams such as mammograms are able to find cancer when it is very small and often before symptoms are present.

As technology continues to improve, screenings may help to save thousands of lives each year. Talk with your doctor about a recommended screening schedule that is right for you.

Screenings Are Important at Every Age

Women in their 20s and 30s are usually at a lower risk of breast cancer, but that is dependent on health and family history. In this age range, regular screenings are still recommended.

The first screening you can do is often the easiest. You may choose to perform your

own breast self-exam on a regular basis. It's important to look for any abnormal lumps, swelling, skin irritation or redness. If any changes occur, no matter your age, you should see your doctor as soon as possible.

Regular screenings for women of all ages include a clinical breast exam, or CBE. The American Cancer Society recommends that

women in their 20s and 30s have a CBE at least every three years at their regular health exam, and annually for women ages 40 and older. A CBE is done by a health professional and allows an opportunity for you to talk specifically about your personal risk of developing breast cancer.

40+? Time for a Mammogram

Women in their 40s and older have an increased risk of breast cancer. The American Cancer Society recommends a mammogram every year, regardless of a woman's health or family history. A mammogram is an X-ray of the breast, which takes a picture of the breast tissue to screen for any abnormalities that might suggest cancer.

Breast MRI Now Offered at Titusville Area Hospital

Your doctor may recommend that you start having mammograms at an earlier age

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Aging Safely

Prevent Falls and Help Maintain Independence

Falls are unpredictable for nearly everyone, but more so for people age 65 and older. According to the Centers for Disease Control and Prevention (CDC), more than one-third of people in this age category fall each year. In addition, those who fall once are two to three times more likely to fall again. Injuries from falls are responsible for significant disability, loss of independence and reduced quality of life.

If you are an older adult (or provide care for a family member who is), fall intervention studies* show that preventive steps like home modification and exercise-based activities can help prevent falls and maintain independence.

Stay Safe

Preventing falls is especially important as autumn turns into winter — the most notorious season for accidental falls due to ice and snow in some areas of the country and greater inactivity. Follow these safety tips for making your home and property and yourself safer:

- Safeguard your home by removing throw rugs, electrical cords and paper piles that could trip you up.
- Keep your driveway and sidewalks clear of leaves and other debris that could cause you to trip during the fall months. Repair cracks, lips or dips.
- Once winter arrives, consider hiring a snow removal service or a neighbor to shovel your sidewalk, steps and driveway if it snows where you live. Spread rock salt, grit or sand to help prevent slips and falls.
- Use shoe traction devices when walking outside in ice and snow.
- Have your pharmacist review all your medications several times a year to check for potential interactions that could trigger dizziness.
- Get your eyes checked. Impaired vision contributes to falls.

Stay Active

Staying as active as possible is another way to prevent falls. Seniors who are less active during the fall and winter seasons experience higher levels of instability. Activity helps you to maintain balance and build muscle strength. Here are some tips:

- Move your walking regimen indoors to continue it year-round. Fitness clubs and shopping malls are great places to keep moving.
- Build core muscle strength and strengthen your thigh muscles by exercising or attending fitness classes. Weakness from underuse of the quads and lack of physical strength are major contributors to falls.
- Learn about safe ways to fall (read “Avoid Injuries From a Fall”). Being aware of safer ways to fall may lessen the impact should a fall occur. Start by consulting a physical therapist or martial arts instructor who studies the effects of falls for their advice on safe falling techniques.

You can find more fall prevention and safety tips on the CDC’s website at www.cdc.gov.

* Source: *A CDC Compendium of Effective Fall Interventions*, 2nd Edition, 2010.

Avoid Injuries From a Fall

- 1) When falling forward, turn your head to one side to avoid a direct hit to your face or nose. Open your palms to the floor to protect your wrists.
- 2) When falling sideways, tuck your chin to your chest and keep elbows close to your body.
- 3) Be prepared to fall in a crouched, accordion-like position by bending at your knees and the waist. Your lower legs will hit first, protecting your hips.

Titusville Area Hospital’s Fall Prevention Program

We’re here to help, too! Our fall prevention program is aimed at keeping patients safe both in the hospital and in their homes and surroundings. While you are a patient in the hospital, help us keep you safe by calling for assistance before you get out of your bed or chair. Patients identified as at high risk for falling will be provided with a pink arm band upon admission, as well as a pink falling star posted on the outside of their room to alert staff. Our goal is to partner with you to keep you safe from injury while preserving your privacy, dignity, and independence. For more information about our fall prevention program, contact Brenda Burnett, R.N., Director of Nursing, at (814) 827-1851, ext. 3000.



Quiz: Get Smart About Antibiotics

Antibiotics are powerful medications that your doctor may prescribe when you come down with an illness. But how much do you really know about antibiotics and what they treat? Test yourself and get informed about antibiotics.

1. What do antibiotics treat?

- A. Viral infections, such as a cold
- B. Bacterial infections
- C. Both viral and bacterial infections

Answer: B. Antibiotics are so common, you might expect to be prescribed one every time you're sick. But it's important to keep in mind that while antibiotics are effective in treating most bacterial infections, but they aren't useful against viral infections like colds or the flu.

2. True or false: Bacteria can become resistant to antibiotics.

- A. True
- B. False

Answer: A. Misusing antibiotics helps create resistant bacteria that can cause new and hard-to-treat infections.

3. When should you stop taking antibiotics?

- A. When you start to feel better
- B. After three days
- C. When you finish the prescription

Answer: C. If you are prescribed an antibiotic, it's important to finish the full course — don't stop taking your medicine when you feel better. A shortened course of antibiotics often kills only the most vulnerable bacteria, allowing resistant bacteria to survive.

4. If you have questions about your antibiotic medication, who can you ask?

- A. Your doctor
- B. Your pharmacist
- C. Both A and B

Answer: C. Ask questions about anything you don't understand, such as when to take your medicine.

5. Which illness would you treat with antibiotics?

- A. The flu
- B. Bronchitis
- C. Strep throat

Answer: C. Strep throat is a bacterial throat infection that can be treated with antibiotics.

6. All antibiotics are safe to mix with alcohol.

- A. True
- B. False

Answer: B. Combining alcohol with certain antibiotics may increase the risk for side effects. Doing so also can reduce your energy and delay recovery.

7. Is it OK to take antibiotics without a prescription?

- A. Yes, but only if you have leftover antibiotics from a previous illness
- B. No, never take antibiotics without a prescription

Answer: B. Leftover antibiotics might not be appropriate for your current illness.

8. What could happen if you misuse antibiotics for an illness that is untreatable by them?

- A. You'll cure your illness
- B. Nothing will happen
- C. Antibiotics may become less effective against bacteria they're intended to treat

Answer: C. If you have a viral illness, talk with your doctor about ways to relieve symptoms.



Titusville Area Hospital Improves Patients Safety Through Advanced Medication Management Technology

Titusville Area Hospital has implemented a new technology that will help improve patient safety by simplifying and standardizing the medication management process facility-wide.

The new CareFusion Pyxis® ES platform is a combination of hardware and software that significantly reduces time for nursing and pharmacy to dispense and refill medications because of simpler, more efficient workflows. The new system also eliminates the need for redundant documentation through direct synchronization with pharmacy, hospital and patient identity management systems.

"The Pyxis ES platform allows our pharmacists and technicians to improve medication safety through increased standardization across all of our departments in the most efficient possible way," said Matt Ripoli, Director of Pharmacy at Titusville Area Hospital. "That now enables our clinical staff to spend more time with patients, delivering the best and safest care."





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Breast Cancer Screenings Continue to Help Save Lives

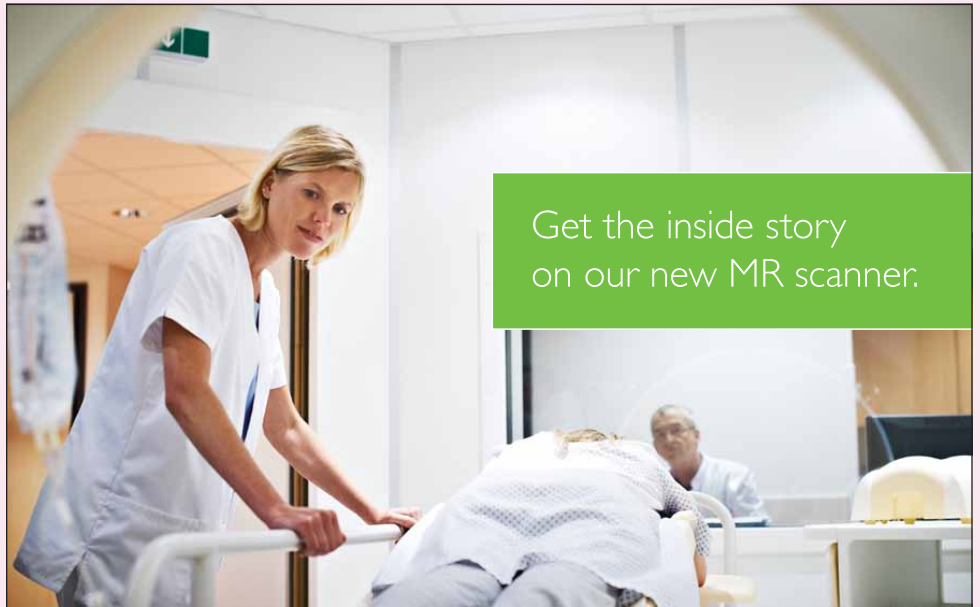
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if you have a higher risk of developing breast cancer due to family history or other factors. In addition, your doctor may recommend a magnetic resonance imaging (MR) screening. MR scans use a magnet and radio waves to create a more detailed image of the breast. At Titusville Area Hospital, we have recently added the Philips Ingenia 1.5T MR system to ensure our doctors and staff have access to the best imaging equipment available and to help deliver the best experience possible to our patients.

Keep Healthy by Continuing Screenings

A healthy lifestyle and regular screenings for breast cancer are good ways to keep your health in check. Partner with your doctor to discuss your health history and stay on top of your recommended screenings.

Source: American Cancer Society, www.cancer.org.



Get the inside story
on our new MR scanner.



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