

LIVING well

Have a Safe Season

Tips to prevent
winter sports
injuries



Look Inside for
Our Classes
and Programs

Dedicate a Tile for Our New Art Wall

WINTER 2004 • VOL. 1, ISSUE 2



Mercy Hospital of Folsom

CHW



Don Hudson,
President

STAY WELL THIS WINTER

Dear Reader,

The winter months are upon us. With our region's proximity to the Sierras, many families spend free time together enjoying downhill and cross-country skiing, snowshoeing, boarding and sledding. In the pages that follow, Mercy Hospital of Folsom's Chief of Staff and orthopedic surgeon, Guy Guilfooy, MD, shares advice for avoiding winter sports injuries, as well as steps to take if someone in your family hurts themselves.

If you have young children, please take a moment to read the article on the importance of establishing healthy eating habits in growing children. Among the varied health education programs we offer (see the listing on pages 4 and 5), several focus on child nutrition.

In 2005, we will break ground on our Emergency Department expansion. Please join this important initiative that will address the emergent and urgent healthcare needs of our community for years to come. (See details on page 3.)

I wish you—and those closest to you—a wonderful holiday season and good health in the New Year.

Sincerely,

Don Hudson
Hospital President
Mercy Hospital of Folsom



TEACH HEALTHY EATING TO YOUR KIDS

Feeding a picky eater—or any young child—isn't easy. How can we teach our children not only to eat, but to enjoy healthy foods? Since a child's early years are critical in establishing a healthy road map for life, this isn't a task for the timid that may be ignored.

"It is essential that children are exposed to a balanced nutritional and physical activity regime on a daily basis during early childhood," says Mary Avila-DaRosa, health educator and coordinator of Mercy Hospital of Folsom's Mercy Goes to School program. "This is when they develop healthy habits. Offering children the opportunity to eat foods from the fruit and vegetable groups will contribute toward a colorful life and give them a variety of ways to achieve the adequate levels of nutrients they need for healthy development."

By introducing your children to a healthy diet, you can help them avoid the trend of childhood obesity and related conditions, such as type 2 diabetes. Since nutrition is such an important part of healthy growth, Mercy Hospital of Folsom educators are partnering with the community to help children and parents learn about making healthy food choices. To keep your family on a healthy track, Mercy Folsom has several programs planned for the new year. See our class listing on pages 4 and 5 for details.



Mercy Hospital of Folsom

classes

TO LEARN MORE, VISIT MERCYFOLSOM.ORG

OUR MISSION AND VALUES

Mercy Hospital of Folsom is committed to furthering the healing ministry of Jesus.

Our mission:

- To deliver compassionate, high-quality, affordable healthcare services.
- To provide direct services to our sisters and brothers who are poor and disenfranchised, and to advocate on their behalf.
- To partner with others in the community to improve the quality of life.

To help you and your family members lead healthy lives, Mercy Hospital of Folsom offers a variety of educational programs and services. Please join us for any of the classes that meet your specific needs. **Unless otherwise noted, classes are offered in the Willow Creek Medical Office Building community education classrooms, Suite 120 at 1580 Creekside Drive, Folsom, CA.**

ASTHMA EDUCATION

For adults or children. Adopt skills for effective management. Learn how your lungs function, the early warning signs of an asthma attack, the role of medications, equipment to manage your asthma, breathing techniques, nutrition, how to develop an asthma action plan and more. No referral necessary.

Adult Asthma

Dates and time: Feb. 8 or April 12, 6–8 p.m.
Fee: \$10
Contact: 916.817.8656

Child Asthma

Due to families' busy schedules, we will offer classes through local elementary schools. Call for details.
Contact: 916.817.8673

CHILDBIRTH EDUCATION

We offer a full range of classes to help you prepare for childbirth. For a complete listing of our classes, call the Mercy Women's Center at **916.733.6302**.

PARENTING EDUCATION

To register for parenting classes taught by Diane J. Wilson, MDiv, credentialed parent educator, call **916.851.2733**. \$10 fee per family.

Getting Your Child to Cooperate

Parents will learn effective strategies for positive discipline, including limit-setting, logical consequences, friendly sibling relations and shared family responsibilities. Focuses on strategies for toddlers, preschoolers and young school-age children.

Date and time: Jan. 20, 6:30–8:30 p.m.

Just Say No to Your Child

Learn strategies to set limits, win cooperation, build self-esteem and create a loving bond with your child.

Date and time: Jan. 27, 6:30–8:30 p.m.

Sibling Rivalry, Personality and Birth Order

A how-to, as in how to avoid this difficult, unnecessary parent-child game. You'll learn more about birth order, temperament and how children learn.

Date and time: Feb. 3, 6:30–8:30 p.m.

Feeding Your Toddler Healthy Meals

It's never too early to get them started. Our registered dietitian Valerie Haack, RD, will focus on nutrient needs for toddlers, including serv-

ing sizes, feeding a picky eater, etc. Sample menus and tips for making your mealtime matter are shared.

Date and time: Feb. 17, 6:30–8:30 p.m.

Contact: 916.817.8656 to reserve a space

Mercy Goes to School With Nutrition Education

For area public and private elementary schools, Mercy Hospital of Folsom provides the Mercy Goes to School program. Mercy Goes to School's mission is to bring health education into the classroom to impact a child's health for a lifetime. Through this program, our health educators provide in-classroom nutrition education. Call for more information, or to find out details about scheduling a presentation.

Contact: 916.817.8673

Kids in the Kitchen

Does your child enjoy cooking? This hands-on workshop covers how to plan, shop, prepare and enjoy a healthy recipe. Parents must accompany children. For ages 9–13.

Date and time: Feb. 5, 2 p.m.

Place: Raley's, El Dorado Hills, 3935 Park Dr., El Dorado Hills, CA

Fee: Free

Contact: Limited space, call 916.817.8673 to reserve a space

and programs

DIABETES EDUCATION

If you or a family member have been diagnosed with diabetes, we invite you to attend our two-part series. To register, call Marcia Taylor-Carlile, RN, CDE at 916.817.8656.

Learning the Tools to Manage Blood Sugar (Part 1)

Our certified diabetes nurse educator and registered dietitian will cover the tools and skills to help you manage your blood sugar, understand diabetes and recognize how it affects you. Learn guidelines for exercise, medications and how to plan meals. Preregistration is required. Physician referral is not necessary.

Dates and times: Feb. 8, 2–5 p.m., or April 5, 6–9 p.m.

Fee: \$15

Diabetes: Beyond the Basics—Using the Tools (Part 2)

This class helps you monitor your blood sugar, as well as develop individual exercise and meal plans. Preregistration is required. Physician referral is not necessary.

Date and time: March 8, 2–5 p.m., or May 10, 6–9 p.m.

Fee: \$15

ADULT HEALTH Simple Strategies to Manage Stress

Learn skills to reduce the impact of stress. Linda Noland, licensed clinical social worker, covers topics including the physiology of

the stress response; diaphragmatic breathing, muscle relaxation, guided imagery and self-talk; and diet and sleep. Reservations required.

Dates and time: Feb. 10 or May 12, 6–8:30 p.m.

Fee: \$10

Contact: 916.817.8656

The Caring Center

Provides a variety of treatments including therapeutic touch, craniosacral therapy, massage, reflexology, Reiki and healing touch.

Dates and time: Wednesdays, 7–9 p.m.

Fee: Free

Contact: 916.817.8656

What About Low-Carb Diets?

Learn the truths and misconceptions of low carbohydrate diets such as Atkins and South Beach. Ann Wallace, RD, will evaluate the current carb craze. Is it healthy or not?

Date and time: Jan. 25, 6:30–8:30 p.m.

Fee: \$15

Contact: 916.817.8656

Selecting a Healthy Diet for Life

Learn ways to assess a healthy diet. Ann Wallace, RD, will show you how to select a diet plan right for you, incorporate activity and get the nutrition you need to feel better and improve your health.

Date and time: March 3, 6:30–8:30 p.m.

Fee: \$15

Contact: 916.817.8656

WHEN YOU NEED US, WE'LL BE HERE

Through Mercy Hospital of Folsom, your local community hospital, you have access to a broad range of specialty services available in the Mercy/Catholic Healthcare West system. Mercy General Hospital, located in East Sacramento, boasts one of the nation's leading heart programs for patients who need open-heart surgery and other cardiac procedures. Mercy San Juan Medical Center in Carmichael houses one of the area's leading trauma centers, as well as the Mercy Cancer Center, which offers the latest in cancer-related medical technologies.



NEED A PHYSICIAN?

If you are looking for a physician, consider choosing one who works with Mercy Hospital of Folsom. To find a physician, visit our Web site at mercyfolsom.org, or call toll-free, 888.800.7688.



'Tis the Season for Sports

BEFORE YOU HIT THE SLOPES, READ OUR TIPS TO PREVENT WINTER SPORTS INJURIES

TAKING A MONDO SPILL is not usually part of the fantasy when we imagine ourselves gliding through pristine powder on the slopes at Tahoe. Injuries are a reality, though, and now that the winter sports season is in full swing, it's important to prevent them as best we can.

"Our community in Folsom is more actively involved in sports than most," says Guy Guilfooy, MD, an orthopedic surgeon affiliated with Mercy Hospital of Folsom. "We have a lot of indoor sports programs and clubs, and easy access to the mountains and snow." No wonder, then, that Dr. Guilfooy treats a steady stream of winter sports injuries, from ligament tears in the knee to sprained ankles and broken wrists. But whatever sport you enjoy—snowboarding every weekend or cross-country skiing once a year—you can maximize your exhilaration and minimize your injury risk by taking a few key precautions.

GENERAL ADVICE FOR ALL WINTER SPORTS

- 1. Less experience equals greater caution.** If you're a newbie, use a healthy dose of caution. A recent study in the *American Journal of Sports Medicine* confirmed that inexperienced, first-day skiers, snowboarders and ski-boarders are at increased risk of injury. It makes sense: When you're just learning to ski or snowboard, you're not going to have good balance and you're going to fall more often.
- 2. Get instruction.** Taking a skiing, snowboarding, or snowmobiling lesson from a qualified instructor can teach you proper technique and safety issues. It's worth the extra time and money.
- 3. Get in shape ahead of time.** "A lot of outdoor winter sports are ones that you'll be doing for four or more hours in a day," says Dr. Guilfooy. "You need a level of fitness to match the demands of these sports. A conditioning program beginning in the months before winter sports activities is paramount to avoiding injury." With a strength

INJURED? OUR PHYSICIANS CAN HELP

If you or a family member are injured and need a referral to an orthopedic surgeon, Mercy Hospital of Folsom has five board-certified orthopedic surgeons. For more information about these physicians, call our physician referral line at **888.800.7688** or visit our Web site at mercyfolsom.org.

- Folsom Orthopedics Surgery: Daniel Anderson, MD, Guy Guilfooy, MD, and Cedric Wong, MD
- Scott Gherini, MD
- Peter Sfakianos, MD

and flexibility program, you can improve your coordination, stamina, balance and overall ability to handle different winter terrain. Weight training, cycling and using a Stairmaster machine can all help strengthen your legs and increase endurance so you don't get tired so quickly. And don't forget about regular stretching: "When people's tissues aren't flexible and pliable, they're more prone to a tear or strain when they fall," says Dr. Guilfooy.

4. Start slow. "When you get to a ski resort, for example, do some light, easy stretches before you begin," says Dr. Guilfooy. "Take one or two nice, easy runs to warm up your muscles and then do more aggressive stretching."

5. Take a break or quit when you get fatigued. When your muscles are burning and weak and your mind is too tired to concentrate, you're primed to take a fall and get injured.

6. Don't be a hotshot. Just because you can't handle the black diamond ski trails, doesn't mean you can't have plenty of fun. Stay within your skill level and go home in one piece.

ADVICE FOR SKIERS AND SNOWBOARDERS

Although they careen down the same trails, skiers and snowboarders often sustain different injuries. "In skiing, I see more lower extremity injuries such as ACL and meniscus injuries in the knee," notes Dr. Guilfooy, who's been skiing for 40 years and snowboarding since 1993. According to a 10-year survey done in Colorado, the most common body part to be injured during snowboarding is the wrist. Other vulnerable parts include the hand, elbow and shoulder. Follow these tips to finish a ski run intact:

1. Get your equipment checked, especially at the start of the season. If your skis' bindings aren't adjusted correctly, they may not release properly when you fall.

2. Consider wearing safety gear. Traumatic head injuries can happen on the slopes. To protect your noggin, put on a helmet or protective headgear—an important precaution, says the American Medical Association, for children and adolescents especially. Snowboarders might also consider wearing wrist protectors, which a recent study showed to be effective at reducing injuries.

3. Ski with a partner and don't lose sight of each other on the trail.

4. Watch out for icy, hard snow. Wipe-outs are common when people hit these patches unaware.

REHABBING AFTER AN INJURY

When a sports injury sidelines you, the Rehabilitation Services Department at Mercy Hospital of Folsom can help you return to form. We offer inpatient and outpatient rehabilitation for people of all ages. We help patients recovering from orthopedic surgery, traumatic injury, stroke and sports injury. Our new facility located in the Willow Creek Medical Office Building at 1580 Creekside Drive, includes a hand therapy clinic and state-of-the-art gym.

Some of our specialties include:

- ▶ hand and wrist rehabilitation
- ▶ injured worker and sports medicine physical therapy
- ▶ orthopedics/major joint replacement program
- ▶ outpatient physical, speech, and occupational therapy

For more information about our rehabilitation services, call **916.817.8669**.

ORTHOPEDIC SURGEONS AFFILIATED WITH MERCY FOLSOM



Daniel Anderson, MD



Scott Gherini, MD



Guy Guilfooy, MD



Peter Sfakianos, MD



Cedric Wong, MD

To reach any of these physicians, call **888.800.7688**, or use our Physician Finder tool at mercyfolsom.org.

Choose the best doctors for your family.



Mary Sterner-Sosa, MD, Phillip Baldi, DO, Kristine Burke, MD

Mercy Hospital
of Folsom



**For help finding a doctor, call
our toll-free physician referral
hotline at 888.800.7688 or visit
mercyfolsom.org.**

If you're making healthcare decisions this season, we would like to remind you of one simple fact: It's really just about you and your doctor. Once you choose the right doctors for your family, everything else falls into place.

When choosing the best doctors for your family, look for:

- Doctors who make the individual health needs of your family their highest priority.
- Doctors whose offices are convenient to your home or workplace.
- Doctors affiliated with nationally-recognized hospitals.

By choosing a doctor affiliated with Mercy Hospital of Folsom, you are selecting a doctor who is dedicated to excellence through providing high-quality, compassionate healthcare.

We have more than 100 doctors conveniently located near you. With most accepting new patients, the best doctors are ready to care for you.

choose well.

Mercy Hospital of Folsom


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