

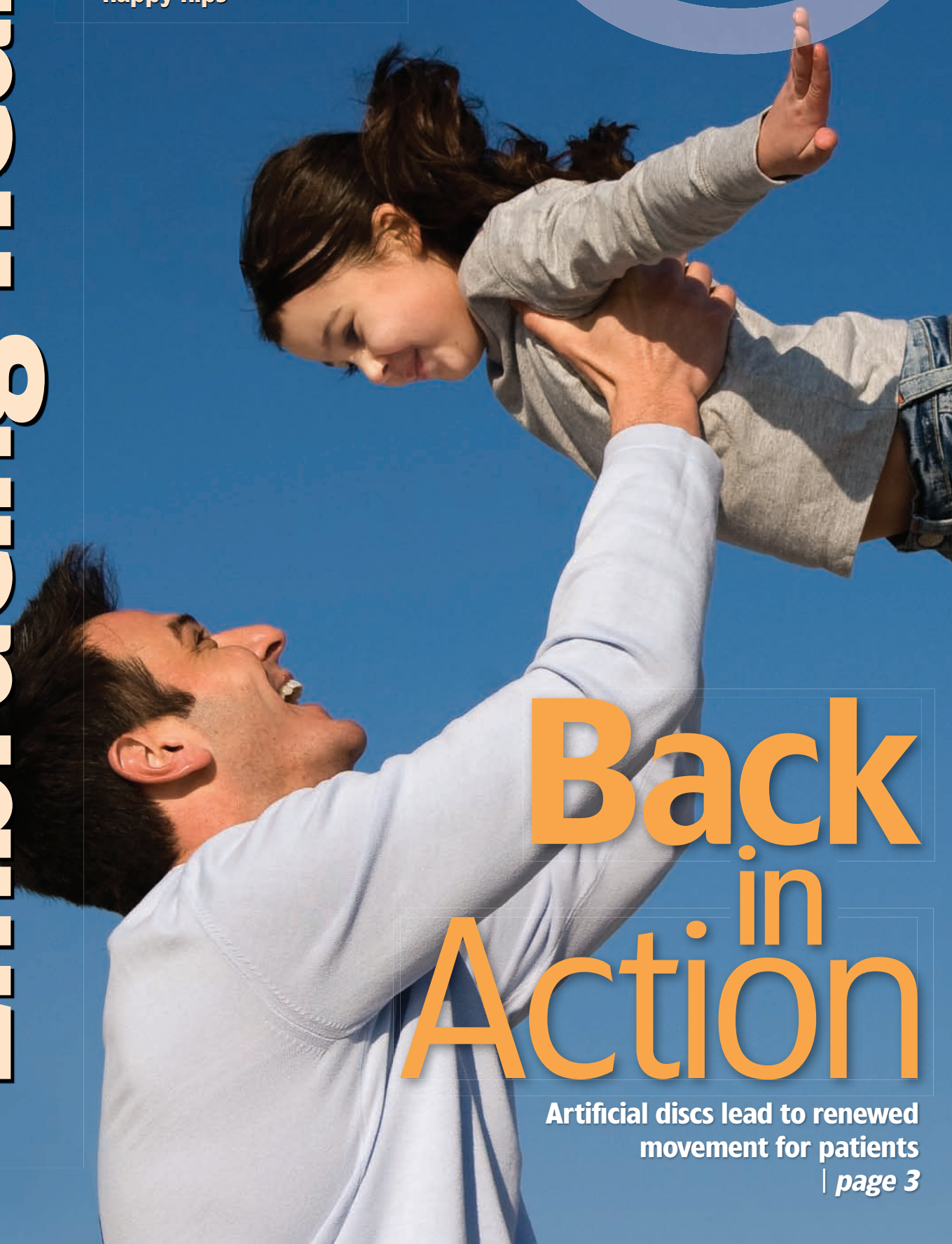
Embracing Health

Summer 2008

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SHORE MEMORIAL
HOSPITAL



Back in Action

Artificial discs lead to renewed movement for patients
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The Voice of Concern

If your body could tell you something was wrong, would you listen? Of course. But what if the body was silent? That's been the problem with ovarian cancer—its symptoms have always been vague. By the time cancer is detected, it likely has spread. Consequently, the American Cancer Society (ACS) estimates that 22,430 new cases of ovarian cancer were diagnosed in 2007 with 15,280 women dying from it.

Recently, the ACS and other groups took a big step toward giving ovarian disease a lifesaving voice by identifying a specific set of symptoms for ovarian cancer. See your doctor if you experience:

- ▶ Swelling of the stomach
- ▶ Pelvic pressure or stomach pain
- ▶ Trouble eating or feeling full quickly
- ▶ Trouble urinating or the urge to urinate right away

While these symptoms frequently don't indicate cancer, those that persist for weeks could be cause for concern. In one study, the indicators were used to detect early stage ovarian cancer 57 percent of the time.

If cancer is suspected, doctors can use a variety of tests for confirmation, including pelvic exams, ultrasound, CT scans, MRIs, tissue biopsies and blood tests. But the most important step is recognizing these as possible symptoms and seeing your doctor to evaluate your risk.



Stay Informed

Visit the National Ovarian Cancer Coalition at www.ovarian.org to learn more about the disease, read up on the latest research and connect with others.

1 in 3 ...

Americans is obese. Another third of U.S. adults are overweight. Obesity is fast approaching smoking as the leading preventable cause of death.

1 in 3 ...

American women dies of heart disease and stroke. Twice as many women die from heart disease and stroke than all cancers combined.

1 in 3 ...

Americans lives with extreme stress. Physical symptoms include fatigue, obesity and heart disease.

Sources: National Center for Health Statistics; U.S. Department of Health and Human Services; American Psychological Association



Road Trippin' Tips

See if you're ready to hit the road with the family this summer, by taking this quick true/false quiz:

- 1** Children younger than 13 always should ride in the back seat.
- 2** If my tires don't appear flat, they're OK.
- 3** Drowsiness and cell phone use are serious accident risks on the road.

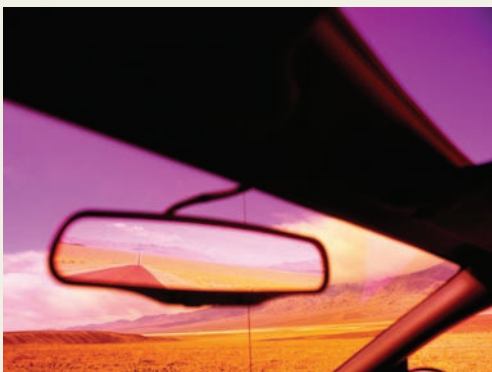
Answers:

1 TRUE. Generally, use rear-facing safety seats until infants turn 1 and forward-facing seats until age 4. Kids get booster seats until age 8 and, afterward, they can wear standard safety belts, provided they fit properly. Always follow safety equipment guidelines.

2 FALSE. Tires can naturally lose air over time. Low pressure causes the tire to wear prematurely, and it's bad for gas mileage. Buy a tire pressure gauge, check tires once a month and keep them inflated to the air pressure indicated on the side of the tire.

3 TRUE. A recent study showed nearly 80 percent of crashes and 65 percent of near-crashes were caused by drowsiness and distractions. To help, allow for frequent breaks to stretch and relax, and keep phone chats off the road.

Want more tips like these? Check out the National Highway Traffic Safety Administration online at www.nhtsa.gov.



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Back in Action

Disc replacement at Shore Memorial gets results

When the topic of nutrition arises, the word “artificial” is a red flag. But when the subject is neurosurgery, synthetics are often preferred. Artificial spinal discs made of surgical-grade stainless steel can relieve pain and potentially provide long-term health benefits to patients who are tired of hurting.

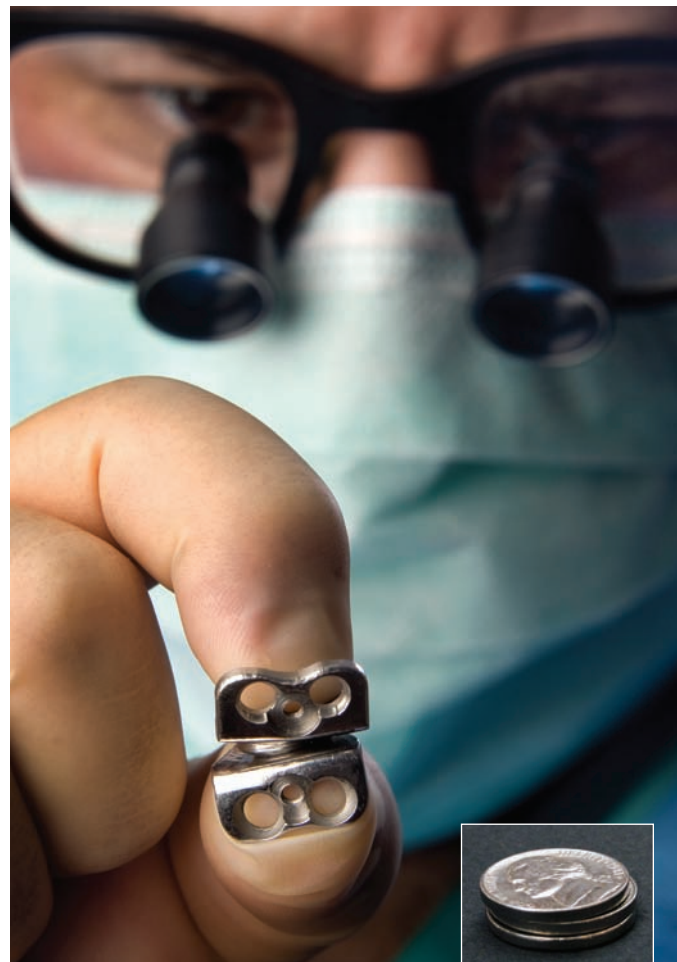
Michelle Desantis of Egg Harbor Township considers her artificial cervical disc nothing short of a miracle. “It’s wonderful,” she says. “It’s a real blessing that they have this surgery.”

Desantis began suffering terrible arm and hand pain about a week after a car accident. When an MRI revealed that one of her cervical discs was shattered, surgery was recommended. She was given the option between spinal fusion or artificial disc replacement.

“For me, it was an easy choice,” Desantis notes, choosing to go with a disc replacement. “My recovery time was much faster.”

Physical therapy three times a week helped Desantis regain lost strength and dexterity in her dominant arm and hand. In about two months, she was able to return to her job as a slot hostess at a local casino.

The neurosurgeon who performed the replacement, Robert Sabo, MD, FACS, is encouraged by Desantis’ quick recovery—and by promising results of ongoing studies regarding postsurgical recovery time, range of motion and adjacent segment disease.



Neurosurgeon Scott Strenger, MD, displays an artificial cervical disc used to replace damaged discs in the neck. The disc is equal in size and weight to three nickels stacked on top of each other.

Moving Smoothly

Nationwide, much of the attention regarding artificial discs focuses on their ability to preserve movement. Unlike traditional spinal fusions that bond two adjacent vertebrae directly together, artificial cervical discs like Desantis’ are inserted into the disc space and attached to vertebrae on each side. Two articulating components—a ball on top and a trough on the bottom—allow the device to flex, extend, bend and rotate similar to a natural joint.

Desantis, however, is most impressed with the relief it brought her. “Before surgery, I tried three different prescriptions and the pain still brought me to tears,” she recalls. “It was amazing how much better I felt right after the anesthesia wore off.”

Dr. Sabo, who is certified in cervical and lumbar disc replacement, is optimistic about the surgeries’ potential to help other patients. “They [disc replacements] represent a significant advancement in the field,” he notes. “It’s a wonderful option to be able to offer.” ■

Free Neck and Spine Surgery Education

If neck or spine surgery may be an option for you, make time for a free educational seminar at Shore Memorial Hospital. Physicians, nurses and staff members provide information about what to expect before, during and after various procedures.

Sessions are held in the Physical Therapy Department from 4 to 5 p.m. every second and fourth Thursday of the month. Registration is required. Call 609/653-3512 to reserve your seat.



Roasted Corn, Black Bean & Mango Salad

For a delicious salad with a sweet and spicy kick, try this recipe, courtesy of the American Diabetes Association's *EatingWell Diabetes Cookbook*. It makes a nice standalone dish, or works great as a side.

Ingredients

- 2 tsps. canola oil
- 1 clove garlic, minced
- 1½ c. corn kernels
- 1 large ripe mango, peeled and diced
- 1 15-ounce or 19-ounce can black beans, rinsed
- ½ c. chopped red onion
- ½ c. diced red bell pepper
- 3 Tbsp. lime juice
- 1 small canned chipotle pepper in adobo sauce, drained and chipped
- 1½ Tbsp. chopped fresh cilantro
- ½ tsp. ground cumin
- ½ tsp. salt, or to taste




Directions

Heat oil in a large nonstick skillet over medium-high heat. Add garlic and cook, stirring, until fragrant, about 30 seconds. Stir in corn and cook, stirring occasionally, until browned, about 8 minutes. Transfer the corn mixture to a large bowl. Stir in mango, beans, onion, bell pepper, lime juice, chipotle, cilantro, cumin and salt.

Makes 8 servings. Serving size: generous ½ cup each. Nutrition information per serving: 125 calories, 2 g fat, 26 g carbs, 4 g protein, 4 g fiber, 245 mg sodium.

Preparation Makes Perfect

Sometimes the way you cook foods (or don't) significantly affects their nutritional value. Here's how to best prepare a few that pack in the nutrition—especially when prepared right.

FOOD	TOMATOES 	GARLIC 	CARROTS, BROCCOLI, BELL PEPPERS 
Rich in	Lycopene	Allicin	Betacarotene and other compounds
Benefit	An antioxidant that's been connected to preventing cancer and other diseases	Has antibiotic properties and may benefit the cardiovascular system and help prevent cancer	Antioxidants linked to protecting memory and preventing cancer
How to prepare	Cook; this increases the amount absorbed in the body by as much as five or six times.	Let crushed garlic stand for 10 minutes before cooking. The time in the air allows the allicin to culture, which protects the anti-cancer compounds from heat.	Cook—but in a stir-fry, not water. Light cooking breaks down cell walls so nutrients are better absorbed but not destroyed.

Super Foods for a Super You

Antioxidants have a lot to offer. These vitamins and nutrients, such as vitamin C and selenium, may help reduce the risk of cancer, heart disease and other health conditions. According to the U.S. Department of Agriculture, certain foods are superior sources of antioxidants—including these top 10, listed in the order of those with the greatest amount:

- ▶ Small red beans
- ▶ Wild blueberries
- ▶ Red kidney beans
- ▶ Pinto beans
- ▶ Blueberries, cultivated
- ▶ Cranberries
- ▶ Artichoke hearts, cooked
- ▶ Blackberries
- ▶ Dried prunes
- ▶ Raspberries



NUTRITIONAL GEMS

Want to learn more about what nutritional compounds can be found in foods? Go to a searchable tool from the U.S. Department of Agriculture: www.ars.usda.gov and type "What's in the foods you eat search tool" into the search box.

Break the Cycle



Succeed in weight loss with these tips

Jon Grey, certified personal trainer at Tilton Fitness, develops individualized fitness programs to help each of his clients achieve his or her own personal goals. Tilton Fitness in Mays Landing and Galloway Township is affiliated with the Shore Memorial Health System.

Remember the fable of the tortoise and the hare? The moral is, slow and steady wins the race. It may work in weight loss, too.

When you're trying to lose weight, whether because of health challenges or a desire to look and feel better, eating the right foods and making changes for life may be more effective than fast weight loss through short-term dieting.

Fad diets often fail because dieters are prone to regain the weight when they inevitably return to their previous eating habits, says Lisa Corcione, a certified personal trainer and the fitness director at Tilton Fitness in Mays Landing. Success is a result of lifestyle changes and food choices.

Follow these steps to lose weight:

1 Go slowly. "When you're making small, meaningful changes, the weight will come off slowly, but it'll be more likely to stay off because you're building

good habits rather than crash dieting," Corcione says.

2 Be sure to eat just 300 to 500 calories under what you burn each day. If you start cutting too many calories, your metabolism slows to protect fat stores in expectation of a long period of food deprivation, Corcione says.

3 Eat only when you're hungry. Many people lose weight once they pay attention to this one tip, Corcione says.

4 Get good sleep. Studies over the past few years, including one by University of Chicago researcher Eve Van Cauter published in 2004 in the *Annals of Internal Medicine*, have found that sleep deprivation increases levels of a hunger hormone, which may lead to overeating. Plus, "When you're sleep-deprived, you're less likely to have the energy to exercise or to make good eating choices," Corcione says.

5 Exercise. It burns calories during the activity and revs up your metabolism afterward. It also builds muscle. "Muscle burns more calories than fat, so the more muscle you have, the more you can eat without gaining weight," Corcione says. Even still, keep in mind that the key to losing weight is consuming fewer calories than you burn. ■

HOW TO START

The fitness experts at Tilton Fitness can help you get started on the way to a healthier lifestyle. Call **609/FITNESS** to arrange a consultation, or visit www.TiltonFitness.com.

Looking to Lose

Cutting 500 calories from your day may be easier than you think.

Check out these ideas:

FOOD	SAVINGS IN CALORIES
Eliminate one can of soda	150
Use skim milk instead of cream in your coffee	40 (per 2 tablespoons)
Pass on the potato chips	300 (per small bag)
Top pasta with marinara (tomato) sauce instead of cream sauce	120 (per cup)
Use light salad dressing instead of regular dressing	110 (per 2 tablespoons)
Choose unsweetened applesauce instead of sweetened	100 (per cup)

NEW Knees, HAPPY Hips

Modern joint replacement techniques provide major benefits

Like most people who've had a hip or knee replacement—which replaces an arthritic or damaged joint with an artificial implant—60-year-old Ron Walton will tell you that he feels more mobile than he has in years.

“Before I had the knee surgery, just walking up a flight of stairs was painful. Now I can walk up and down hills, chase horses and get out and about and it doesn't hurt,” he says.

In Walton's case, as in many cases, replacing a knee or hip—especially using the latest techniques and technologies—can restore the ability to get up and go.

“I've had patients where the instrumentation we've used for surgery in the past might not have been as effective,” says Stephen Zabinski, MD, division director of orthopedic surgery at Shore Memorial Hospital. “But breakthroughs give us the ability to perform these more complicated kinds of procedures much more easily.”

Some of the latest advances include:

Computer-guided surgery. Among the most recent innovations in joint replacement, this technology will continue

to evolve over the next 10 years, Dr. Zabinski says. Sensors are hooked into the patient's bones, and a computer assists with navigation so the surgeon can place the implant with greater accuracy and precision.

Minimally invasive techniques.

Both knee and hip replacements can be performed today in a way that involves much-smaller incisions—as well as less muscle injury and soft tissue damage—than in the past.

“It's still a major operation, because you're cutting bone and disrupting some of the blood flow into the joint,” Dr. Zabinski says. “Pain and swelling will be about the same, but the scars are smaller.”

Partial knee replacements. This procedure isn't exactly new but has been making a comeback in recent years when coupled with other improvements in joint replacement, according to Dr. Zabinski.

In addition to a smaller incision, partial knee replacements take about half the healing time as total knee replacements, which require two or three months for a full recovery.

Material upgrades. Many of the advances in joint replacement result from the materials used to create the artificial joints. For example, hip replacements can be performed using components made of metal, ceramic or high-tech plastic, all of which can last 20 years or more.





Keep Your Joints Jumpin’

A lot of jumping around isn’t exactly good for your joints—but you can take steps to protect your joints and improve their health. Be sure to:

- ▶ **Maintain a healthy weight.** Every extra pound you gain puts four times the stress on your knees, but even a small amount of weight loss will give your knees relief, according to the Arthritis Foundation.
- ▶ **Get regular aerobic exercise, especially low-impact aerobic activities, such as bike riding, swimming or elliptical machines.** Those types of exercise will protect the joints and the muscles around them, says Jennifer Pesce, PT, director of rehabilitation services at Shore Memorial. “I see people in their 80s and 90s whose muscles, bones and joints are in pretty good shape thanks to regular exercise,” she says.
- ▶ **Include stretching to stay limber,** Pesce says. This helps prevent tight muscles, which exert extra force on joints and limit range of motion.
- ▶ **Add weight-bearing exercises, which keep bones strong,** Pesce says. Weight-bearing exercises include weight lifting, as well as aerobic activities in which you must support your own weight. Examples include running, skiing, soccer, rock climbing or jumping rope.
- ▶ **Take care of your joints starting today.** “Prevention starts at a young age,” Pesce says. “And yes, sports are great, but athletes need to learn how to take care of their joints and, if they get injured, they should seek treatment early so the injury doesn’t get out of control.”

Better fit. The companies that manufacture hip and knee replacement components today offer a broad range of sizes and shapes that fit almost anyone, which wasn’t always the case. Many women used to experience discomfort after knee replacement surgery—but now don’t—because standard components often were slightly too big and hung off the bone a bit, causing pain.

“Creating downsized components for women is a good idea, because they fit better,” Dr. Zabinski says. “And although customized implants can be made, they really aren’t necessary given the variety of options available today.”

Better pain management and physical therapy. Newer pain treatment options, such as nerve blocks, can help decrease the perception of pain—helping patients participate more actively in the rehabilitation needed for a complete recovery. More aggressive physical therapy also helps patients get back to regular activities, even exercise, much sooner than in the past.

And that’s not all. “We’re always looking for new treatment approaches, materials and techniques, all of which help surgeons achieve the best possible results,” Dr. Zabinski says. ■

LEARN MORE

Dr. Stephen Zabinski, orthopedic surgeon, will give a free medical lecture about computer-assisted joint replacement surgery and minimally invasive techniques.

When: May 12, 5 p.m.

Where: Jenkins Room, Shore Memorial

Registration is required.

Call 609/653-4500 to reserve your place.

Shore Memorial Physician Finder

What do you do when you need to pick a doctor? While it's a good idea to get a firsthand referral from a trusted source, friends and family don't always have the detailed background information to help you make the most informed choice.

Shore Memorial's Physician Referral Service is available 24 hours a day, seven days a week to help you find a doctor who best meets your needs. The free service provides information about physicians including insurances accepted, office locations and hours, and educational background. To find a doctor, call 609/653-4600, or visit www.shoredoctors.com.



KNOW YOUR NUMBERS.

Know your GFR. To learn more about Shore Memorial's Chronic Kidney Disease Management program call **609/926-4CKD**, or visit www.shorememorial.org.

Do You Know Your GFR?

You should. Your health depends on it.

Chances are you know your blood pressure and your cholesterol levels. These are important numbers to keep tabs on to maintain good health. But there's one number you likely don't know—your GFR. The GFR is your glomerular filtration rate, and it tells you and your doctor how well your kidneys are functioning.

1.7 million people in New Jersey have chronic kidney disease, and you could be one of them and not even know it. Ask your doctor about your GFR, especially if you have high blood pressure or diabetes. If it's below 60, it means your kidneys aren't working as they should. But there is help—Shore Memorial's Chronic Kidney Disease Management program is the only service of its kind in the region. It can help you control and maintain optimal kidney function.

The Ups and Downs of Blood Pressure

Remember the last time a nurse or doctor wrapped a cuff around your arm and inflated it, giving your arm a hard squeeze? But what does your reading mean? Read on to find out.

The top number measures the pressure against your blood vessels' walls when your heart is pumping. This is systolic pressure. The bottom number measures the pressure against the walls of your blood vessels when your heart is resting. This is diastolic pressure.

Normal blood pressure is less than 120/80 millimeters of mercury (mm Hg) or below and indicates blood is flowing easily throughout your body. Prehypertension is 120 to 139 for the top number and 80 to 89 for the bottom, indicating greater risk of having high blood pressure down the road. A reading of 140/90 is considered high blood pressure.

To get accurate results, the National Heart, Blood, and Lung Institute suggests that you sit still for five minutes before the test with back supported and feet flat on the ground. Rest your arm on a table level to your heart, and wear short sleeves so your arm is exposed.



FREE Blood Pressure Screenings

Shore Memorial's Wellness Program provides free blood pressure screenings every Friday from 11 a.m. to 1 p.m. in the Health and Conference Center, 649 Shore Road, corner of Shore Road and New York Avenue.



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