



SORE FEET?

Take a stand against foot pain with comprehensive podiatric treatment at Grant Regional.

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HEALTH SCENE®

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HAVE GRILL, BE SAFE

FIVE TIPS FOR A HEALTHY AND HAPPY BARBECUE SEASON

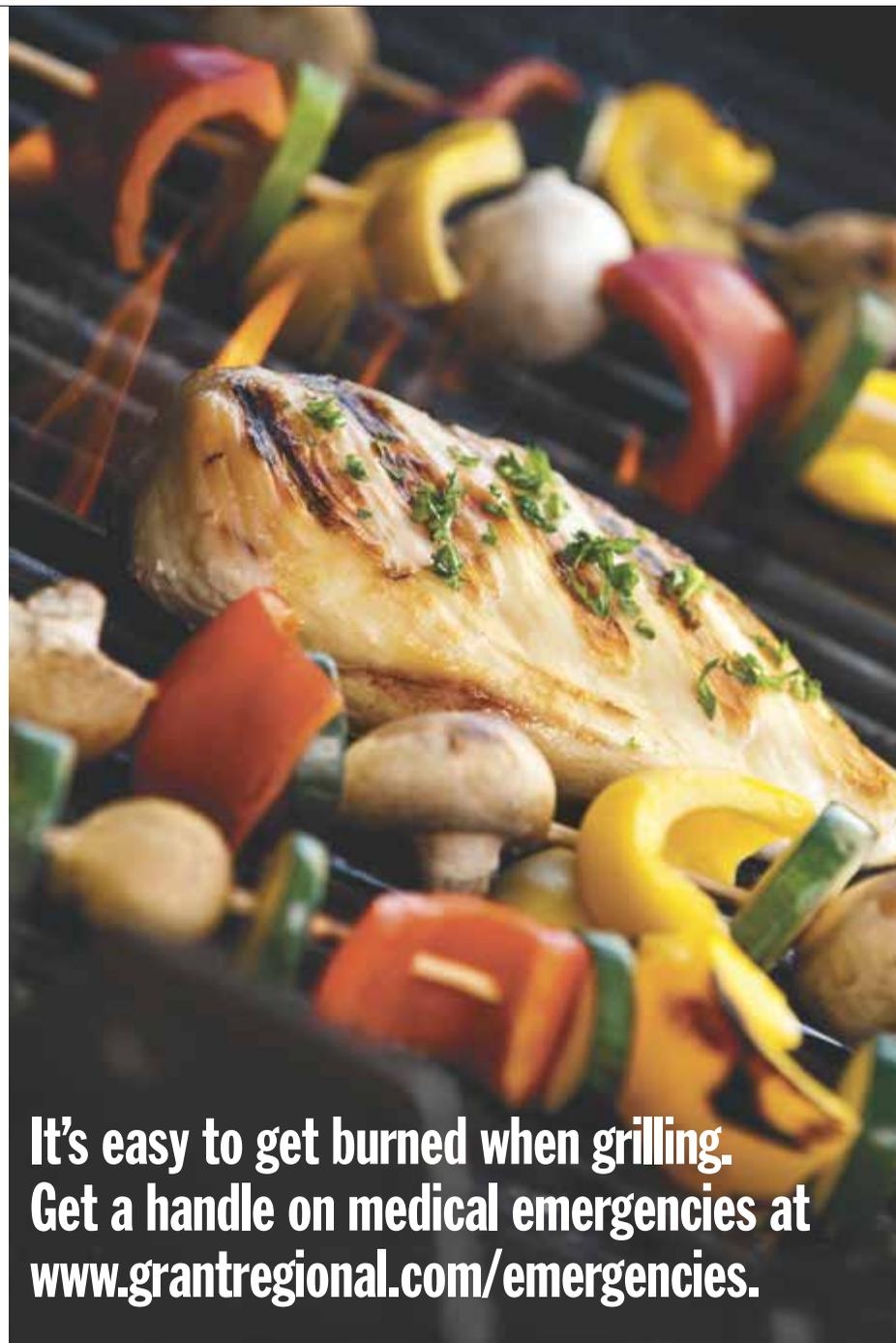
Backyard cooks: Got your tongs and grills ready? Before you crank up the heat, take the time to brush up on a few basics for safe and healthy cookouts.

1 Find a good spot. Grills—propane or charcoal—should never be used inside a home or garage or under a carport or breezeway. The dangers: fire or poisoning from carbon monoxide. Set up grills at least 10 feet away from buildings, and keep kids and pets at least 3 feet away from grills.

2 Don't taint your tools. Use separate tools for raw meat, cooked meat and other foods. Tools include tongs, forks, plates, spatulas, cutting boards and marinade brushes. Bacteria in raw meat and poultry can contaminate other foods.

3 Tame the risks of high heat. Cooking meats, poultry and fish at high temperatures can cause heterocyclic amines (HCAs) and polycyclic aromatic hydrocarbons (PAHs) to form on meat. These compounds may be linked to cancer. To minimize them, the American Institute for Cancer Research suggests:

- Cutting fat off meat before cooking.
- Marinating meats for at least 30 minutes before grilling.
- Grilling small pieces to reduce grill time.
- Using an indirect, low-heat flame.
- Flipping meats often while cooking.
- Cutting off charred parts before eating.



It's easy to get burned when grilling. Get a handle on medical emergencies at www.grantregional.com/emergencies.

4 Mind the menu. Eating wholesome, healthy foods helps prevent cancer and other serious diseases. When drafting a barbecue menu:

- Serve lots of fruits and vegetables. Try them grilled: HCAs and PAHs do not form on plant foods. Seared watermelon or onion slices? Delicious!
- Try poultry and fish on the grill. Diets high in red meats—such as beef and lamb—have been linked to an increased risk for colon cancer.

● Watch portions. Meat, poultry and other protein foods should take up only about one-quarter of your plate, according to the U.S. Department of Agriculture.

5 Make friends with a food thermometer. Cooking meats to the proper internal temperature kills off pathogens that can make you and guests very sick. Always use a food thermometer before calling, "Time to eat!"

Additional sources: Academy of Nutrition and Dietetics; National Safety Council; U.S. Consumer Product Safety Commission

HEALTH BITS

NOSE JOB See a head and neck doctor if you've broken your nose. Some noses can be fixed right away if treated within two weeks of the injury. Otherwise, you'll have to wait months to have surgery.

American Academy of Otolaryngology—Head and Neck Surgery



GO, FISH! Sardines are a powerhouse of healthy omega-3 fats, which are good for hearts, brains and bodies. Find these small fish fresh or canned and packed in water, tomato sauce, mustard sauce or oil.

American Institute for Cancer Research



ANOTHER REASON TO QUIT Smokers are at least three times more likely to develop bladder cancer than nonsmokers. One reason: Chemicals in cigarettes end up in the urine and affect cells in the lining of the bladder.

American Cancer Society

HUMAN PAPILLOMAVIRUS

THE FACTS TO KNOW

THE ONLY GOOD thing to say about the human papillomavirus is that you can call it HPV for short.

But it's all downhill from there.

HPV is the most common sexually transmitted infection (STI). So common, in fact, that just about everyone who ever has sex will eventually get it.

HPV isn't just one virus. According to the Centers for Disease Control and Prevention (CDC), there are more than 40 types of HPV that can be transmitted via sex.

Fortunately, most HPV infections disappear on their own—the virus simply goes away. About 90 percent are gone within two years of infection, notes CDC.

But the 10 percent that persist can cause serious health problems—including a number of cancers in both men and women.

HPV AND CANCER HPV infections that linger can damage cells, causing them to become abnormal. These abnormal cells can turn cancerous.

Almost every case of cervical cancer is caused by HPV, according to CDC. Other types of cancer linked to HPV infection include:

- In women—vulvar, vaginal, anal and oropharyngeal cancers (cancers in the back of the throat, including the base of the tongue and tonsils).
- In men—penile, anal and oropharyngeal cancers.

Cell damage from HPV also can cause warts to form in the genital areas of both sexes.

Learn how you can protect yourself from cervical cancer. Visit www.grantregional.com/CervicalCancer.

HOW YOU GET (OR AVOID) HPV HPV spreads when someone has skin-to-skin contact with an infected person—such as during vaginal, oral or anal sex.

If you're a sexually active adult, you can lower your risk of getting HPV by limiting the number of people you have sex with and by using condoms when you do have sex, though condoms don't prevent all genital contact.

You can also reduce your risk by being in a faithful relationship with one partner and by choosing a partner who has had no or few prior sexual relationships.

If you're a parent of preteen children, consider getting them vaccinated against HPV. Two brands of vaccine have been approved to help protect against HPV.

Cervarix and Gardasil can protect females against the types of HPV that cause most cervical cancers. Gardasil also can protect males and females against the HPV types that cause most genital warts. Both are given in a series of three shots and work best when given at ages 11 or 12, though both vaccines can be given to girls as young as 9 years old and to teens and young adults who did not get the shots when they were younger.

Talk to your child's doctor for more information.

HPV, FROM A TO Z You can read more about HPV by visiting CDC's website devoted to the virus at www.cdc.gov/hpv.



HPV and cervical cancer

For women, one of the major risks of being infected with the human papillomavirus (HPV) is an increased chance of developing cervical cancer.

It can take years for cervical cancer to develop after infection with HPV. Before it does, cells on or around the cervix (the lower, narrow part of the uterus) start to change and become abnormal.

These abnormal cells can be detected with a Pap test. When found early, the cells can be treated so that they don't become cancer, which is why getting regular Pap tests is so important for women.

The American Cancer Society recommends that women begin having regular Pap tests at age 21.

■ Women between 21 and 29 years old should have a Pap test every three years. If they have an abnormal Pap test, they should also be tested for HPV.

■ Women between 30 and 65 should have a Pap test and an HPV test every five years, though it's OK to opt to have only the Pap test every three years.

■ Women over 65 who have had normal Pap tests can stop being screened for cervical cancer. Certain women with a history of precancerous cervical cells, however, should continue to be tested for at least 20 years after that diagnosis, even if testing continues past age 65.

■ Women who've had their uterus and cervix removed—but have no history of cervical cancer or serious changes to cervical cells—should not get Pap tests.

POLYCYSTIC OVARY SYNDROME

HORMONES GONE AWRY

WOULD YOU FEEL ALONE in a room with 5 million people? That's the approximate number of American women who have polycystic ovary syndrome (PCOS).

So, you're not on your own if your doctor diagnoses you with this hormonal disorder, the No. 1 cause of female infertility in the U.S. You'll join a large group of women dealing with this often difficult condition. You'll also find that there are many options for treatment, as well as support to help you through.

WHAT IS PCOS? Women's ovaries normally produce both female and male hormones. With PCOS a woman's body makes more male hormones (androgens) than it needs.

These excess hormones interrupt the regular function of the ovaries. The eggs in the ovaries do not develop properly, and many small cysts form. Ovulation (egg release) and menstruation may not happen on schedule or at all, which is why PCOS can affect fertility.

You can make an appointment with Dr. Krynn Buckley, gynecologist, by calling 608-723-3249.

No one knows what causes PCOS. However, there seems to be a genetic link, so you're more likely to have it if someone in your family has it.

There may also be a link between PCOS and insulin, a hormone that regulates blood sugar. Many women with PCOS have problems with their blood sugar levels. High levels can increase the production of androgens.

SIGNS, SYMPTOMS AND TREATMENTS In addition to cysts on the ovaries and irregular or missed periods, signs and symptoms of PCOS may include:

- Unwanted hair growth on the body or face and thinning hair on the head.
- Obesity.
- Skin problems, such as acne or patches of dark skin.
- Pelvic pain.
- Anxiety or depression.
- Sleep apnea.

There is no cure for PCOS, but treatment can help many of the symptoms and hold off complications such as diabetes, heart disease and cancer of the uterus.

Treatment begins with lifestyle changes.

Limiting processed foods and added sugars will help lower weight while balancing blood sugar levels. For some women, losing 10 percent of their body weight is enough to restore normal periods and ease other symptoms.

Other PCOS treatments include taking: ● Birth control pills. ● Medications to control insulin. ● Medicines to block androgens.

Your doctor will help you learn about all the options and get you started toward a better quality of life.



ENHANCED SURGICAL *skill & expertise*

Grant Regional Health Center is pleased to offer an exceptional staff of surgeons who provide enhanced surgical skill and expertise for our region.



Brad Binsfeld, DO,
orthopedic surgeon

ORTHOPEDIC SURGEON BRAD BINSFELD, DO

Dr. Binsfeld began his practice at Grant Regional Community Clinic on April 15. He recently worked at MidMichigan Physicians Group, with offices in Alma, Mt. Pleasant and Clare. He specializes in orthopedic surgery and has interests in arthroscopic rotator cuff repair; total knee, hip and shoulder replacement; arthroscopic knee; and surgical and nonsurgical fracture care.

Dr. Binsfeld obtained his medical degree from Kansas City University of Medicine and Biosciences in Missouri. His internship and residency were completed at Genesys Regional Medical Center with Michigan State University in Grand Blanc. While he was in residency, he was the chief resident in his class.

Dr. Binsfeld chose to practice in the field of orthopedics because he found it to be energizing. He believes that working with patients, exploring operative and nonoperative treatment options, and arriving at the best solution is the most rewarding part of his career.

Grant Regional welcomes Dr. Binsfeld to our medical community and also extends best wishes to Ron Reschly, MD, orthopedic surgeon, on his recent retirement. Dr. Reschly served Grant Regional for the past five years.

Dr. Binsfeld looks forward to meeting new patients and welcomes the opportunity to "help patients achieve their goals."



For more information or to schedule an appointment with Dr. Binsfeld, please call Grant Regional Community Clinic at 608-723-2131.



Krynn Buckley, MD,
gynecologic surgeon

KRYNN BUCKLEY, MD, GYNECOLOGIC SURGERY AND WOMEN'S WELLNESS

Dr. Buckley has served our Grant Regional Health Center female patients since January 2013. Her practice focuses on women's wellness, gynecologic issues and early screening tests to maximize your quality of life.

Dr. Buckley received her medical degree from the University of Nebraska Medical School and completed her internship and residency at the University of Nebraska Medical Center—Omaha. With over 20 years of experience, she is board-certified and a fellow of the American College of Obstetricians and Gynecologists.

Dr. Buckley's practice targets those women in need of

gynecologic and pelvic surgery, along with comprehensive female examinations and infertility treatment. Specialty areas include urinary incontinence, prolapse problems and abnormal bleeding.



To schedule an appointment with Dr. Buckley, please call Grant Regional's Specialty Clinic at 608-723-3249 or visit our website at www.grantregional.com for further information.



Carl R. Sunby, MD,
general surgeon

GENERAL SURGEONS CARL R. SUNBY, MD, AND ADAM SCHOPE, MD

Dr. Sunby and Dr. Schope joined Grant Regional earlier this year and now provide our region with local access to exceptional surgical care. They work closely with our clinical staff to ensure that procedures are handled with the utmost skill; expertise; and a focus on personal comfort, safety and rapid recovery.

Dr. Sunby has become a member of Grant Regional's department of general surgery following a 20-year practice in general surgery at Dean Medical Center in Madison, Wisconsin. He is a graduate of the University of Wisconsin School of Medicine. He completed his general surgical residency and fellowship in surgical infectious diseases at the State University of New York at Buffalo School of Medicine. Dr. Sunby also served in the U.S. Navy as a fleet surgeon for the Marine Corps. His active duty tours include Desert Shield/Desert Storm and operations in Central America.

Dr. Sunby's areas of special interest in general surgery include laparoscopic surgery, breast surgery, endocrine surgery and colorectal surgery. He is board-certified through the American Board of Surgery and is also a fellow of the American College of Surgeons.

Dr. Schope joins our medical community after practicing in Dubuque, Iowa, for the past six years. He received his medical degree from the University of Iowa in Iowa City and completed his internship and residency at the University of Missouri—Kansas City. He is also board-certified in general surgery. He is highly skilled in leading-edge procedures, and Grant Regional is proud to offer his expertise to patients in our surrounding communities.



For more information or to schedule an appointment with Dr. Sunby or Dr. Schope, please call Grant Regional Community Clinic at 608-723-2131.

HEART FAILURE



Diagnosis: HEART FAILURE

How you can take control

It beats roughly 100,000 times, sending about 6 quarts of blood on more than 4,300 round trips through the body. In the process, it provides life-sustaining oxygen and nutrients to trillions of living cells. ♦ That's what the heart does every day—all without ever taking a break.

It's impressive to hear—and maybe a little frightening, too, if you've been diagnosed with heart failure. After all, *heart failure* sounds like the heart has stopped doing its job.

Actually, that's not the case. Heart failure is a condition in which the heart doesn't pump blood as well as it should. The American Heart Association (AHA) reports that it affects nearly 6 million U.S. residents—and it's serious.

For most people, though, it's also highly manageable. With a doctor's help and a commitment to following a treatment plan, you can take charge of heart failure and have a good quality of life.

PROBLEMS AT THE PUMP Normally, blood is pumped through the right side of your heart to your lungs, where it picks up oxygen. It then goes back to the left side of the heart, where it's pumped out to the rest of your body. Heart failure may affect either the right or the left side of the heart—or both.

In left-sided heart failure—the type that usually develops first—the heart has trouble moving blood to the body, which causes the blood to back up. Right-sided heart failure may follow later. It often occurs when increased pressure from accumulating fluid caused by left-sided heart failure is essentially transferred back through the lungs to the heart's right side. That side of the heart is then damaged as a result.

You might have also heard the term *congestive heart failure*. When blood backs up, it can cause congestion in the body's tissues. This can lead to swelling in the feet, legs and other areas of the body, as well as weight gain. When fluid accumulates in the lungs, it can cause shortness of breath and coughing, especially when lying down.

Other possible heart failure symptoms include irregular heartbeat, wheezing, fatigue and confusion.

COMMON CAUSES Many different diseases or conditions can trigger heart failure. The most common causes include:

Coronary artery disease. This is a buildup of plaque in the heart's arteries. It can raise blood pressure, restrict blood flow and lead to a heart-damaging heart attack.

High blood pressure. When blood pressure is too high, the heart has to work harder than normal to circulate blood. Over time, this weakens the organ.

Where's the sodium? It's hidden in places that might surprise you

When you have heart failure, there's at least one aspect of managing your care you might find surprising: playing detective.

It involves sleuthing for sodium—or salt. It's found in a lot of foods and can make your condition worse by causing fluid buildup and forcing your heart to work harder.

Key sources

About 75 percent of the

sodium we consume comes from processed and restaurant foods—and not just things you might expect, like potato chips or french fries.

According to the American Heart Association (AHA), top food sources of sodium include bread and rolls, cold cuts and cured meats, pizza, poultry, soup, and sandwiches. Other foods may contain sodium

too. You might not know unless you go looking.

Read labels

It's a good idea to ask restaurants about low-sodium items on their menus. And reading labels will help you find and choose the prepared and packaged foods that are likely to be healthiest at home.

Specific terms you might see on labels, and

their meanings, include:

■ **Sodium-free or salt-free**—which means less than 5 milligrams of sodium per serving.

■ **Very low sodium**—which means 35 milligrams of sodium or less per serving.

■ **Low sodium**—which means 140 milligrams of sodium or less per serving.

■ **Reduced or less sodium**—a product's usual sodium content has been reduced

by 25 percent per serving.

■ **Light in sodium**—the sodium has been reduced by 50 percent or more per serving.

Many people think sea salt is a healthier option than other types of salt.

However, its sodium content is really no different.

Generally, the AHA recommends limiting sodium consumption to less than 1,500 milligrams per day.

Diabetes. People with diabetes often develop high blood pressure and plaque buildup.

Other conditions that may contribute to heart failure include structural defects of the heart; heart valve problems; cardiomyopathy (heart muscle damage that may be present at birth or caused by an injury or infection); and arrhythmias (irregular heartbeats).

Occasionally, other factors—such as cancer treatment, thyroid disorders, and use of alcohol or illegal drugs—can also play a part.

LIVING WITH HEART FAILURE Once heart failure is diagnosed, doctors focus their attention on four areas:

- Treating the condition's underlying cause.
- Reducing symptoms.
- Preventing heart failure from getting worse.
- Helping you live longer—and better.

Specific treatment will depend on the cause of your heart failure and how severe it is. Generally, treatment includes making lifestyle changes, taking medications and getting ongoing medical care.

Lifestyle changes. A person's behaviors often have a big impact on heart failure, so lifestyle changes are an essential part of treatment, reports the American College of Cardiology.

For instance, it's important to lose weight if you're overweight and to quit smoking if

you smoke. Also, you should get adequate rest and regular physical activity—with a doctor's guidance.

A healthy diet will be important as well. It includes a variety of fruits and vegetables; whole grains; fat-free or low-fat dairy products; and protein foods such as lean meats, poultry without skin, beans, nuts and seeds.

Other dietary goals typically include:

- Cutting back on sodium, something that can cause your body to retain extra fluid and raise blood pressure.
- Limiting added sugars, refined grains, and foods high in saturated fat and trans fat, which are the main sources of artery-clogging cholesterol.
- Getting adequate—but not excessive—potassium, a nutrient found in potatoes, spinach, bananas and other foods that can be depleted in the body by some heart failure medications.
- Avoiding alcohol.
- Monitoring fluid intake based on your doctor's advice. Drinking too much may worsen your condition.

Test your knowledge of heart health at www.grantregional.com/HeartHealthQuiz.

Medication. Typically, a combination of medicines is used to address the underlying conditions causing heart failure and to slow progression of the disease. Among them are:

- Diuretics, which eliminate excess fluid in the body. This may help reduce congestion and swelling.
- Angiotensin-converting enzyme inhibitors (called ACE inhibitors), which lower blood pressure and lessen strain on the heart by reducing how much angiotensin—a substance that causes blood vessels to narrow—is made in the body.
- Angiotensin receptor blockers, known as ARBs, which limit or stop angiotensin's effects on blood vessels.
- Beta blockers, which slow heart rate and reduce blood pressure. This can be helpful because as the heart weakens, it tends to beat faster.
- Vasodilators, which help blood vessel walls widen or relax so blood can move more easily and the heart doesn't have to work so hard.
- Aldosterone antagonists, which aid the body in getting rid of salt and fluid. That can help reduce the volume of blood the heart must pump.
- Digoxin, which makes the heart beat stronger and pump more blood.

Keep in mind that certain medicines, including over-the-counter drugs and herbal products, can make heart failure worse or produce dangerous interactions with heart failure medications. Be sure to inform your doctor of all medicines you take.

Ongoing medical care. Of course, working closely with your doctor is essential in all aspects of treatment.

It's important to discuss how often you should have checkups as well as what potential problems you should watch for at home and which ones you should bring to your doctor's attention.

For example, your doctor may ask you to monitor your blood pressure and to weigh yourself daily to identify increased fluid retention. If you spot a problem early, you may be able to take steps that will keep it from getting worse.

Your doctor can guide you through other things as well, including getting flu and pneumonia vaccines and managing your emotional health in addition to your physical well-being. Living with heart failure can be a big adjustment.

TAKE CHARGE Heart failure requires close attention and careful management. But remember, it's a condition that, to a great extent, allows you to stay in charge. When you do, your reward may be a longer—and better—life.

Talking about advanced heart failure

Heart failure can often be successfully managed. But there's no cure for the condition. And over time, it tends to get worse.

Even with advanced heart failure, there are treatments that can be helpful. They range from implantable devices that help the heart do its job to a heart transplant.

Like other medical therapies, though, they come with potential downsides and risks, some of which are significant. It can be difficult to know whether they're right for you.

For example, in some cases, a left ventricular assist device may improve the heart's pumping action and reduce shortness of breath as the heart grows weaker, reports the American Heart Association.

However, the device increases the risk for infection and stroke. And it must be connected to a power source worn outside the body. Some people might decide these drawbacks are not worth the potential benefits.

An open conversation in which you and your doctor honestly discuss your condition, priorities and preferences can help you decide how to proceed when weighing your options.

The process is known as shared decision making, and it provides you with the information you need to make the best possible choices for you. And it ensures you don't have to make those choices on your own. Even your family and friends can be involved, if you want them to be.

Decisions surrounding advanced heart failure can be difficult. And they may unleash a flurry of emotions. But frank discussion can be extremely beneficial.

Talk with your doctor about shared decision making and how it may be helpful for you.



HEALTH TALK NEWS, VIEWS & TIPS



The flip side

Babies need time on their tummy

From the start, your baby needs lots of love, lots of feedings, a lot of diaper changes—and a little bit of tummy time.

Babies spend much of their time sleeping, which means spending most of their time on their back. But tummy time is important too. In that position, babies can practice lifting their head, which helps them strengthen their neck and arm muscles.

Start out with just a few minutes of tummy time a few times a day. Increase the time as your baby gets used to being on his or her tummy. You can:

- Place your baby on a clean blanket on the floor. Put a toy or two nearby to catch your baby's eye. And get down at eye level yourself—your baby will love the interaction.
- Put your baby tummy-down on your own stomach or chest as you recline in bed or in a chair.
- Support your baby's head as you hold him or her across your lap, tummy down. You can use your legs to gently rock your baby side to side or up and down.

Sources: American Academy of Pediatrics; March of Dimes

Enjoy germ-free good eats

Tips for buying and prepping fruits and vegetables

Tasty tomatoes. Mouth-watering melons. Succulent strawberries.

Fruits and veggies come packed with flavor—and nutrition. But they can also harbor harmful bacteria that may make you sick, such as salmonella and *E. coli*.

Help protect yourself and your family from food-borne germs and illnesses with these safety tips.

- Wash all produce under running water, but skip the soap, detergent and commercial cleaners, which are not needed or recommended.

- Use a produce brush to scrub firm produce.

- Dry items with a clean towel or a paper towel.

- If the package says the produce is prewashed, you can use it without washing it again.

- Try not to use the same cutting boards and utensils for meat, poultry and fish that you use for produce.

- Cut out damaged or bruised parts of any produce before cooking.

- Wash countertops, utensils and cutting boards with hot soapy water after preparing fruits and vegetables.

Sources: Academy of Nutrition and Dietetics; Centers for Disease Control and Prevention; U.S. Department of Health and Human Services; U.S. Food and Drug Administration

At the store or market

- Avoid buying bruised or damaged produce.

- Buy only the amount of produce you'll use in a week.

- If you buy pre-cut produce, be sure that it has been refrigerated or surrounded by ice.

- Put produce in one bag and meat, poultry and fish in another.

In the refrigerator

- Keep perishable produce in a clean refrigerator at 40 degrees or below.

- Refrigerate all pre-cut or peeled produce. If you cut or peel it yourself, make sure to get it in the refrigerator as soon as possible, or within two hours of prepping it.

- Store produce away from meats that may drip juices.

In the kitchen

- Wash your hands before and after handling produce.



Make a splash for safety

It keeps you cool when summer sizzles, and it's a splash-filled blast with family and friends. But whether you're at a backyard pool or an ocean beach, there's a serious side to water that deserves a great deal of respect.

Following these expert tips and reminders can help reduce the very real risk of drowning and help keep everyone safe around water.

Keep a watchful eye on kids. Take care to avoid distractions, such as cellphone calls, when children are in or around water. They need adult supervision at all times. In fact, the littlest ones should always be within arm's reach.

Teach swimming skills and rules. Give serious

thought to enrolling your children in swimming classes. Make sure kids always ask permission to go near water. Even good swimmers need supervision.

Fence your pool. If you have a home pool, it needs a proper barrier to discourage unsupervised kids—children can wander into danger in mere minutes.

Swim where it's safe. Swimming at beaches, lakes or rivers can be safe in designated areas with lifeguards. Obey any beach hazard warnings, and understand the dangers of rip currents and what to do if you're caught in one.

Always wear life jackets in boats. Kids and inexperienced swimmers should also wear life jackets anytime they're around water.

Don't swim solo. It's safer to swim with a partner, regardless of your skill level.

Sources: American College of Emergency Physicians; American Red Cross; Centers for Disease Control and Prevention

Safely say goodbye to your medicines

Lotions and potions and pills. Oh, my!

Chances are you have them stashed in drawers and cabinets all over your home—lots of prescription and over-the-counter remedies, many of which you no longer need or use.

If that's the case, there's good reason to get rid of them. When medicines are past their expiration date, they may not work well. Some may even become dangerous.

You shouldn't just toss old medicines in the trash, though. Children might get ahold of them, or an adult might get them and use them illegally.

For proper disposal:

1 Read the label or information that came with the medicine. It may offer instructions, such as to flush it down the toilet. This method of disposal isn't recommended for most medicines. For some, though, it's the safest option.

2 See if there are drug take-back programs in your area. These allow you to bring unused medicine to a central location for proper disposal. Your pharmacy may have information about these programs. Or visit www.deadiversion.usdoj.gov.

3 If there are no disposal instructions or nearby take-back programs, take the medicine out of the bottle and mix it with something undesirable, like kitty litter or coffee grounds. Then put the medicine in a sealable bag or other container before placing it in the garbage.

If you have questions, talk to your pharmacist.

Sources: Institute for Safe Medication Practices; U.S. Food and Drug Administration



SPECIALTY CARE RIGHT IN YOUR NEIGHBORHOOD

Foot health

DON'T TIPTOE AROUND ITS IMPORTANCE

If you had a headache every single day, you probably wouldn't tell yourself, "Oh, well, another day, another headache. That's part of life." But many people go through that very routine when it comes to sore feet, says William F. Chubb, DPM, FACFAS, CWS, podiatrist at Grant Regional Health Center.

"The health of your feet, despite their distance from your heart, can affect your overall health," Dr. Chubb says. Achiness or pain in your feet can have many causes, and you shouldn't ignore foot pain or regard it as a normal part of life.

The American Podiatric Medical Association (APMA) considers your feet a marvel of engineering. Together, your two feet contain more than 50 bones, accounting for

about one-fourth of all the bones in your body. And somehow they also make room for more than 60 joints and 200 muscles, tendons and ligaments that hold them together and help them move.

It's not surprising that many problems can affect your feet. For starters, they have a very tough job. Over the course of your life, you put a lot of wear and tear on your feet, Dr. Chubb says. Simply walking around on an average day pounds



How much do you know about your feet? Go to www.grantregional.com/FeetQuiz.

them with hundreds of tons of force.

Think of all the activities that stress your feet. Your job may require that you stand or walk around for hours at a time. Your choice of exercise, like running, can really impact your tootsies as well. And then there's the matter of

style. Women often wedge their feet into shoes that don't give them the room or support they need.

Some of the issues or problems associated with feet that Dr. Chubb treats include:

- Corns, calluses, bunions, warts.
- Flat feet.

- Heel spurs and heel pain.
- Ingrown toenails and other nail problems.
- Orthotics (shoe inserts).
- Poor arches.

Surgical services include:

- Bunion repair.
- Heel spur removal.
- Hammertoe repair.
- Plantar wart removal.
- Ingrown toenail removal.



**William F. Chubb, DPM,
FACFAS, CWS, podiatry**

Dr. Chubb attended the University of Wisconsin-La Crosse where he received a bachelor's degree in 1987 with a major in biology and a minor in chemistry. He received his doctorate in podiatric medicine from the Dr. William M. Scholl College of Podiatric Medicine in Chicago in 1991. Dr. Chubb did his first residency at Cook County Hospital in Chicago and then a second, two-year surgical residency at the Thorek Hospital, also in Chicago. He visits Grant Regional every Friday and welcomes new patients.

For more information or to schedule an appointment with Dr. Chubb, call **608-723-3249**.

Solution for thick, discolored toenails! Laser treatment for nail fungus

Never be embarrassed by problem toenails again! Grant Regional Health Center's laser treatment can rid your toenails of unwanted fungus and discoloration. The result leaves strong and healthy nails—ready to show off!

Before the advent of laser treatment, the only products available to treat fungal discolored nails were strong medications that can cause liver damage and largely ineffective liquids and creams that are time-consuming to apply. The laser procedure is a quick, easy, safe and highly effective procedure that treats the fungus at the source. We welcome you to stop by for a consultation to find out if you are a good candidate for nail fungus treatment.

What to expect

While lasers may seem scary to some, they use safe light energy and are used daily for cosmetic procedures. Now the same state-of-the-art technology can be used to treat toenail fungus. This safe and painless laser treatment irradiates the fungus and kills it without any damage to surrounding nail or skin.

The laser treatment will take about 20 minutes to treat both feet. As each toe is treated by the laser, you will feel a mild, warming sensation. Many times only one treatment is necessary.

The laser treatment potentially consists of up to three

sessions beginning at day 1, 6 weeks and 12 weeks, if necessary. Shoes and nail polish can be worn immediately after treatment. We will discuss post-treatment care to avoid fungal reinfection.

Significant improvement can be seen over one year, but many times you will notice results within two to four months, depending on how quickly your toenails grow. New, clear growth begins to appear at the bottom portion of your nail as the diseased portion of your nail grows out.

Frequently asked questions

Q Is the laser treatment painful?

A There is no need for anesthesia or painkillers. There might be a slight sensation of heat, but that subsides quickly. The laser light passes through the toenail without damaging the surrounding skin.

Q Does this laser treatment work?

A Studies show that laser fungal treatments clear the nail of fungus as well or better than other treatments. The benefit of laser care is that only one treatment may be necessary.

Q What is nail fungus?

A A fungus is an organism that lives in warm moist

areas. Fungus of the toenails is a common problem that can affect people of all ages, although it most commonly affects individuals who are older. Toenail fungus often begins as an infection in the skin called tinea pedis (also known as athlete's foot). Over time it grows underneath the nail and causes changes to its appearance, such as a yellow or brownish discoloration.

Not everyone with discolored toenails may be a candidate for this procedure. Some toenails are discolored from an injury rather than a fungus, in which case the toenail would not improve from the laser treatment. A complimentary consultation is available to make sure the toenail is affected by fungus.

Q Is this covered by my insurance?

A This procedure is considered aesthetic and therefore health insurance does not provide coverage, but you may check with your health insurance for reimbursement.

Q Who administers the treatment?

A This treatment is administered by registered nurses with advanced laser certification.

▶ For more information about our laser treatment for nail fungus, please call **608-723-9202** or visit www.grantregional.com.

FOOD
NUTRITION



FILL GLASS AND REPEAT

Staying well-hydrated is a must

IN THIS AGE OF SUPERFOODS, water may be a little underrated. For all the good it does your body, you might even say it deserves an outpouring of praise.

In fact, staying well-hydrated is essential. Every cell in your body needs water to stay healthy. Water also

helps regulate your temperature, cushion your organs, lubricate your joints and keep your digestive system going strong.

GET ENOUGH Your body loses water through sweat, when you use the toilet and even when you exhale. And that water must be replaced. Keeping your body hydrated is usually a matter of drinking something when you're thirsty and with meals.

In addition to water, beverages such as milk, fruit juice, and even (in moderate amounts) coffee or tea can contribute to meeting your body's need for fluids.

However, you may need to drink more fluids when it's hot out or if you play sports or do a lot of vigorous exercise. Otherwise, your body could overheat or become dehydrated. You are also more likely to become dehydrated when you have a fever or diarrhea or you're vomiting.

If you want to know if you're getting enough to drink, take note of your urine color (morning is an ideal time). It should be pale yellow, not dark.

Look for healthy recipes that include foods high in water at www.grantregional.com/HealthyRecipes.

TURN ON THE TAP Here are some ideas that can help you stay well-hydrated:

Have some H₂O to go. Carry a refillable water bottle. If your bottle is freezer-safe, chill your drink overnight.

Drink up when you wake up. Have a glass of water in the morning—and at breakfast, lunch and dinner.

Please your palate. Don't like how plain water tastes? Add a lime or lemon slice.

Plate up more produce. Fruits and veggies are often water-rich, including carrots, tomatoes, lettuce, melons and oranges.

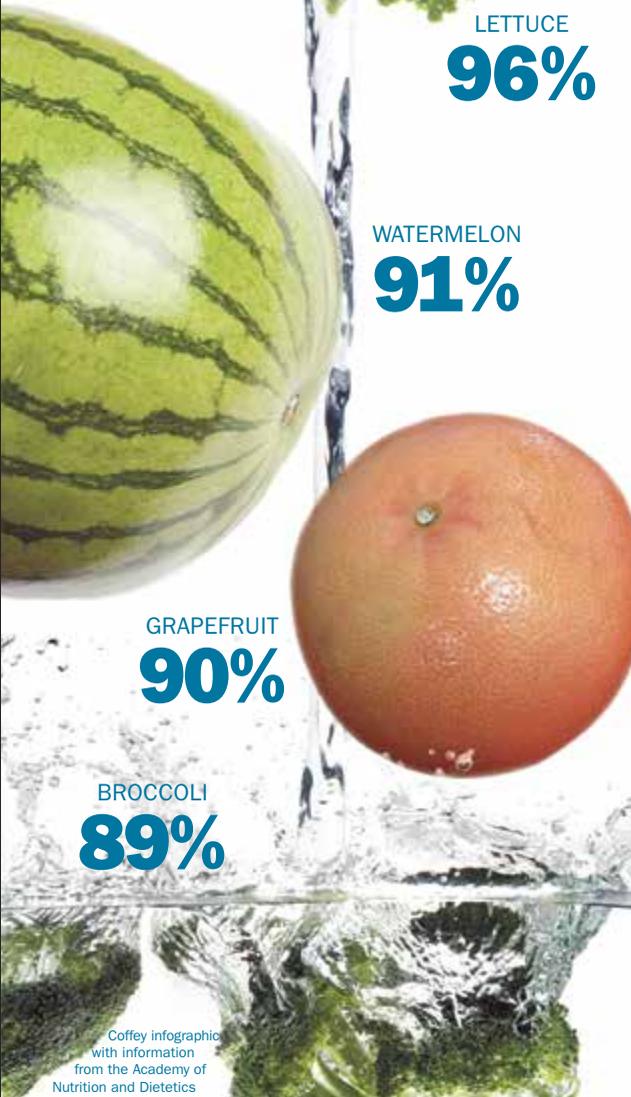
Up your intake. Make sure you drink water before, during and after exercising.

Sources: American Academy of Family Physicians; American Council on Exercise; Centers for Disease Control and Prevention

Thirst quenchers

Drinking water can help you stay hydrated.

But so can eating these foods, which have a large percentage of water.



Coffey infographic with information from the Academy of Nutrition and Dietetics

PROVIDER LISTING



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■ Sheirlie LaMantia, MD
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FIND OUT MORE ABOUT OUR DOCTORS AT WWW.GRANTREGIONAL.COM/PROVIDERS.

Save lives by donating blood



Mississippi Valley Regional Blood Center is the exclusive provider of blood to Grant Regional Health Center. Donating blood is a safe and simple procedure that only takes about an hour. Blood donation saves lives. It's simple, yet important. For more information or to schedule a donation time, call Janis Waddell at **608-723-2143, ext. 216**.

Donate at a blood drive at Grant Regional Health Center, Monroe Conference Room

■ **Tuesday, July 29:** 9 a.m. to 1 p.m.
■ **Wednesday, Sept. 24:** 9 a.m. to 1 p.m.
■ **Tuesday, Aug. 26:** 2:30 to 6:30 p.m.

HEALTH SCENE is published as a community service for the friends and patrons of GRANT REGIONAL HEALTH CENTER, 507 S. Monroe St., Lancaster, WI 53813, telephone 608-723-2143, www.grantregional.com.

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Information in HEALTH SCENE comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider.

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