

Healthy Living



PHOENIXVILLE
HOSPITAL

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Better, faster urologic care, close to home

Whether you suffer from conditions like incontinence, vaginal prolapse (dropped womb) or prostate cancer, university-trained urologists at Phoenixville Hospital have one common goal—to deliver high-quality care by staying ahead of the latest advances in the field.

TREATING VAGINAL PROLAPSE

For women suffering from vaginal prolapse, which can occur after childbirth, Phoenixville Hospital offers minimally invasive procedures that can restore a patient's pelvic support, eliminate pelvic discomfort symptoms and allow patients to lead healthier, active lives. "Basically, many of these procedures use a synthetic mesh to reinforce damaged lax pelvic ligaments," says **Jose Moreno, M.D.**, a Phoenixville Hospital urologist experienced in pelvic reconstructive surgery. "Studies demonstrate that our technique offers better long-term durable outcomes for patients."

HELP FOR INCONTINENCE

For women suffering from urinary incontinence, there's an array of treatment options, including medications, physical therapy, injection of advanced synthetic substances and effective minimally invasive bladder-neck suspension procedures. "For some patients, physical therapy can be successful while others can dramatically benefit from a vaginal tape procedure, which has been refined to yield robust results and a quick return to normal activity," says Dr. Moreno. "It's important for patients to know that they no longer have to suffer with this common, embarrassing condition which can limit a woman's ability to exercise and be active." In fact, Phoenixville Hospital urologists are skilled in incontinence issues impacting both women and men.



Surgeons can view a clear, high-resolution 3-D image of the surgical site through the new *da Vinci*® Surgical System console.

HI-TECH, MINIMALLY INVASIVE CARE

A new category of surgery, introduced with the development of the *da Vinci*® Surgical System, a sophisticated robotic platform designed to expand the surgeon's capabilities—and for the first time—offer a minimally invasive option for major surgery, is being used for prostatectomy and other urologic procedures. This minimally invasive approach, utilizing the latest in surgical and robotics technologies, is ideal for delicate urologic surgery. "Using *da Vinci*, we have a better tool to spare surrounding nerves, which may enhance both the patient's recovery experience and clinical outcomes," says **Pankaj Kalra, M.D.** "With *da Vinci*, small incisions are used to introduce miniaturized wristed instruments and a high-definition 3-D camera. Seated comfortably at the *da Vinci* console, we're able to view a

Learn more!

For more information about urology care or treatment, call Phoenixville Hospital at (888) PHX-DOCS.

SURGERY 101:

A manual for peace of mind

Did you take your Girl Scout or Boy Scout oath seriously as a child? If so, to this day you're probably sure to pack what you need before a hike: a map, compass, first-aid kit, water and healthy snacks. You ask what the terrain is and where the trail ends so you can get home on schedule.

When it comes to surgery, studies have shown that this same "be prepared" principle can ease pre-op anxiety, reduce your hospital stay and speed recovery.

If you're about to undergo surgery, ask your doctor to describe the procedure completely. Knowing what to expect can defuse stress and help you approach surgery day with a calm head.

Here are some other ways you can make the time before, during and after surgery run more smoothly:

BEFORE YOUR PROCEDURE

- Follow your physician's instructions about refraining from smoking, eating and drinking before the procedure.
- Ask your physician about taking aspirin or other anti-inflammatory drugs before surgery. Because they're blood thinners, these medications may cause excessive blood loss.
- Tell your doctor which prescription and over-the-counter drugs you take. This goes for vitamins and herbs, too, as certain herbal remedies, such as St. John's wort and kava, may extend the effects of anesthesia or create other complications.
- You won't be allowed to drive after the procedure, so make reliable transportation arrangements.
- Organize your home. Make sure you have groceries or frozen meals on hand. If climbing stairs will be a problem, make sleeping arrangements downstairs.

- Practice relaxation techniques such as meditation or yoga. These will help calm you and speed post-op healing.

DURING YOUR HOSPITAL STAY

Your cozy robe or a favorite photo will warm your surroundings and soothe you. Having family and friends visit will bolster you, but don't be afraid to set limits: You'll need some time to rest and recuperate without interruptions.

HOME AGAIN

A little help from friends can be useful. If worries about housework or bills are nagging at you, ask someone to take care of these chores. In the meantime, the relaxation methods you used before surgery can help you feel better now, too. Imagine yourself in the near future doing something you enjoy, such as taking an invigorating hike.



A sharper image

New scanner gives doctors an inside look

Phoenixville-area patients with heart, lung or brain diseases have an important new diagnostic tool available to them: a 40-slice computed tomography (CT) scanner. Typically found at research-oriented institutions and advanced medical centers, a 40-slice CT scanner quickly collects detailed images of the body and provides physicians with data they need to make a diagnosis. "We're excited to be able to bring this level of technology to Phoenixville Hospital," says **David Levy, M.D.**, chairman of the department of diagnostic imaging at Phoenixville Hospital.

QUICKER, BETTER IMAGES

The 40-slice CT scanner can complete a comprehensive organ assessment in seconds. It's particularly beneficial for diagnosing diseases/problems in areas of the body that contain moving organs, such as the chest. "The new machine has a number of upgraded features that not only give more detailed information to our physicians but also provide more comfort for our patients. It's an important imaging tool," says Dr. Levy.

CT scanners take X-ray images from different angles and then process them to provide a detailed cross-section of the tissue or organ studied. The advanced 40-slice CT scanner takes more images much faster—up to 100 different images of an area per second.

OTHER TECHNOLOGY AVAILABLE

At Phoenixville Hospital, the new scanner is one of several available imaging techniques, including ultrasound, teleradiology, conventional radiology, interventional radiology, radionuclide imaging, magnetic resonance imaging (MRI) and positron emission tomography (PET). All imaging tests are administered and reviewed by board-certified radiologists and technologists.

Get tested today!

For more information about imaging tests at Phoenixville Hospital, call (610) 983-1100.



PROTECTING AGAINST FEMALE CANCERS

What every woman should know

Gynecologic cancer is the fourth most common type of cancer in women. Here's a rundown of the gynecologic cancers and facts that can help reduce your risk:

UTERINE CANCER

Uterine cancer—also known as endometrial cancer—is the most common type of reproductive cancer that strikes American women and occurs most often after menopause. Symptoms include unusual vaginal discharge, pelvic pain, pain during intercourse, unexplained weight change and difficult or painful urination.

Obesity, high blood pressure, diabetes and tamoxifen or hormone replacement therapy use may increase risk.

OVARIAN CANCER

Ovarian cancer is the deadliest cancer and often shows no obvious signs until late in its development. But when caught early, most cases can be successfully treated.

Symptoms include abdominal discomfort or pain, nausea, diarrhea, constipation, frequent urination, appetite loss, feelings of fullness, weight change with no known reason and abnormal vaginal bleeding.

An important risk factor is a family history of ovarian cancer. Fertility drugs, hormone replacement therapy, increasing age, infertility, having had no children and a family history of breast cancer may also increase risk.

CERVICAL CANCER

Thanks to Pap tests, deaths from cervical cancer are decreasing. Common symptoms are abnormal bleeding and bloody or discolored vaginal discharge.

The sexually transmitted human papillomavirus (HPV) causes most cervical cancers. The U.S. Food and Drug Administration recently approved a vaccine that protects against HPV. A federal panel recommends females ages 11 to 26 receive the vaccine.

Other risk factors linked to cervical cancer can be avoided, such as smoking and poor diet.

CANCERS OF THE VAGINA, VULVA AND FALLOPIAN TUBES

These cancers tend to be rare. Women should alert their

doctors to symptoms that include unusual bleeding or discharge, persistent itching of the vulva, pain in the pelvic region, difficult or painful urination, unusual pain or pressure in the abdomen, pain during intercourse and a lump or sore on the vulva that won't heal.

Women may be at risk for vaginal and vulvar cancers if they've had genital warts, chronic vulvar irritations, abnormal Pap tests or intercourse at an early age or with many partners. Women who smoke or whose mothers took DES (diethylstilbestrol) when they were pregnant may also be at risk. Risk factors for tubal cancer are unknown, but it tends to strike women after menopause.

WHAT YOU CAN DO

Regular screenings and an annual pelvic exam can detect and even prevent some gynecologic cancers. Keep your doctor informed of any risk factors, especially family history, that you may have.



HEALTHWISE QUIZ

How much do you know about arthritis?

Test your knowledge and learn more about arthritis.

1

What does the word arthritis mean?

- a. Sore joint
- b. Joint irritation
- c. Joint inflammation
- d. Rigid joint

2

Which of the following statements about arthritis is true?

- a. Using artificial sweeteners like Equal and Nutrasweet that contain aspartame increases your risk of developing arthritis.
- b. Arthritis is the leading cause of disability in Americans over age 15.
- c. Arthritis is more prevalent in women than in men.
- d. Most people with arthritis will need minor surgery to lessen the pain.

3

Osteoarthritis is caused by the breakdown/loss of _____ in the joints.

- a. bursa
- b. cartilage
- c. air
- d. synovial fluid

4

How is rheumatoid arthritis different from other forms of arthritis?

- a. It occurs in joints on both sides of the body.
- b. Doctors recommend people with it sleep on a waterbed to alleviate pressure on joints.
- c. Pain is felt only early in the morning or late at night.
- d. It occurs when crystals build up in the joints.

5

Older adults aren't the only ones affected by arthritis; it can affect any age group. How many children are estimated to have arthritis?

- a. 35,000
- b. 150,000
- c. 300,000
- d. 500,000

ANSWERS: 1. C, 2. B, 3. B, 4. A, 5. C

8

easy ways to get more exercise

Fitting exercise into your schedule doesn't have

to involve a large bank account or even a lot of time.

The following list of ways to make

physical activity a habit was created for even the busiest people.

- 1 **Take the stairs instead of the elevator.** This alternative burns calories and tones muscles.
- 2 **Avoid the phone.** At work, walk down the hallway instead of using the telephone or e-mail to communicate with a co-worker.
- 3 **Walk instead of drive.** It may not be the speediest mode of transportation, but it's effective when you want to visit a neighbor down the street, take your child to a nearby park or pick up a few items at the corner market.
- 4 **Walk during lunch.** Take a friend for company or listen to a book on tape to make your walk mentally as well as physically productive.
- 5 **Clean the house.** You'll have to do more than load the dishwasher to get your heart pumping, but a vigorous cleaning that takes two to three hours may be just what the doctor ordered.
- 6 **Ride your bike.** It's quicker than walking, cheaper than driving and it burns calories.
- 7 **Break activity down into small time increments.** If you don't have the time or energy for 30 minutes of continuous exercise, spread it out. Start with 10 minutes of activity, then do it again and again—for a total of 30 minutes.
- 8 **Vary your activities.** Boredom is one of the biggest commitment killers, so find several activities you enjoy and pick and choose depending on the weather and your mood.



THE NEW BREAST CENTER:

A one-stop shop for quality breast care



Wasfy Fahmy, M.D., (left) medical director of the Breast Center, and Martin Vinca, M.D., associate director of the Breast Center, provide quality breast care at Phoenixville Hospital.

There were 211,240 new cases of invasive breast cancer diagnosed in 2005, the American Cancer Society estimates. For these patients, early detection and the latest treatment options were likely keys to fighting the disease. To help women and men diagnosed with breast cancer and/or at risk for developing the disease, the new Breast Center at Phoenixville Hospital offers an experienced team and many of the latest advances in diagnosis and treatment.

“We have a dedicated staff of physicians and nurses trained in diagnosing and caring for the disease. Their experience enables them to help review a patient’s options with them while being supportive during this difficult time,” says **Wasfy Fahmy, M.D.**, medical director

of the Breast Center and chief of the division of vascular and general surgery. This medical staff includes board-certified radiologists, pathologists, breast surgeons, medical and radiation oncologists and plastic and reconstructive surgeons.

COMPLETE CARE

The Breast Center provides complete breast care in one convenient location. Our diagnostic capabilities include mammograms and biopsies. Highly trained radiologists review all studies and biopsies to provide fast, accurate results.

Patient representatives will coordinate appointments so various physicians can be seen in one visit. Then a multidisciplinary group of physicians will examine the case. “This group will review the case and develop a treatment program specific to your individual needs,” says **Martin Vinca, M.D.**, associate director of the Breast Center.

If surgery is required, Phoenixville Hospital surgeons provide many of the latest procedures, including sentinel lymph node biopsy—a technique which only removes a cluster of at-risk lymph nodes to check for cancer. “Sentinel lymph node biopsy is not found at all community hospitals,” says Dr. Vinca. “All of our surgeons are, however, experienced in this technique and know when it’s appropriate for a patient. Our goal is to present the best possible options and to help patients come to a decision that takes into consideration their entire well-being, not just their medical condition.”

To help patients during treatment, the Breast Center offers support and educational programs. Access to the



Learn more!

For more information about the Breast Center at Phoenixville Hospital, call (610) 983-1266.

centralizing our breast services, we're able to provide one location for women and men to come for diagnosis and treatment," says Dr. Fahmy. "Breast cancer and the treatment it requires, including possible chemotherapy and/or radiation treatments,

latest clinical trials and research are also available through the hospital's relationship with the Abramson Cancer Center of the University of Pennsylvania. "By

can be time intensive. We're providing access to highly trained physicians and advanced services right here in Phoenixville."

BETTER, FASTER UROLOGIC CARE, CLOSE TO HOME | Continued from page 1

magnified, high-resolution 3-D image of the surgical site. Meanwhile, this advanced equipment seamlessly translates our hand movements into precise micro-movements of the *da Vinci* instruments." The system cannot be programmed, nor can it make decisions on its own. Rather, the *da Vinci* System requires that every surgical maneuver be performed with direct input from the surgeon.

Further, advanced equipment like AESOP, a voice-activated robotic arm used during minimally invasive surgeries, can reduce pain and improve recovery times. "These recent advancements enable us to do some fairly advanced reconstructive procedures," says Dr. Kalra. "For kidney lesions, for example, we're able to offer whole and partial laparoscopic nephrectomies. By doing the surgeries laparoscopically or with smaller incisions, patients typically experience quicker recoveries, less bleeding and a reduced need for pain medication."

The latest noninvasive techniques like cryoablation are also available. "Cryoablation is the use of liquid nitrogen to freeze a tumor or part of an organ," says Dr. Kalra. "It's a relatively new treatment that has been shown to be very effective for certain patients."

PROSTATE CARE

Similarly, Phoenixville Hospital offers photoselective

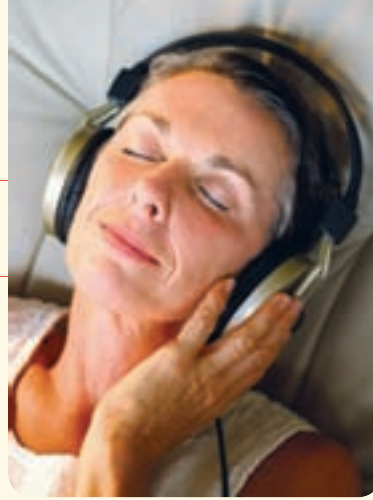
vaporization of the prostate (PVP), a green laser procedure for men with enlarged prostates. With PVP, the doctor uses a special high-energy laser to vaporize excess prostate tissue and seal the treated area. Delivered through an endoscope that's inserted into the urethra, the laser's green light is aimed at the prostate gland and it vaporizes obstructive tissue. Results from PVP are good and patients are usually quite pleased they can return to normal activities relatively quickly.

"Many of these treatments are typically found at university hospitals but we're offering them here in Phoenixville," says Dr. Kalra. "We believe this helps to ease patient stress. It's usually much easier to come to Phoenixville Hospital than to drive to a university setting. That's why we're so committed to continuously expanding the scope of urologic care here at home."



The new *da Vinci*® Surgical System offers a minimally invasive option for prostatectomy and other urologic procedures.

Banish caregiver burnout



- 5 Manage stress.** Meditate or learn relaxation techniques. Share your feelings with friends and family members. Ask your doctor for advice or referral to a counselor.
- 6 Ask for help.** Don't try to be a superhero! Ask family

If you're caring for someone who depends on you, you need to be healthy and energetic. Yet the sheer amount of time and thought involved in providing care may mean you've put yourself at the bottom of your priority list—making you ripe for stress and burnout. Try these steps to protect your health:

- 1 Get regular medical checkups.** Tell your doctor about your caregiving commitment—he or she may suggest resources to make your life easier.
- 2 Get plenty of rest.** Sleep deprivation contributes to depression. Have a family member pinch-hit (or hire a respite worker) so you can get to bed at a reasonable hour or sneak in a nap.
- 3 Eat a nutritious diet.** A poor diet can lead to malnutrition and fatigue. Regular, well-balanced meals boost energy. Ask family members to help with shopping and meal preparation.
- 4 Get regular exercise.** Moderate exercise combats stress, increases energy and provides a mental-health break.

members to help pick up prescriptions, do laundry or drive to doctors' appointments. Ask your doctor about local resources like transportation to medical checkups, home-delivered meals, respite care or adult day-care services.

- 7 Schedule time for yourself.** Schedule time to enjoy your hobbies. Spend time with friends. Try a change of scenery—take a short drive or see a play or concert.
- 8 Be realistic and flexible.** Accept that your loved one's illness may change from week to week. Be flexible as you plan for the future. Acknowledge the many good things you've done and don't be hard on yourself for not being able to do everything on your own.

Real-world strategies to control your weight



Visit the diet and nutrition section of any bookstore and you'll be amazed by the number of books offering the latest miracle diet. Low carb, no carb, high protein, low calorie—but do any work?

Fad diets tend to be tough to stick with. Even worse, people often feel deprived and pile unwanted pounds back on once they're off the diets.

The best way to take off fat is slowly and steadily. That means a weight loss of no more than one to two

pounds a week. Many fad diets drastically reduce your food intake and put your body into "starvation" mode, slowing your metabolism to conserve calories. That's the

exact opposite of what you want. Similarly, restricting certain foods—such as carbohydrates—can lead to cravings that will derail your efforts.

THE TRIED AND TRUE

The following are real-life tips to help you look and feel your best:

- **Rebalance your diet.** If your diet is heavy on foods like crackers, bagels, white rice, low-fiber cereal and pasta, substitute them with whole grains like brown rice, multi-grain breads and pasta enriched with soy. To feel satisfied longer, combine carbs with protein.
- **Count calories.** Simply put, to lose weight you have to ingest fewer calories than you expend.
- **Spread out meals.** Eating small amounts throughout the day boosts your metabolism. Aim for three equal-sized meals, plus nutritious snacks in between.
- **Ditch self-denial.** Instead of avoiding any one food group, make wise choices. Whole-wheat crackers with peanut butter are a smarter snack than a bag of chips.
- **Emphasize weight training.** Add strength training to your exercise program. Resistance exercises build muscle, which burns more calories by increasing your metabolism.

DIABETES CONTROL: Managing blood sugar

Studies show that one in five people with diabetes has poor blood sugar control. But if you have diabetes and want to avoid further health problems, keeping blood glucose levels in a healthy range is critical. With discipline and determination, you can manage your blood sugar with a diabetes care plan that includes these steps:

- **Eat a well-balanced, low-fat diet.** Work with your healthcare provider, a registered dietitian or a diabetes educator to plan a meal schedule that includes foods and portion sizes that promote stable blood sugar.
- **Exercise regularly.** Along with keeping blood sugar levels steady, regular exercise helps control your blood pressure and prevent heart disease and stroke. Exercise also helps you shed pounds, which alone can lower glucose levels to normal.
- **Take your diabetes medication as directed.** Check to see how other medicines, vitamins or herbal supplements you're taking may affect your diabetes medication.
- **Get your blood sugar levels tested.** You can use a blood glucose monitor to draw and test a drop of your blood from your finger, hand, forearm or thigh. At least twice a year, get an A1c blood test, which gives you a reading of your average blood sugar level over the past two to three months.

Not-so-sweet complications

If you have diabetes, being careless about managing your blood sugar levels puts you at risk for these complications:

- high cholesterol, high blood pressure, atherosclerosis, heart disease and stroke
- retinopathy, which can lead to blindness
- nephropathy (kidney disease), which can lead to kidney failure and death
- neuropathy (nerve damage), particularly in the feet, which can result in amputation
- peripheral arterial disease, which occurs when leg arteries become clogged by plaque and can lead to amputation
- erectile dysfunction
- gum disease and tooth loss



Maybe the most important part of controlling your blood sugar is getting help when you need it. Keeping track of your blood sugar levels lets you and your doctor know whether your diabetes care plan is working.

The sour signs of sugar

Signs of high blood sugar levels include blurry vision, fatigue, excessive thirst and hunger, weight loss and frequent urination—although early-stage diabetes may produce no symptoms at all.

Stabilizing your blood sugar can either prevent or eliminate these symptoms and prolong your life.

Sugar levels to shoot for

The American Diabetes Association recommends that people with diabetes keep their blood glucose at these levels:

	Before meals	90 to 130 mg/dL
	After meals	less than 180 mg/dL
	A1c level	below 7 percent
	Your healthcare provider may recommend slightly different targets for you.	

THE RIGHT DOCTORS FOR YOU

For a list of doctors by specialty, call our physician referral number at **(888) PHX-DOCS**.



STEPHANIE B. KALINER, D.O.
Primary Care Physician

Dr. Kaliner, a primary care physician, is skilled in family medicine and osteopathic manipulative (joint range of motion) treatment. She graduated cum laude with a bachelor's degree in biology

and environmental science from Muhlenberg College. Dr. Kaliner earned her medical degree from Philadelphia College of Osteopathic Medicine and completed a family medicine residency at Warren Hospital in Phillipsburg, N.J., where she received the W. Robert Jacobs, M.D., Award for Resident of the Year. She's a member of the American Academy of Family Physicians and educates families about health and fitness.



DEBBIE E. SCHILLER, M.D.
**Gastroenterologist and
Internal Medicine Physician**

Dr. Schiller, a board-certified gastroenterologist and internal medicine physician, is the newest member of the gastroenterology department at

Phoenixville Hospital. She graduated magna cum laude with a bachelor's degree in chemistry from Bryn Mawr College. She then graduated from the University of Pennsylvania School of Medicine and completed an internship, residency and fellowship in gastroenterology at the Hospital of the University of Pennsylvania. Dr. Schiller is a member of the American College of Physicians. She's dedicated to promoting early detection and screenings for colorectal cancer and is an active colorectal cancer awareness speaker.



ASHLEY E. WILKERSON, M.D.
Obstetrician/Gynecologist

Dr. Wilkerson, an obstetrician/gynecologist (Ob/Gyn), graduated from Duke University and the Vanderbilt University School of Medicine. She completed her residency in obstetrics

and gynecology at Thomas Jefferson University Hospital. Before coming to Phoenixville, she was an Ob/Gyn at Potomac Hospital in Woodbridge, Va.



EDWARD K. PAVILLARD, D.O.
Vascular Surgeon

An experienced vascular surgeon, Dr. Pavillard comes to Phoenixville Hospital from Mercy Health System. He graduated from and completed a fellowship in vascular surgery at the

Philadelphia College of Osteopathic Medicine. Dr. Pavillard finished an internship and residency at Mercy Suburban Hospital and is a member of the American College of Osteopathic Surgeons and an honors graduate of the Navy Hospital Corps School.



ERIC ZABAT, M.D.
Primary Care Physician

Born in Philadelphia, Dr. Zabat is a primary care physician specializing in sports medicine. Earning his medical degree from Fatima College of Medicine in the Philippines, he completed a

family medicine residency and sports medicine fellowship at TriHealth Bethesda in Cincinnati, Ohio, where he was chief resident. Dr. Zabat provides primary and orthopedic care to patients and athletes of all ages. He has worked extensively with different athletic levels, including Major League Baseball's Cincinnati Reds.

Men: Do you take better care of your car than your health? It's not too late to make changes and get health screenings that can reduce your risk for these top killers of American men:

1 Heart disease: It's the leading cause of death in American men ages 45 to 54 and 65+.

2 Cancer: Cancers of the lungs, prostate and colon and rectum are the three leading causes of cancer death among men. Cancer is the nation's leading cause of death in men ages 55 to 64.

3 Stroke: Although more women than men die from stroke, stroke is more common among men. Stroke occurs when a clot or bleeding prevents oxygen-rich blood from reaching the brain.

4 Chronic obstructive pulmonary disease: COPD develops slowly, damaging lungs and making breathing difficult. You're most at risk if you smoke or have regularly inhaled dust, chemical fumes or pollutants.

5 Diabetes: Being overweight and sedentary increases diabetes risk, which puts you at risk for heart disease and stroke, kidney failure, blindness and limb loss.

6 Influenza and pneumonia: You're at increased risk for influenza and pneumonia if you're over age 65, have a weakened immune system or have a chronic health condition such as COPD, diabetes or congestive heart failure.

7 Kidney disease: Most of the 10 million to 20 million Americans who have kidney disease don't know it. High blood pressure and diabetes increase risk for kidney problems.



Men's top 10 health threats—and how to beat them

including blood pressure, cholesterol and blood glucose screens.

- Ask your doctor about cancer screenings you need and how to perform self-exams for testicular and skin cancers.
- Get the immunizations you need, such as those for flu, pneumonia and tetanus.
- Don't smoke. It can cut your life span short by 13 years.
- Get fit! Walk, jog, bicycle, swim or perform other exercise for at least 30 minutes on most days.
- Eat a well-balanced diet, including a variety of fruits and vegetables, legumes and whole grains.
- If you drink alcohol, have no more than two drinks a day.
- Get emotional help when you need it. Talk to your doctor if you've felt down or uninterested in life for two weeks or more.

8 Chronic liver disease and cirrhosis: Alcohol, drugs and viruses such as hepatitis B and C can cause permanent liver damage. With cirrhosis, scar tissue replaces healthy liver tissue, preventing the liver from repairing itself.

9 Suicide: Older white males have the highest suicide rates—white men 85 and older have a suicide rate six times that of the national rate.

10 Unintentional injury: Men are more likely than women to engage in behavior that increases their risk for car crashes, falls, drowning and homicide.

TAKE CONTROL

Lower your risk for health threats by practicing these healthy lifestyle tips:

- See your doctor for routine tests,

A step in the right direction

The new Foot and Ankle Center can help

If you or a loved one suffers from foot or ankle pain, the highly experienced staff at Phoenixville Hospital's new Foot and Ankle Center at Limerick can help. The center provides diagnosis and treatment for a full range of foot- and ankle-related problems, including:

- arthritis
- bone spurs
- calluses and corns
- deformities such as bunions and hammer toes
- foot problems from diabetes
- heel pain
- sports-related injuries and fractures
- sprains
- warts

Staffed by board-certified podiatrists, the Foot and Ankle Center's patients range from young children to senior adults. If needed, the staff works with Phoenixville Hospital's radiology and surgery departments to provide a quick, accurate diagnosis and a comprehensive treatment plan.



Get pain relief!

For more information about foot or ankle pain treatment, call (888) PHX-DOCS.



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