

Healthy Living



PHOENIXVILLE
HOSPITAL

A PUBLICATION OF PHOENIXVILLE HOSPITAL

ACHING LEGS: A warning sign of vascular disease?

Peripheral vascular disease (PVD) refers to diseases of the blood vessels, other than those in your heart. It's typically a narrowing of the vessels that carry blood to your legs, arms, stomach, kidneys or brain. Two commonly affected areas are the blood vessels that travel to the brain and those that travel to your lower extremities.

Symptoms of a blocked carotid artery (the artery to the brain) include stroke and transient ischemic attack (TIA). "A patient might notice a temporary weakness in an arm or leg, difficulty with speech or a visual disturbance that quickly resolves," says **Gregg Reis, M.D.**, interventional cardiologist. "Blocked vessels in the leg most often cause pain in the calves. You might first notice it as leg pain that starts when you walk and stops when you rest. Certain vessels are more likely to form plaque. Arteries in the arms are relatively protected but arteries between the hips and in the knees are especially prone to plaque formation." This plaque buildup narrows the space in which blood can pass to an organ or muscle.

HOW IS PVD DIAGNOSED?

Your physician will review your medical history and give you a physical exam. "The diagnosis is relatively simple if the area in question is in the leg," says Dr. Reis. "If PVD is suspected in your leg, your physician will take the blood pressure in your leg using a



Gregg Reis, M.D.
Interventional Cardiologist

standard blood pressure cuff. He or she also will take the blood pressure in your arm and then compare the two numbers. The two pressures should be similar." If a blockage is suspected, your physician may recommend an MRI to determine its location.

Diagnosing PVD blockage in a carotid artery in the neck requires an ultrasound, CT scan or MRI. "These pain-free, simple tests can have a huge impact on a patient's health," says Dr. Reis. "It's important to diagnose and treat a blockage early, before any serious damage occurs."

Several factors that increase your risk for PVD are smoking, diabetes, high cholesterol, stroke and heart disease or a family history of heart disease. Patients who

Find relief!

To learn more about finding relief for your leg pain, call (888) PHX-DOCS.

You've found a breast lump: Now what?

If the thought of finding a lump in your breast scares you, you're not alone. After all, many of us know someone who has had breast cancer. But some of us are so frightened that we avoid getting mammograms—the very habit that could save our lives if breast cancer develops. If you're in that group, you'll be glad to hear that four in five breast lumps turn out to be noncancerous. Here's a description of some common breast conditions:

Fibroadenoma: a smooth, solid, round painless lump that moves easily and can feel like a marble. Occurs most often in African-American women and women under age 30.

Fibrocystic breast changes: solid or fluid-filled lumps that

increase in size and tenderness five to seven days before each menstrual period.

Cyst: a smooth, fluid-filled lump often sensitive to the touch before the menstrual period. Typically appears in women between ages 35 and 50.

Lipoma: a soft and slow-growing painless lump that moves freely.

Intraductal papilloma: a small, wartlike growth near the nipple that may cause bleeding from the nipple. Occurs most often in women in their 40s.

Mammary duct ectasia: a thick, sticky, gray to green discharge from the nipple.

Mastitis: a warm, tender, lumpy area on the breast that appears red. Most often affects breast-feeding women.

Traumatic fat necrosis: painless, round, firm lumps that can result from a bruise or a blow to the breast. Occurs in older women and women with large breasts.

WHAT HAPPENS IF YOU FIND A LUMP?

If you find a lump, see your healthcare provider. He or she will do a clinical breast exam and may recommend one or more of the following tests and procedures:

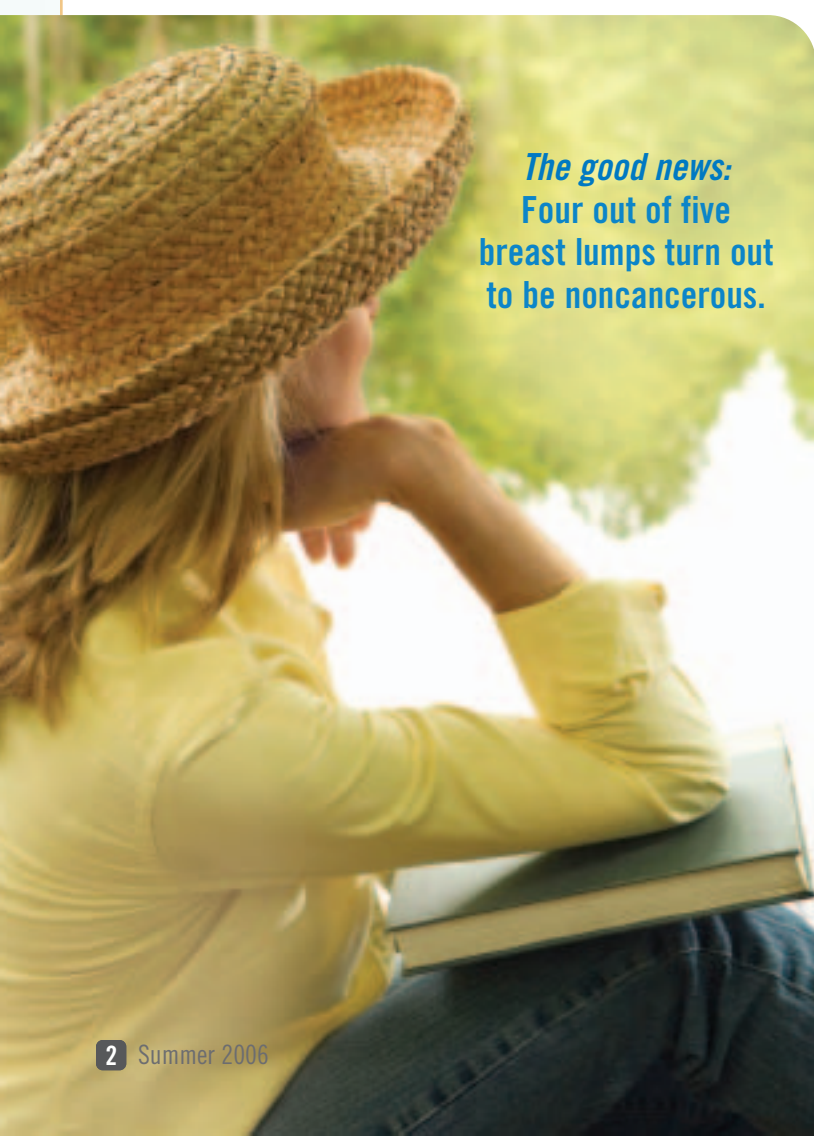
Mammography, or breast X-ray, may be recommended to determine the lump's size and location.

Ultrasound examination can determine whether the lump is a fluid-filled cyst or a solid mass.

Fine-needle aspiration is an in-office procedure. Fluid is drawn out of the lump with a thin needle. If the fluid is clear and the cyst disappears, you won't need a biopsy. If the fluid is bloody or the mass is solid, your doctor probably will recommend biopsy.

Stereotactic biopsy removes a small tissue sample with a thin needle for analysis. Computerized imaging guides the needle with pinpoint accuracy to the exact location to be sampled.

Surgical biopsy usually is performed on an outpatient basis. Normally, the surgeon removes the whole lump, but in certain cases he or she will remove only part of it. The tissue is sent to a lab where a pathologist will examine it for cancerous cells.



The good news:
Four out of five
breast lumps turn out
to be noncancerous.

Are you at risk for metabolic syndrome?

Phoenixville Hospital can help



By Paul Rogers, M.D., FACC
Director of Cardiovascular Services

More than 50 million Americans have metabolic syndrome, according to the American Heart Association.

The syndrome occurs when you

have a group of metabolic risk factors, which include:

- abdominal obesity
- blood-fat disorders like high triglycerides and/or low HDL, or good cholesterol
- high blood pressure
- insulin resistance or glucose intolerance, leading to high blood sugar
- prothrombotic state (tendency for abnormal blood clotting)
- proinflammatory state (tendency for inflammation of the vessels)

If you have a combination of these risk factors, you're at risk for diabetes, coronary heart disease and other diseases related to the buildup of plaque in the artery walls. Other factors that put you at risk for developing metabolic syndrome include physical inactivity, aging, hormonal imbalance and genetic predisposition.

DIAGNOSING THE DISEASE

Metabolic syndrome can be difficult to diagnose. The American Heart Association and the National Heart, Lung and Blood Institute recommend identifying metabolic syndrome by the presence of three or more of the following:

- Large waistline. For men, a waistline of 40 or more inches. For women, a waistline of 35 or more inches.
- Elevated triglycerides, equal to or greater than 150 mg/dL.
- Reduced HDL cholesterol. For men, less than 40 mg/dL. For women, less than 50 mg/dL.
- High blood pressure, equal to or greater than 130/85 mm Hg.



- Elevated fasting glucose, equal to or greater than 100 mg/dL.

HOW IT'S TREATED

To treat metabolic syndrome, start by changing your lifestyle. Most people with metabolic syndrome are overweight and lead a sedentary lifestyle. Consider these three main components:

1. Lose enough weight to achieve a healthier body. Even a 5 or 10 pound weight loss helps.
2. Increase your physical activity, with a goal of at least 30 minutes of moderate-intensity activity most days of the week.
3. Develop healthy eating habits, including reducing your intake of saturated fat, trans fat and cholesterol.

HELP IS ON HAND

Phoenixville Hospital offers weight-loss education through a series of support groups. Registered dietitians also are available for individual instruction. Throughout the year, a diabetes educational program is offered to help educate patients with diabetes and those caring for them.

Learn more!

For more information about metabolic syndrome and how Phoenixville Hospital can help, call (888) PHX-DOCS.



IF PREVENTION DOESN'T WORK

Both a cold and the flu typically involve a runny nose, sneezing, sore throat, cough and fatigue, but only flu characteristically features headache, high fever and that all-over-achy feeling.

Some people are at higher risk for complications from the flu than others and should get prompt medical care instead of trying to self-treat. These include:

- people over age 65
- children and adults with a chronic health condition, such as asthma or diabetes, or a weakened immune system
- pregnant women
- infants and young children
- anyone who lives with children or others at high risk
- healthcare workers and caregivers who are in contact with children or others at high risk

Prescription antiviral medications such as oseltamivir (brand name: Tamiflu) can help shorten the duration of the flu and prevent you from getting sicker if taken within the first 48 hours of symptoms.

If symptoms suddenly worsen, linger more than a week and are accompanied by a dry, hacking cough, the flu might have developed into viral pneumonia. Thick, rust-colored mucus along with a cough may signal bacterial pneumonia. Both types of pneumonia require medical attention.

Easing the sneezing

Surviving cold and flu season

Autumn is almost upon us. Soon it will be time to rake the leaves, pull out the sweaters and pray the kids don't catch something at school that knocks the whole family out of commission for a week.

But with a few simple precautions, parents and children can keep colds and flu away—or at least from spreading. Here are some basic tips to avoid getting sick, whether you're 2 years old or 90:

- Wash your hands several times a day with soap and water—and even more frequently if you're around anyone with a cold.
- Keep your hands away from your eyes, nose and mouth.
- Cover your mouth and nose with a disposable tissue when you sneeze or cough. Then wash your hands.
- Protect and strengthen your immune system by getting enough rest, exercising regularly and eating a healthy diet that includes lots of fruits and vegetables.
- Don't share eating utensils or drinking glasses.
- Avoid crowds of people where germs may spread.
- Most important: Keep annual flu vaccinations up to date.

Call your pediatrician or primary care provider if ...

Your sick child has any of these symptoms:

- labored breathing, often signaled by the abdomen rising and falling dramatically
- a fever of approximately 102° F that acetaminophen (brand name: Tylenol) can't control or that's present for more than three days
- inconsolable crying or irritability
- blood in vomit or stool
- recurring vomiting or loose stools
- greatly diminished food or fluid intake
- pulling or tugging at the ears, which may indicate an ear infection



HEALTHWISE QUIZ

How much do you know about Alzheimer's disease?

Take this quiz to find out.

1 Which example of memory loss may be a sign of Alzheimer's disease?

- a. forgetting where your keys are
- b. forgetting what month and year it is
- c. forgetting the name of a person you just met
- d. forgetting to return a phone call

2 British researchers have recently learned that drinking this beverage can inhibit enzymes associated with the development of Alzheimer's:

- a. orange juice
- b. coffee
- c. tea
- d. white wine

3 All the following may be early warning signs of Alzheimer's *except*:

- a. speaking in jumbled sentences
- b. getting lost in familiar areas
- c. having rapid mood swings for no apparent reason
- d. losing sense of balance or experiencing vertigo

4 Which health condition is suspected of increasing the risk of Alzheimer's?

- a. yo-yo dieting
- b. high blood pressure
- c. asthma
- d. low bone density

5 Which is the most misdiagnosed mental disorder in older adults?

- a. Alzheimer's disease
- b. depression
- c. anxiety attacks
- d. insomnia

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

NUMBER CRUNCHING

Managing high cholesterol



The bad news: High cholesterol plays a key role in whether you develop heart disease or suffer a heart attack or stroke. Excess cholesterol, a waxy, fatlike substance in your blood, builds up on artery walls, reducing blood flow. The good news: You can do something about it.

Many factors contribute to high cholesterol. While you can't change your genes, age or gender—which all affect cholesterol—you can take the following steps to improve your cholesterol levels and your health.

To lower your LDL, or bad, cholesterol and raise your HDL, or good, cholesterol:

- **Eat smart.** Saturated fat and trans fats raise LDL cholesterol levels. Instead, use polyunsaturated or mono-unsaturated fats like olive, safflower, sesame, soybean, canola and peanut oils. Eat no more than six ounces of lean meat, fish or skinless poultry a day. Choose plenty of fruits, vegetables and whole-grain foods. Switch to fat-free or low-fat dairy products and increase soluble fiber found in foods like oats, beans and citrus fruits.
- **Get regular exercise**—at least 30 to 60 minutes of physical activity a day.
- **If you smoke, quit.** Smoking lowers HDL cholesterol and increases the blood's tendency to clot.
- **Consider medication.** If lifestyle changes aren't enough, your healthcare provider may prescribe cholesterol-lowering drugs.

Leveling off your numbers

Aim for these desired cholesterol levels. If you already have heart disease or other risk factors, your doctor may set different goals for you.

Total cholesterol less than 200 mg/dL

HDL cholesterol greater than 50 mg/dL

LDL cholesterol less than 100 mg/dL

Triglycerides less than 150 mg/dL



cholesterol, their blood cholesterol levels often rise. That raises their risk of heart disease.

ARE YOU OBESE?

A waistline (measured just below your navel) that's 35 inches or higher for women and 40 inches or higher for men is considered high risk, according to the AHA.

You also can calculate your body mass index (BMI), which assesses your body weight relative to your height. Multiply your weight in pounds by 703, then divide that number by your height in inches. Then divide it again by your height in inches. According to the National Center for Health Statistics:

- a BMI less than 18.5 is underweight
- a BMI from 18.5 to 24.9 is normal
- a BMI of 25 to less than 30 is overweight
- a BMI of 30 or

greater (consistent with criteria from the World Health Organization) or about 30 pounds or more overweight is considered obese. Extreme obesity is a BMI of 40 or greater.



Frederic Weber, M.D.
Cardiologist



John Fornace, D.O.
Cardiologist

WHAT CAN YOU DO?

"Basically, you need to lower your calories and get moving," says Dr. Fornace. "You need 30 minutes of physical activity every day. People often tell me they don't have 30 minutes to exercise and I ask them, do you watch TV? For the first 30 minutes that you're watching TV, ride a stationary bike, walk on a treadmill or do some floor exercises. Whatever it is, just get moving."

For those people who do develop heart disease, Phoenixville Hospital offers a comprehensive cardiology and cardiovascular program as well as an extensive cardiac rehabilitation program.

How obesity hurts your heart

John Fornace, D.O., cardiologist, and Frederic Weber, M.D., cardiologist, are committed to helping Phoenixville residents lower their risk for heart disease by taking control of their health. "The American Heart Association (AHA) now ranks obesity as one of the major risk factors for heart disease," says Dr. Fornace. "It's important that people understand how weight impacts the health of their hearts."

WHAT IS OBESITY?

Your body is a delicate balance of water, fat, protein, carbohydrates, vitamins and minerals. Obesity, or too much fat, increases the likelihood of developing high blood pressure, high cholesterol, diabetes, heart disease and stroke.

Excess fat, especially around the waistline, raises blood cholesterol and triglyceride levels. It increases your blood pressure and lowers your HDL, or "good" cholesterol. "Obesity basically sets the stage for cardiovascular disease even if you don't have pre-existing conditions or a family history of heart disease," says Dr. Weber.

WHAT CAUSES OBESITY?

Eating too much and moving too little—in other words, taking in more calories than are used up in physical activity and daily life, according to the AHA. When people eat too many calories or too much saturated fat and

Keep your heart healthy!

For more information about how to improve your heart health, call (888) PHX-DOCS or visit the American Heart Association's Web site, www.americanheart.org.

High-tech heart care

New cath lab at Phoenixville Hospital

Beginning this fall, a new catheterization lab will open at Phoenixville Hospital. This second lab will be used for cardiovascular procedures, diagnosis and treatment of peripheral vascular disease and carotid artery disease. It will feature advanced technological equipment such as computerized digital archiving of results and immediate retrieval of previous studies.

“Physicians will have up-to-the-minute access to information,” says Rebecca Kilfoy, MSN, RCIS, ACNP-BC, administrative director of cardiovascular services. “This information is invaluable during an actual stent procedure. Your physician will have all of your diagnostic imaging studies available during the procedure to help guide in decision making and treatment.”

“Phoenixville Hospital is committed to bringing the latest healthcare technology close to area residents,” says Steve Tullman, chief executive officer at Phoenixville Hospital. “The new lab is one more example of our commitment.”



The GE Innova® 2100IQ, an all-digital X-ray imaging system, provides accurate images of the heart for improved diagnosis and treatment.

ACHING LEGS: A WARNING SIGN OF VASCULAR DISEASE? | Continued from page 1

have a first-degree relative (mother, father or sibling) who had a heart attack or heart procedure before age 65 should be mindful of circulatory problems.

HOW IS PVD TREATED?

Phoenixville Hospital provides a complete range of treatments for patients with PVD. “Our new CT scanner is capable of high-quality CT and angiography,” says Dr. Reis. “Its precision and clarity enhances our CT scans, making it that much easier to detect any blockages.”

If a blockage is detected, Phoenixville Hospital offers various types of minimally invasive surgery such as balloon angioplasty, stents and other techniques to remove plaque. “We offer a new FDA-approved procedure that is less invasive than surgery for patients who have a blockage in the carotid artery in the neck and are suffering from symptoms similar to stroke,” says Dr. Reis. “It involves placing a stent in the neck without doing a large incision in the neck. The technique is very

successful and the recovery tends to be much faster for the patient.”

For patients with a PVD blockage in a leg, the same types of minimally invasive surgery may be recommended—balloon angioplasty and stents. Leg cramps aren’t a symptom of PVD. Rather, you’ll notice that as you walk over a distance, your legs tighten up or ache. “If you do have a PVD blockage, we can do whatever is necessary to fix the problem,” says Dr. Reis. “At Phoenixville Hospital, we offer virtually everything for PVD that is available at downtown hospitals.”

Dr. Reis recently joined the medical staff at Phoenixville Hospital and has more than 15 years experience treating PVD at a high-volume academic medical center. He received his medical degree from Cornell University Medical College and is board certified in interventional cardiology. He brings a vast knowledge about diagnosis and treatment to Phoenixville Hospital and its patients.

Bad breaks

First aid for broken bones

If your child were to take a spill from a bike or your best friend turned an ankle while stepping off the curb and you suspected a bone is broken, would you know what to do? Try taking these actions:

- **Determine whether you need emergency help.** All fractures will need medical attention, but call for emergency help if the injury involves the head, neck, back, pelvis or upper leg; there's heavy bleeding; bone has pierced the skin; or a toe or finger on the injured arm or leg is numb or blue at the tip. Also, call for help if you can't transport the injured person by car because he or she can't sit upright or use safety or seat belts.
- **Remove clothing from the injured part.** Use scissors to cut clothing away; don't try to pull the limb out of clothes.
- **Stop any bleeding.** Use a sterile bandage or clean cloth



and apply constant pressure to the wound. Have the person lie down and don't wash the wound or poke the bone back into the skin.

- **Make a splint.** Keep the limb in the position you find it. Place soft padding around the injury with something firm (like a board or rolled-up newspaper) next to it, using first-aid tape. Make sure the splint extends past the joints above and below the injury.
- **Apply cold packs.** Wrap ice in a towel and place it on the injured area to control swelling and pain until help arrives.

In case of emergency ... We're here for you

There's no telling when an accident or a sudden illness will occur. But when it does happen, turn to us, the clear choice for emergency assistance. Our emergency department provides patients with fast, dedicated and compassionate care. What's more, our ER is backed and supported by an entire hospital dedicated to helping you get well.

In an emergency, every second counts. Call us for emergency help anytime you suspect someone needs urgent care.



The whole-grain truth

Think outside the breadbox to include more healthy foods in your diet

Grains like wheat, rice, oats and corn are a staple in the American diet and for much of the world. Whole grains

and foods made from whole grains are an important source of fiber, vitamins, minerals and other nutrients. When refined grains like white flour and white rice are processed, much of the fiber and nutrients are lost.

Eating more whole grains can help you lower cholesterol and control your weight, reducing risk of heart disease, stroke, diabetes, gastrointestinal problems and cancer. Aim to eat at least three servings of whole grains each day. The earthy, nutty flavors and chewy textures are a great way to add a new dimension to your menu. Whole-grain breads, cereals, tortillas and crackers are just the beginning. Explore a variety of whole grains like barley, groats, wheat berries, buckwheat, triticale, bulgur, millet and quinoa.

HOP ABOARD THE GRAIN TRAIN

Upping your intake of whole grains is easier than you think. Try making some of these simple diet switches:

- Start your day with a bowl of bran flakes, shredded wheat or oatmeal.
- Buy whole-grain breads, bagels, rolls, tortillas, muffins, waffles and pancakes.
- Substitute rolled oats or crushed bran flakes for bread crumbs in recipes.
- Switch to whole-wheat pasta.
- Bypass the potatoes and try bulgur, barley, quinoa or brown or wild rice.
- Snack on unbuttered popcorn or whole-wheat crackers or pretzels.
- Substitute barley or brown or wild rice for pasta or noodles in soups, stews, casseroles and salads.
- Use whole-wheat pastry flour in place of much of the all-purpose flour in recipes.

Giving bones a boost

When it comes to your health, never underestimate the power of prevention. That's especially true about osteoporosis, a disease characterized by weak, porous bones that affects more than 10 million Americans, 80 percent of them women. Yet another 34 million likely have low bone mass, a precursor to the disease. Because osteoporosis is a "silent disease," there may be no symptoms of bone fragility until a fracture occurs.

BONING UP

Osteoporosis-related fractures occur most commonly in the spinal column (which causes loss of height and a characteristic "dowager's hump"), the wrist and the hip. Women are at increased risk for osteoporosis if they:

- have a mother, grandmother or sister diagnosed with osteoporosis
- are Caucasian or Asian
- have a delicate build
- experienced menopause early (naturally or surgically)
- are postmenopausal
- never had children
- have a personal history of fracture after age 45
- are inactive
- don't get enough calcium
- smoke
- drink alcohol in excessive amounts
- have taken certain medications, such as corticosteroids or thyroid hormone replacement therapy

BONE-BOOSTING STRATEGIES

Women should start thinking about building strong bones in their teens and 20s, but even postmenopausal women can



safeguard their skeletal systems. No matter what your age:

- **Be active.** Bones respond to exercise by becoming stronger and denser. When performed at least 30 minutes three times a week, weight-bearing exercises such as walking, jogging, stair climbing and weight training can improve bone density.
- **Get your nutrients.** A calcium-rich diet is essential for healthy bones. Good sources of calcium include low-fat dairy products; fortified breads, cereals and orange juice; collard greens; and canned sardines and salmon with bones. Sources of vitamin D, which helps the body use and absorb calcium, include fortified milk, liver, eggs and fish. Ask your doctor how much calcium and vitamin D is

best for you and if supplements can help you meet your daily needs.

- **Don't smoke.** Smoking interferes with your body's ability to absorb calcium and speeds bone loss.

GET SCREENED, GET TREATED

If you're a woman age 65 or older, or age 60 to 64 with increased risk of osteoporosis, get your bone mass checked with a bone density test. The dual-energy X-ray absorptiometry (DEXA) test, a safe, painless procedure, measures bone mass at the hip, spine and wrist.

If you have low bone density, your healthcare provider can prescribe medication to help treat the condition. Combined with weight-bearing exercises and adequate calcium and vitamin D intake, medications such as bisphosphonates (brand names Fosamax and Actonel), raloxifene (brand name Evista) and calcitonin (brand names Miacalcin and Calcimar) can help slow or, in some cases, reverse bone loss.

Heart to heart

Reducing your risk for heart disease

Heat disease is the No. 1 killer in the United States, so it's important to know how to lower your risk. According to the American Heart Association, risk factors—those that can be modified and those that can't—contribute to the disease.

FACTORS YOU CAN'T CONTROL

Heredity plays a major role in heart disease, and chances of developing heart disease increase if your parents had it. If you have diabetes, you're at a higher risk—80 percent of people with diabetes die from heart or blood vessel disease. If you have diabetes, work with your doctor to tightly control blood glucose levels.

FACTORS YOU CAN CONTROL

Several factors are within your control, including smoking, high blood cholesterol, high blood pressure, physical inactivity, obesity and stress. By modifying these factors, you can reduce your risk for heart disease. For example, a smoker's risk for developing heart disease is double a nonsmoker's risk.

Saturated fat contributes to high cholesterol, which increases the risk of heart disease. However, a person's cholesterol also is affected by gender, age and heredity.

High blood pressure and frequent stress weaken and overtax the heart. High blood pressure also increases the risk of stroke and kidney and congestive heart failure.

One way to lower your risk is through regular moderate to vigorous exercise. Studies show that getting little or no physical activity increases your risk of heart disease, and even moderate exercise can lower your risk. Most healthcare professionals recommend you get some form of aerobic activity, like walking, for at least 30 minutes a day, five times a week.



Herbert Fischer, M.D.
Interventional Cardiologist

Make an appointment!

Interventional cardiologist **Herbert Fischer, M.D., can help keep your heart healthy. To make an appointment with Dr. Fischer, call (888) PHX-DOCS.**



STEPS TO REDUCE YOUR RISK FOR HEART DISEASE

Blood pressure	Keep your systolic blood pressure to less than 120 mm/Hg most of the time. Blood pressure of 120-139 is considered prehypertension.
Weight	Reduce your weight and your abdominal fat to a waist circumference of less than 40 inches on average for men and less than 35 inches on average for women.
Smoking	Stop smoking—this includes cigars.
Diabetes	Control your blood sugar as directed by your physician.
Physical activity	Avoid the “couch potato” syndrome. Walk at a brisk pace for at least 30 to 40 minutes, five times a week. Eating a large meal at night and not getting exercise are bad combinations that increase your chances of becoming overweight.
Cholesterol	Have your cholesterol levels checked at age 40 or earlier if you have a family history of coronary disease.



POISON ALERT

6 stay-safe steps to preventing household accidents

Accidental poisoning remains a leading cause of childhood injury and death, with our littlest ones at greatest risk. Children ages 4 and younger accounted for 70 percent of poisoning-related emergency room visits by kids in 2004, according to the National SAFE KIDS Campaign.

Young children are more susceptible because their small size and faster metabolism make them less able to handle toxins. What's more, their natural curiosity means they put everything in their mouths. To them, dishwasher soap granules resemble candy sprinkles, bleach looks like water and brightly colored cologne or mouthwash could be juice.

You'll need to take some serious preventive action to avoid accidents. Start your childproofing measures by looking at everything in your home—from plants to cosmetics—as a potential snack and follow these tips:

1 Ask for child-resistant caps on all medications and vitamins. Keep all drugs in their original containers with lids tightly closed and locked in a cabinet.

2 Keep cleaning solutions in their original containers. If you use juice or milk bottles to store such fluids, a child may take a drink, thinking it's OK. Always return products to safe storage immediately after use.

3 Be aware of any medicines that visitors bring into your home. Don't allow Grandma to leave medicines in her purse or suitcase where your child can easily find them.

4 Don't leave your child alone with household products. If you leave the room to answer the phone, take your child with you. Most poisonings occur when the product

is in use and the child is unsupervised. Remember: Most accidents occur in the blink of an eye.

5 Check your home or yard for poisonous plants. Place plants so your child can't get to them; otherwise, remove them.

6 Check your garage for containers of gasoline or other toxic chemicals.

Make sure they're in a place where your child can't reach them. Keep them in locked cabinets for the safest storage solution.

If you suspect poisoning ...

- If your child is unconscious, call for emergency medical assistance immediately.
- If your child is conscious, call the Poison Control Center. You should keep the number by your phone: Look for it on the inside front cover of your phone book or call (800) 222-1222 or log on to www.aapcc.org.





Community Health Education & Outreach Programs

PHOENIXVILLE HOSPITAL SEPTEMBER/OCTOBER 2006

TO REGISTER FOR A PROGRAM, CALL (610) 983-1288.

HEALTHY LIVING

Family & Friends CPR for New Parents

When: Thurs., Sept. 7, 6:30–8:30 p.m.

Cost: \$35

Infant/Child Heartsaver CPR

When: Sat., Sept. 9 and Oct. 14, 8:30–11:30 a.m.

Call: (610) 983-1288 for more information

Cost: \$55

Community Baby Shower

When: Sat., Sept. 23, 10 a.m.–noon

Cost: Free

“Living With ...” Series

When: Tues., Sept. 26 and Oct. 24, 7:30–9 p.m.

Call: (610) 983-1288 to register and for more information

Cost: Free

55 Alive

When: Two-session class–Sat., Sept. 30 and Oct. 7, 9 a.m.–1 p.m.

Call: (610) 983-1288 to register

Cost: \$10/person (payable to AARP)

Smoking Cessation Course

When: 7–8:30 p.m.

Call: (610) 983-1288 for dates and information

Cost: \$40 (reimbursed if you complete the course)

SUPPORT GROUPS

Breastfeeding Network

When: Tues., Sept. 5 and Oct. 3, 1:30–3 p.m.

Where: Phoenixville Hospital, fifth floor conference room

Cost: Free

Diabetes Support Group I

When: Tues., Sept. 5 and Oct. 3, 7:30–9 p.m.

Where: Phoenixville Medical Building, Conference Center Room A

Cost: Free

Fibromyalgia Support Group

When: Wed., Sept. 6 and Oct. 4, 7–7:30 p.m.

Where: Phoenixville Medical Building, Conference Room B

Cost: Free

Parkinson's Support Group

When: Mon., Sept. 11 and Oct. 9, 1–3 p.m.

Where: St. John's Lutheran Church, 355 St. John's Circle, Phoenixville

Cost: Free

Diabetes Support Group II

When: Thurs., Sept. 14 and Oct. 12, 10:30–11:30 a.m.

Where: Phoenixville Area Senior Center, 153 Church St.

Cost: Free

SENIOR HEALTH PROGRAMS

These programs address health and illness issues for seniors.

Prostate Health Issues

When: Wed., Sept. 13, Noon–1 p.m.

Where: Phoenixville Area YMCA (lunch provided, compliments of Senior Circle)

Cost: Free

Men's Health Issues

When: Thurs., Sept. 28, 12:30–1:30 p.m.

Where: Phoenixville Area Senior Center, 153 Church St.

Cost: Free



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Phoenixville, PA 19460

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Healthy Living

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