



JAN. 26, 2018

Weekly Update

National Wear Red Day February 2nd



In 2003, the American Heart Association and the National Heart, Lung, and Blood Institute took action against cardiovascular disease, which was a disease that was claiming the lives of almost 500,000 American women each year. Cardiovascular disease was believed, and many still believe to this day, affects more men than women, which is not the case. National Wear Red Day is held on the first Friday in February every year to raise awareness about heart disease and how it is the number one killer of women.

Chances are you know someone affected by heart disease and stroke. This is because in the United States alone, cardiovascular disease kills approximately one woman every 80 seconds. Thankfully, 80 percent of cardiac events may be prevented with education and lifestyle changes. That's why this year, we are

asking you to wear red on February 2nd, National Wear Red Day and encourage you to get others to do the same.

It is important that women take time to know their numbers. There are five numbers that all women should know to take control of their heart health. These five numbers are; Total Cholesterol, HDL (good) Cholesterol, Blood Pressure, Blood Sugar, and Body Mass Index (BMI). Knowing these numbers can help women and their healthcare provider determine their risk of developing cardiovascular diseases. It's time for all women to learn the most critical numbers in their life – their heart depends on it.

Go Red For Women advocates for more research and swifter action for women's heart health. This is a movement that starts with you! Lead by example and make the time to

EVENTS CALENDAR

Feb. 1-2: Uniform Sale HVCH Meeting Room

Robert's Uniforms will be in the meeting rooms with scrub tops and bottoms as well as shoes and accessories available for purchase. Sale is from 11 a.m. to 4 p.m. on Thursday and from 7 a.m. to 2 p.m. on Friday. HVCH employees may payroll deduct their purchases. Proceeds benefit HVCH through the Auxiliary.

March 21: Auxiliary Book Sale HVCH Meeting Room

Sale is from 7:30 a.m. to 3:30 p.m. Come browse the latest titles at 30% to 70% off retail prices. A variety of books and other items will be available. A portion of the proceeds benefit Hocking Valley Community Hospital through the Auxiliary.

INSPIRATIONAL QUOTE OF THE WEEK

"Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do. If you haven't found it yet, keep looking. Don't settle. As with all matters of the heart, you'll know when you find it."

— Steve Jobs

Direct to You: From Lauren Barber

As I wander around the hospital, I've noticed that about every third person is outfitted with some sort of wearable technology be it a Fitbit, Apple Watch, or some other health and fitness tracker. Not surprisingly, this mirrors national trends. An estimated 30 percent of Americans are tracking their steps, heart rate, etc.!



Lauren Barber,
HR Director

The jury is still out on how effective fitness trackers are at actually improving the lives of users. In fact, researchers have reported recently that just keeping track of your steps every day isn't really a high indicator of healthfulness. They believe it's about quality rather than quantity. Researchers have also noted that a majority of fitness tracker users ditch them within 3 – 6 months and long-term users sometimes gain more weight than they lose. These studies are mostly based on the lower tech, early generation Fitbits and step counters.

Tech developers have indicated that as smart-watches get smarter, we become more engaged especially when we're able to connect with each other through social. The more information we can collect and share with each other, the more motivated and better informed we become

about our health. Developers, including Apple, are partnering with medical researchers to create trackers that can spot potential health problems earlier. This might include changes in heart rate or blood chemistry that could indicate risk for heart attack or stroke.

Earlier this month, Fitbit announced that it has been anonymously collecting sleep data from users since March 2017. That's over 6 billion nights of sleep! What they've learned is astounding.

Most sleep studies currently occur when we experience trouble sleeping. Providers order studies as a diagnostic tool when determining if a patient suffers from sleep apnea or other disorder. Many commissioned studies occur in labs away from an individual's typical sleeping environment. And sometimes patients and study subjects keep sleep journals that rely on participants to record how they slept. These can be inaccurate and misleading. The Fitbit data is collected anonymously from users in their natural sleeping environment over a much longer period of time. Because of this, researchers have gained some surprising insights.

You might be interested to know:

- Our national bedtime is 11:21pm.
- East Coasters go to bed later and wake up later than West Coasters.

DIRECT, PAGE 3



'Extra Mile' employee recognized

Jane Green (center) was recently recognized for going the "Extra Mile" in the service she provides in Housekeeping. Presenting the awards were Lauren Barber, HR Director and Stacey Gabriel, CNO.



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HVCH Cafeteria Menu Jan. 29 - Feb. 2				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Oven Fried Chicken Sloppy Joe French Fries Broccoli Corn on the Cob Cream of Potato Soup	Meatball Sub Chicken Fingers Spinach & Cheese Casserole Oven Fried Potatoes Cauliflower Cheesy Breadsticks Chicken Noodle Soup	Waffle Bar Bacon Cheese Burger Cheesy Hash Browns Corn Broccoli Onion Rings Tomato Soup	Burritos Loaded Nachos Baked Potato Bar Fried Rice Cauliflower Beef Pot Roast Soup	Hot Dogs Battered Cod Breaded Green Beans Vegetable Medley Seasoned Peas Cauliflower Cheese Soup



Chipotle Orange Glazed Pork Chops

Ingredients

- 2 tablespoons maple syrup
- 2 tablespoons orange juice concentrate
- 1 teaspoon finely chopped seeded chipotle with 1/2 teaspoon adobo
- 4 (3/4-inch thick) center cut pork loin chops
- 1/2 teaspoons salt
- In a small bowl combine the maple syrup, orange juice concentrate and chipotle.

Directions

Preheat grill pan. Sprinkle both sides of the chops with salt. Brush 1 side of chops generously with glaze. Place on grill pan glaze side down. Brush other side with glaze. Cook 3 to 4 minutes per side over medium-high heat.

FEBRUARY

know your numbers. It's knowledge that could save your life. On Friday, February 2nd, help us turn the town red and save women's lives from heart disease and stroke. Go Red For Women and show your commitment to reducing risk, improving health, and saving women's lives.

Meet with your primary practitioner to discuss your numbers and the steps you can take to reduce your risk for cardiovascular disease. If you do not have a primary practitioner, contact Hocking Valley Medical Group at 740-380-8160 to set up an appointment.

#GoRedWearRed

Show off your red outfit on our Facebook page for a chance to win an awesome prize!

Information Courtesy of goredforwomen.org

DIRECT

- On average, women sleep 25 minutes longer than men.
 - Women also spend more time in REM sleep (the cycle where you dream) than men.
 - No one in the United States gets anywhere close to the recommended 8 hours of sleep per night.
 - When you stay up later on the weekends (and get less sleep), you actually experience something similar to jet lag come Monday morning. Varying your sleep by just 30 minutes less can severely impact the quality of your sleep. Key takeaway: keep your bedtime consistent.
 - The older you are, the less time you spend sleeping especially in deep sleep, which is the sleep cycle scientists agree is the restorative or restful cycle of sleep. Lack of deep sleep is why you may feel tired.
- Fitbit researchers hope to break down their data even further as they collect more, using voluntary demographics, to potentially help people sleep better in the future. Sleep has a profound impact on our overall health. Sleep deprivation contributes to cognitive issues such as memory loss and trouble concentrating. It can affect your mood, weaken your immune system, and increase your risk for obesity, high blood pressure, diabetes, stroke, heart disease, and heart attack.

Bottom line: make sure you get your Zzzzzzzs! Your health depends on it! For more information on getting better sleep, visit: <https://sleepfoundation.org>.

START YOUR CAREER WITH HVCH TODAY!

Apply @ www.hvch.org

- Registered Nurse (RN) - Full Time - Nights - Inpatient Services
- Registered Nurse (RN) - Part Time - Nights - Inpatient Services
- Registered Nurse (RN) - PRN/Contingent - Inpatient Services
- Registered Nurse (RN) - Special Care Unit/Nursing Supervisor - Full Time - Variable Hours
- Registered Nurse (RN) - Circulator - Part Time - Surgery/OR
- State Tested Nursing Assistant (STNA) - PRN/Contingent - Inpatient Services

Welcome to our new series, Health Topics A - Z. These topics will provide you with a toolbox of information to keep you safe and healthy throughout the year! We encourage you to clip them out and store them for future reference. In addition to causes, symptoms, and treatment, you will be able to have a contact number right at your finger tips. We hope you enjoy this series... just one more way Hocking Valley Community Hospital is leading the way to a healthier community!



(A)cute Respiratory Infection

What is an acute upper respiratory infection?

Upper respiratory infections (URIs) are one of the most common reasons for doctor visits. They are the most common illness resulting in missed work or school. Upper respiratory tract infections, are the illnesses caused by an acute infection which involves the upper respiratory tract: nose, sinuses, pharynx or larynx. An Upper Respiratory Infection (URI) is another name for the common cold. A cold is caused by a virus that can settle in your nose, throat or lungs. This causes a runny or stuffy nose and sneezing. You may also have a sore throat, cough, headache, fever and muscle aches. Upper respiratory infections can happen at any time, but are most common in the fall and winter. Different cold viruses last different lengths of time, but the average time is 2 to 14 days.

How is acute respiratory infection treated?

There is no cure for the common cold. Your doctor or nurse practitioner may prescribe medications to manage your symptoms while monitoring your condition. If he/she suspects a bacterial infection, they may prescribe antibiotics. Antibiotics may be used to treat signs of a secondary infection, but they do not treat the cold virus. Try these tips to keep yourself comfortable:

- Get plenty of rest.
- Drink plenty of fluids, at least 8 large glasses of fluid a day. Good fluid choices are water, fruit juices high in Vitamin C, tea, gelatin, or broths and soups. These help to keep mucus thin and ease congestion.
- Use salt water gargle, cough drops or throat sprays to relieve throat pain. Mix $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon of salt in 1 cup of warm water for a salt water gargle solution.
- Use petroleum jelly or lip balm around lips and nose to prevent chapping.
- Use saline nose drops or spray to help ease congestion.
- Use a Humidifier: A cool mist humidifier can make breathing easier by thinning mucus. Do not use a steam humidifier as hot water can cause burns if spilled.
- Over the Counter (OTC) Medicines: Read labels carefully. Use a product that treats only the symptoms that you have. Ask your primary practitioner or pharmacist for recommendations. Be sure to ask about possible interactions with other medicines you are taking.
- You should also avoid smoking and make sure you include plenty of vitamins in your diet, such as vitamin C, which helps boost your immune system.

Practice good hygiene:

- Wash your hands frequently with soap and water, especially after you've been in a public place.
- Always cough or sneeze into the arm/elbow of your shirt or in a tissue. Although this may not ease your own symptoms, it will prevent you from spreading germs.
- Avoid touching your face, especially your eyes and mouth, to prevent introducing germs into your system.
- Do not share cups or utensils.

We encourage you to please visit your medical provider if you are experiencing any of the above symptoms. If you are in need of a provider please contact the Hocking Valley Medical Group at 740-380-8160 to schedule an appointment today.

This Weeks Heath Topic was provided by: Michelle Matheny, Director of Emergency Department and Urgent Care



HOCKING VALLEY Community Hospital

OUR MISSION

To provide extraordinary care close to home now and into the future.

OUR VISION

To provide our community an unparalleled patient experience through world class service that is both compassionate and professional.

HVCH is a 25-bed, critical-access hospital located in the city of Logan, Ohio, which serves residents in Hocking and surrounding counties. With more than 325 employees, our staff is here to serve the residents and visitors of our Hocking Valley community through various ancillary and emergency care services. HVCH is Joint Commission accredited, and we offer a wide range of primary, acute, and rehabilitative services. We are pleased to provide 24-hour emergency services to our patients through our ER and Urgent Care. Additionally, our surgical center, rehabilitation center, physical therapy clinic, pain control and wound clinic, imaging, laboratory, cardiovascular/cardiopulmonary, sleep clinic, geriatric psychiatric, and oncology services are also available. We are proud of our facility. HVCH is affiliated with OSUWMC, improving healthcare services to the Hocking and surrounding counties in the areas of general surgery and orthopaedics. HVCH also is a part of the Ohio State Health Network.