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HEALTH Connection

FALL 2011

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*Keep
Back Pain
Away*

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You Need



CENTRAL LOUISIANA
**SURGICAL
HOSPITAL**

Healthy Eyes All Autumn Long

FALL MEANS TIME SPENT OUTDOORS RAKING LEAVES AND TRICK-OR-TREATING WITH THE KIDS, BUT OCTOBER IS ALSO EYE INJURY PREVENTION MONTH. TAKE THIS OPPORTUNITY TO REVIEW YOUR EYE HEALTH HABITS.

Nearly half of all eye injuries occur at home, according to the American Academy of Ophthalmology, and typically happen during household chores such as yard work, cleaning, and cooking.

To keep your eyes safe:

- * Wear protective eyewear when woodworking, cooking, or cleaning the bathroom or kitchen with harsh chemicals.
- * Wear sunglasses when working or playing sports outdoors in the daylight.
- * When preparing treats or meals, supervise children and keep cutting utensils out of their reach, since these items can cause damage to the eye.

Ouch, That Stings!

If chemicals, dirt, or other irritants end up in your eye, immediately flush the eye out with water. Lean over the sink, open your eye as wide as possible, and rinse using lukewarm water for five seconds at a time to remove any debris. Check your eye every five minutes to see if the irritant has been safely removed. Do not press on your eye or attempt to remove the item with your fingers. If flushing does not help, seek medical attention immediately.



Visit www.clshospital.com/health-connection to learn more about maintaining your eye health.

Mom, Take Time to Unwind

YOUR TO-DO LIST IS LIKELY FILLED WITH ITEMS SUCH AS TAKING YOUR CHILD TO HIS OR HER SOCCER GAME, GROCERY SHOPPING, OR CLEANING HOUSE. AMID ALL THE CHORES, IT'S IMPORTANT TO MAKE TIME FOR YOURSELF.

Juggling your career and managing your home can take a toll on your physical, social, and emotional health. Most parents report having only 90 minutes a day to unwind, and about two-thirds of mothers suffer from insomnia.

Getting Back to You

If you're constantly stressed or on the go, here are some activities that can help you reclaim your emotional and physical health.

- * **Have dinner with friends.** Unlike men, women are communication-driven creatures. If you're stressed, you probably like to talk about it. Enjoying an evening out with friends is a great way to de-stress.
- * **Maintain a healthy diet and exercise program.** Finding the time to work out or prepare meals at home can be a challenge, especially if you're chauffeuring your kids to school plays or sporting events. Schedule your exercise time earlier in the day or later in the evening to avoid activity conflicts, and try to prep meals ahead of time.
- * **Set aside time for yourself.** Whether it's before work or during your lunch break, dedicate a certain amount of time throughout your day to something you enjoy. Turn off your cell phone and meditate, read a book, or take a long bath.

Visit www.clshospital.com/health-connection for more information about maintaining a healthy lifestyle.



Watch Your Back



MANY ITEMS ON THE FALL/WINTER “HONEY-DO” LIST, INCLUDING RAKING, PUTTING UP DECORATIONS WHILE STANDING ON A LADDER, OR SHOVELING SNOW, SEND THOUSANDS OF ADULTS TO THE EMERGENCY DEPARTMENT EACH YEAR. PROTECT YOUR BACK WITH COMMON-SENSE PRECAUTIONS.

Because seasonal chores can take a toll on your back, the American Academy of Orthopaedic Surgeons (AAOS) recommends a light warm-up consisting of stretching for 10 minutes before beginning vigorous yard work. Other AAOS tips for Fall chores include:

- * Alternate arm and leg positions, bending at the knees when picking up leaves.
- * Avoid twisting motions that strain the back, such as throwing leaves to the side or over the shoulder.
- * Choose a rake that matches your strength and height.
- * Fill bags to a comfortable weight to carry, not necessarily to the top.

Watch Your Step

If you want to hang electric icicles or other decorations that require using a ladder, make sure to select a ladder that provides stable access. Each year, inspect your ladder for loose hinges, rungs, or screws, and remove dirt, liquids, and mud to ensure proper footing.

Wear shoes with nonskid soles, face the ladder when ascending or descending, choose a level surface where all ladder legs can touch

the ground, and fully open and lock the ladder before climbing. Avoid sitting on ladder tops or pail shelves that are not designed to hold a person's weight.

Core Competencies

Prevention is the best defense against back pain. Regular stretching and exercises to strengthen back and core muscles at least three times weekly can help prepare you for seasonal exertions.

You can also minimize your risk for injury by sitting and standing straight. Use your knees when lifting heavy objects, and if you are overweight, lose weight to reduce strain on your back.

Let It Snow

More than a third of injuries from shoveling snow occur in the lower back. To avoid potential injury, consider hiring someone to shovel for you or using de-icing sprays, heated doormats, or snow blowers.

If your back pain persists for longer than six weeks, consult your physician. Visit www.cshospital.com/health-connection for more information about preventing back pain.

Risk for Injury

As we age, our bodies become less flexible and our muscle tone and bone strength decrease. Lifting something too heavy can cause spasms in the ligaments and muscles of the back, leading to back pain.

EQUAL OPPORTUNITY

Most people will experience back pain at some time in their lives, and back pain

affects men and women equally. Factors that increase risk for back pain include:

- Age
- Diseases that can cause back pain, such as arthritis and cancer
- Falls or other accidents
- Inactivity
- Obesity
- Poor posture when sitting or standing
- Smoking



The *Total Approach* to Orthopedic Care

ADVANCED ORTHOPEDIC SURGICAL SERVICES AVAILABLE AT CENTRAL LOUISIANA SURGICAL HOSPITAL ARE HELPING RESIDENTS ACROSS THE COMMUNITY OVERCOME JOINT PAIN AND GET BACK TO THE ACTIVITIES THEY ENJOY.



At any age, the irritation and soreness of joint pain can take a toll on a person's ability to work and enjoy free time. Patients suffering from severe joint pain often become candidates for joint replacement. Performed on the knee, hip, or shoulder, total joint replacement surgeries can restore the strength of a joint and help improve quality of life for patients.

"As with other elective surgeries, a trial of conservative treatment should be completed prior to undergoing surgery," explains C. Terry Texada, MD, orthopedic surgeon on staff at Central Louisiana Surgical Hospital. "Patients who have exhausted all noninvasive methods of care are good candidates for surgical joint repair."

Understanding the Differences

Undergoing a total joint replacement can have a dramatic impact on a patient's life. Prior to a joint replacement procedure, adequate understanding of the surgery and recovery process can make a tremendous difference for patients. At Central Louisiana Surgical Hospital, the orthopedic surgery program is designed to maximize education and provide an effective solution for joint pain.

Offering the clinical expertise of experienced orthopedic surgeons and a skilled nursing staff, the orthopedic surgery program at Central Louisiana Surgical Hospital is a comprehensive resource for orthopedic patients. Each patient who enters the program benefits from advanced surgical capabilities and the individualized attention necessary for total recovery.

"From presurgical evaluation to rehabilitation, our patients have access to the intensive, focused medical services necessary to overcome chronic joint pain," says Jeffrey Garrison, MD, orthopedic surgeon on staff at Central Louisiana Surgical Hospital. "Our goal is to provide each patient with the medical care necessary to get them back to work and the activities they enjoy as quickly as possible."

Visit www.clshospital.com for more information about joint replacement.



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