

For Your HEALTH

Committed to the Health & Well-Being of El Dorado County

SPRING 2020

Small
changes
in your routine
can add up
to big
ZZZs



MARSHALL
MEDICAL CENTER

It's about you

- ▶▶ Spot a Stroke and Act FAST
- ▶▶ Sleep Training Your Baby
- ▶▶ Want to Train for a 5K?

Spot a Stroke and Act FAST



Knowing the signs and symptoms of a stroke is the difference between life, death and disability. For Americans, strokes are not only the leading cause of disability but are also one of the top causes of death.

Strokes can be caused by a blocked artery, impairing blood flow to the brain. They can also be caused by a rupture of a blood vessel, preventing oxygen and nutrients from getting to the brain. “Lack of blood circulation in the brain can lead to paralysis, vision or language problems, behavioral changes or memory loss,” says Scott Vasconcellos, MD of Marshall Cardiology.

Strokes can come without warning. It’s important to know the symptoms for yourself and for others. Call 911 immediately you recognize the following:

- Dizziness or problems with balance
- Numbness in the arms, legs or face
- Confusion or difficulty speaking
- Loss of vision or double vision
- Severe headache

Seconds matter when it comes to stroke treatment. Depending on the type of stroke, healthcare professionals may administer clot-busting or

hemorrhaging-reduction medication to reverse the stroke. Emergency surgery may also be necessary to stop bleeding into the brain. “Every minute counts,” explains Dr. Vasconcellos. “There is a short window of three hours from the first symptoms to combat permanent effects.”

Anyone can have a stroke; you may not know you’re at risk until you experience symptoms. “There are risk factors, such as diabetes, high blood pressure, smoking, high cholesterol, irregular heartbeat, family history and a narrowing of the arteries,” says Dr. Vasconcellos. “If you have one or more of these conditions, speak to your doctor about a stroke screening test.”

Strokes can be prevented through lifestyle choices: exercising regularly, maintaining a healthy diet, managing your weight and not smoking. Control chronic conditions with medication and by seeing your doctor regularly.

Marshall Medical Center is a Stroke Center, certified by The Joint Commission. A dedicated stroke team, including a physician, registered nurse, phlebotomist, pharmacist and CT technician stands at the ready to respond to all potential stroke patients. Following protocols and national standards, Marshall’s Stroke Team upholds a high standard of care.

Act FAST: A simple way to remember the signs of stroke:



F FACE. IS ONE SIDE OF THE FACE DROOPING?



A ARMS. ARE THE ARMS SUDDENLY WEAK?



S SPEECH. ARE WORDS DIFFICULT TO FORM?



T TIME TO CALL 911.

ABOUT MARSHALL MEDICAL CENTER

Marshall Medical Center is an independent, nonprofit community healthcare provider located in the heart of the Sierra Foothills between Sacramento and South Lake Tahoe. Marshall Medical Center includes Marshall Hospital, a fully accredited acute care facility with 125 beds located in Placerville; several outpatient facilities in Cameron Park, El Dorado Hills, Placerville and Georgetown; and many community health and education programs. Marshall has nearly 300 physicians and a team of over 1,600 employees providing quality healthcare services to over 175,000 residents of El Dorado County.

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It is intended to provide information about health in general as well as healthcare services and resources available in El Dorado County. Information 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 healthcare provider.

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Is this normal? Strange and Unusual Symptoms

Your body speaks to you through signs and feelings, giving you warnings that something may not be right. If you're experiencing unusual symptoms, visit your doctor to identify the underlying cause and determine a plan for treatment.

Abdominal pain, bloating or nausea after eating greasy food – let your doctor know if you experience belly pain when you eat fatty foods as you may have a gallbladder condition. “Your gallbladder aids in the digestion of fats,” says Marshall General Surgeon Ryan Lussenden, MD. “Pain may be caused by an inflammation or by gallstones.” Removal of the gallbladder can be done with outpatient surgery laparoscopically. Recovery time is minimal and patients can resume normal activities in a few days.

Recurring heartburn – Burning pain in your chest after eating, one that isn't easily treatable by over-the-counter medications, may be caused by diet, meal size and frequency of eating. Heartburn can be more than your stomach rebelling; it may require a CT scan or upper endoscopy to get to the root of the problem.

Lumps on your abdomen or groin area – This could indicate a hernia, when an organ pushes through a weak opening in muscle or tissue. Hernias can cause complications, may grow larger and won't go away without medical intervention. Your doctor can detect a hernia with a manual exam. Surgery is the only way to treat a hernia.

Pain or burning during urination for men - Painful, frequent or dribbling urine may be a sign of prostate problems. To diagnose, your doctor will do a rectal exam and take cultures. An ultrasound may also be used to determine the severity, including the possibility of prostate cancer.

Heavy menstrual bleeding – Prolonged or heavy periods that hamper usual activities may be caused by a number of conditions including hormone imbalance, dysfunction of the ovaries, uterine fibroids, polyps, cancer or other medical conditions. “Heavy periods can be an indication of a number of problems,” says Kate Sullivan, FNP, of Marshall OB/BYU. “There are various treatment options your gynecologist can recommend. Abnormally heavy bleeding is not only inconvenient and embarrassing. It can also be painful and a symptom of something more serious. Don't delay in seeing your doctor.”

You don't have to live with these symptoms, talk to your doctor about treatment options. Some may be easily managed with medication, but some may require surgery. Marshall Medical Center uses a state-of-the-art da Vinci robot for minimally invasive surgeries, so you'll experience less pain and recover faster.



For more information about Marshall Medical Center, visit www.marshallmedical.org or follow us on Facebook/[marshallmedicalcenter](https://www.facebook.com/marshallmedicalcenter), twitter.com/MarshallMedical, on YouTube, LinkedIn and on Instagram



Small changes in your routine can add up to big **ZZZs**

Sleep. We all want more of it. Some need help getting it. Trying to cram as much as possible into a busy schedule sometimes requires sacrificing sleep. “We all know how it feels to run on too little sleep. By not making it a priority, you can make yourself more susceptible to problems such as high blood pressure, diabetes, heart attack, heart failure and stroke,” says Anuradha Shanmugham, MD, MPH, of Marshall Family Medicine. “Not to mention, there are impacts to your appearance, lack of alertness, impaired memory, relationship stress and a greater likelihood of car accidents.”

Want more sleep? Here are some tips on getting increased quantity and quality of sleep.

1. Set a bedtime and keep it.

Instead of waiting until your to do list is done (because it never really is anyway) or until you feel too sleepy to keep your eyes open, set a reasonable time to hit the sheets. Most adults need between seven and nine hours each night so make sure your bedtime allows for at least that before your morning routine begins. Don't forget that we rarely sleep through the night without waking up momentarily several times, so build in a little extra time to account for that.

2. Turn off your devices.

It seems everything has a back lit screen these days, even our watches. These electronic devices emit a special kind of blue light that drastically affects our quality of sleep. Blue light exposure in the evening tricks your body into thinking its daytime and inhibits the production of melatonin, which tells your body it's tired and needs to go to sleep. Turn off your devices, including the television, about an hour before bed, if not longer. Use an alarm clock with red numbers on your nightstand instead of your phone to wake you in the morning and to check the time during the night if you wake up.

3. Create a pre-bed routine.

Sleep hygiene is the practice of creating a few habits before bed that over time trigger your brain to know that it's time to starting shutting down. Read a chapter of a good book, enjoy a bubble bath or hot shower, take your dog for a short walk. Whatever your routine may be, do the same thing each night before you go to bed.

4. Avoid alcohol. And naps.

Savoring a glass of wine or two at the end of a long day may seem to help you relax and get to sleep faster. However, studies show that alcohol actually disrupts the phases of sleep, making it less restful than you'd expect. Similarly, taking an afternoon nap will trick your body into thinking it's gotten the right kind of sleep when, in fact, daytime sleep doesn't allow for the deep or REM sleep we need so badly. Naps also decrease the "sleep debt" that is necessary for us to fall asleep more easily at night.

5. Get out of bed.

If you've turned off the lights and sunk into your comfy bed, but sleep doesn't come within ten minutes, get up and do something else, even if it's just sitting in a chair with your thoughts. Lying in bed awake for long periods of time will train your brain that bed is a place to be awake, which is the opposite of your intended goal.



6. Have a snack.

Instead of reaching for that pint of ice cream in the back of the freezer, there are some snacks you can have that will actually help your quality of sleep.

- Complex carbs such as popcorn, oatmeal, or whole wheat crackers with nut butter increase serotonin levels that aid sleep.
- A handful of nuts contain melatonin to regulate your sleep cycle.
- Cottage cheese with raspberries will boost serotonin.
- Caffeine-free tea containing calming ingredients like chamomile, ginger or peppermint can add to your relaxing bedtime ritual.
- Warm milk is a cliché for a reason.
- Tart fruit like whole tart cherries, pineapple and oranges contain a lot of melatonin. And one study shows that eating two kiwis before bed can lead to an hour of extra sleep over the course of a month.

7. Exercise.

In addition to helping out your cardiovascular health, getting regular exercise increases endorphins in your body, leading to better sleep. "Try squeezing short bouts of activity into your day if you don't feel you have time to hit the gym. Just five or ten minutes here and there can really add up," says Stanley Henjum, MD, of Marshall Cardiology.

Get creative about your bedtime routine; take or leave any of the above suggestions. Just make sure that you're sticking to a consistent routine with consistent timing. Your body and your mind will thank you for it.

The Power of Generosity



W

ildfires. Power outages. A tragedy that takes a life.

When a personal or widespread disaster hits the media, many people are drawn to give. Either through volunteering or donating supplies or money, people are

moved to express their altruistic desire to help in some form.

The generosity tends to be great in the beginning but then slowly dwindles. This is expected. “Donors can reevaluate how they choose to respond,” says Jamie Johnson, Executive Director of the Marshall Foundation for Community Health. “Give when you feel the urge, but also consider repeating your gift six months, a year or years after the disaster,” he said. With true disasters, the effects and need for help will last for a long while.

Give yourself time to identify the best nonprofit organizations to support. “Giving is so personal,” says Jamie, “Consider whether you want to give to an established entity such as the Red Cross, or to locally based nonprofits with good reputations. Some may even want to give directly to those affected via a Go Fund Me page.”

Some tips for giving:

1. Consider donating money rather than items. Relief organizations can make best use of funds rather than supplies that need to be sorted, stored or may expire.
2. Give to reputable aid groups and non-profits with ties to the local community.
3. Think of immediate and long-term needs; you may want to give some now and more later.

Aside from episodic giving, there are also ways to plan your gifts. Some examples include:

Donor Advised Fund – Start a fund for a cause near and dear to your heart. You can start the fund and contribute annually, or invite others to add to it.

Estate Plan Gifts – a provision in your will or living trust naming an entity as a beneficiary or a portion of your assets.

Life Income Gifts – allows you to give assets to an entity who will manage the investment and pays you (or others) a dividend for a certain term. There are several types of life income gifts you can consider.

Giving requires knowledge and heart. Generosity empowers others to act on your behalf.

The Marshall Foundation for Community health was established in 1974 to support Marshall Hospital and health initiatives in El Dorado County. A board of 23 trustees oversees assets of \$4.5 million. The foundation provided health care grants of \$73,000 last year to efforts including battling opioid addiction, drug abuse prevention education in schools, dementia and Alzheimer’s education, and support for the homeless and disabled. For more information about the Marshall Foundation for Community Health, visit www.marshallfound.org.



**Marshall
Foundation**
for Community Health

ABCs of Safe Sleep

It can be difficult for parents—new parents especially—to navigate the advice from friends, “Dr. Google” and gut instinct when it comes to what’s best for your child’s health and safety. Here are some easy-to-remember tips for making sure your baby sleeps safely through the night from Marshall Medical Center’s newest pediatrician, Suzanne Stewart, MD.



ALONE

Your baby should sleep alone for every sleep (night time and naps). While studies show that sharing a room with your baby can decrease the risks of Sudden Infant Death Syndrome (SIDS) by half, sharing a bed can increase those risks.



BACK

For the past 27 years, the American Academy of Pediatrics has recommended babies sleep on their backs instead of on their stomachs or sides. This has been shown to reduce the risk of sleep-related deaths including SIDS.



CRIB

Babies should sleep in their own crib or bassinet. The crib should have a firm mattress with a fitted sheet to prevent suffocation and there should be nothing else in the crib with your baby. This includes blankets, toys and pillows. If the temperature is too cool for your baby, swaddling them during sleep is safer than having loose blankets in the crib.



To make an appointment with a Marshall pediatrician, call 530-626-1144 or visit marshallmedical.org/pediatrics



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Sleep training your baby

Sleep training is a hotly debated topic in the parenting world. It’s the process of teaching your baby how to sleep independently, ideally between four and six months of age. Sleep training is all about creating positive sleep associations for your baby. “It’s very difficult for new parents if their baby doesn’t sleep. I recommend sleep training for your own peace of mind and for your baby’s healthy sleep patterns,” says Suzanne Stewart, MD, of Marshall Pediatrics. But with so many different methods, how do you know which is right for your family? Only you can make that decision, but here are a few different approaches you can try.



Let’s start with the most controversial method – Cry-It-Out (CIO), also known as... **Extinction**

This involves letting your baby cry at bedtime or the middle of the night so they learn to soothe themselves back to sleep. Supporters of CIO say it’s a practical way for infants to figure out how to fall asleep without the assistance of their parents and doesn’t take too many nights for parents to see results. Critics, on the other hand, say that letting your baby cry can cause psychological damage and negatively affect the baby’s sense of security during sleep.

Chair Method

For this technique, sit in a chair near the crib until your baby falls asleep. This reassures the baby that you are nearby, while not helping them fall asleep or calm down. Gradually move the chair farther and farther away until you’re outside of the room.

Ferber Method

This is often mistaken for the cry-it-out method, but has some differences, as explained by its creator, Richard Ferber, MD. It involves putting your drowsy, but awake, baby in the crib. If the baby cries, wait a few minutes before attending to them. First wait three minutes, then five, then ten and so on. This continues over the course of a week, with longer intervals each day.

Walk-and-Sleep Technique

Try feeding and swaddling your baby, turning on white noise, and rocking your baby to sleep. Slide them into the crib and wake them gently. Since they are drowsy, they’ll fall back to sleep quickly, learning to put themselves back to sleep on their own.

As Dr. Stewart says any of these methods will help your child learn to self-soothe and sleep soundly, allowing you to do the same.

Want to Train for a 5K?

With the weather starting to warm up, it's easier for us to get active outside. A great way to stay active is to train for a 5K run; it's just a little more than three miles. However, the less active you've been lately, the more likely it is you'll get injured if you try to do too much too soon. Here are some tips to get started:

- When you start, don't worry about how fast you are running. Instead, focus on how long you run.
- Purchase a good pair of running shoes. Go to a specialty running store and they can help you choose a pair designed for your arch and stride. While you're there, pick up some seam-free socks that manage moisture to avoid blisters.
- Get into a pre-run routine. We've all heard that it's important to stretch before a run, but how? Physical therapist Allison Orofino, Director of Rehabilitation Services at Marshall recommends dynamic stretching to get the blood flowing. These include walking lunges, butt kicks and high knees. Be sure to walk briskly for about five minutes before you speed up to a comfortable jog or run pace.
- Your first runs should be about 20 to 30 minutes, three times a week. Download a training app such as Couch to 5K, which will help you build up to running longer with smaller stretches of walking in between.
- It is important to complete these first runs at a comfortable pace. Don't push yourself too hard in the beginning, but focus on longevity.
- Don't be afraid to walk. Listen to your body and if you need to take a break, slow down to a brisk walk. Be honest with yourself though. Do you need a break or are you just bored with the monotony we sometimes feel with a longer stretch of running?
- Cool down. When you've completed your running goal for the day, don't stop all at once. Much like you did when you warmed up, walk for another five minutes to cool down gradually.
- Stretch again. Now is the time for static stretching on the floor. Be sure to stretch each muscle group in your legs to avoid injury or tight muscles the following day.
- On rest days, work your core. We tend to think that running or walking just works our leg muscles, but it's actually a much more full body experience. On days you don't train, do some simple core strengthening exercises like crunches or planks to help those stabilizing muscles keep up with the rest of your body.

GOLD COUNTRY HALF MARATHON+5K

PRESENTED BY  **MARSHALL** MEDICAL CENTER

SUNDAY, MAY 17, 2020
7 A.M. START TIME

El Dorado Hills Town Center
4370 Town Center Blvd. | El Dorado Hills

KIDS' K RUN (.6 miles)
for Children 12 & Under

5K Presented by
Marshall Medical Center

HALF MARATHON

*Awards for Male/Female
Age Group Winners for the
5K and Half Marathon*



FOR MORE INFORMATION & TO REGISTER,
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