

Your

A PUBLICATION OF
YUMA REGIONAL
MEDICAL CENTER

Spring/Summer 2011

Health

HELP FOR
BED WETTERS

PLAY IT
SAFE

Get Healthy,
YUMA!

PRIME

Lose Weight, Live Better

Area Walmart stores have joined the Healthy Yuma 2011 initiative with targeted information to entice shoppers and employees to participate. Healthy Yuma 2011 pledge forms and recipes are available — along with all the items needed to prepare a featured dish — in each store.

* Healthy Yuma 2011 **CHOOSE**

WHAT A *Community* **CAN DO**



Obesity rates in the United States have reached epidemic proportions, and healthcare costs are rising at an unsustainable rate. Healthy Yuma 2011 has coordinated resources throughout the community to help residents make positive changes to reverse these trends.

Healthy Yuma 2011 has challenged the community to lose a total of 140 tons of fat in one year. In partnership with founders Yuma Regional Medical Center and the *Yuma Sun*, coordinators of Healthy Yuma 2011 are providing tools and support to help residents establish healthier habits for life. If everyone in Yuma County loses just 10 percent of their excess weight, Healthy Yuma 2011 will reach its goal of 140 tons of weight loss.

“By reducing our risk for costly conditions, such as diabetes, heart disease and stroke, through lifestyle changes, we can drive down healthcare costs,” says Carl Myers, M.D., retired oncologist and coordinator of Healthy Yuma 2011. “Individuals who change their lifestyle with improved nutrition and exercise can feel amazingly better in just one month. Our mission is to create the understanding and commitment that can continue healthy living for a lifetime.”



HEALTH FOR LIFE

Leading the “Weigh”

Healthy Yuma 2011 includes four areas of focus: exercise, nutrition, weight loss and management and freedom from addiction including smoking, alcohol and street drug use.

There are several ways to monitor progress. Goals can be filled out and progress updated online at www.HealthyYuma2011.com or on the Healthy Yuma 2011 Facebook page. Gyms and even some companies are acting as weigh stations.

“Local gyms are providing educational material about exercise,” Dr. Myers says. “Participants can also take advantage of free body-fat analyses or baseline fitness testing. Follow-up testing is also available to monitor progress.”

Get Inspired

Healthy Yuma 2011 is a chance for residents to join together and aim for a higher level of fitness for themselves and the community. Dr. Myers suggests forming dream teams of two or more people to rally around a shared goal, activity or interest to improve their health.

Some dream teams he’s known in the past have trained together to run a 5K or held weekly healthy-cooking potlucks to share recipes and ideas.

“I am very concerned that unless we make changes, we will lose our standard of living and the American way of life,” Dr. Myers says. “By focusing on what we can do ourselves, we can start a chain reaction that will benefit our community as a whole.”

For more information about Healthy Yuma 2011, visit www.HealthyYuma2011.com. Sign up to track your progress or view the calendar of events.

Healthy Yuma 2011 Community Objectives

Americans are caught in the middle between knowing the importance of a healthy lifestyle and the reality of living in an unsupportive culture. The prevalence of junk food, binge drinking and drug use has made a tremendous negative impact on our nation’s health.

Many trends are going the wrong way — smoking is no longer on the decline, sedentary lifestyles are increasing and obesity rates are rising. Healthy Yuma 2011’s seven objectives to help turn our community around will also produce medical and personal savings.

	OBJECTIVE	SAVINGS
1	Lose 140 tons of fat	\$5.6 million
2	Eat more vegetables and fruits and less fat, salt and sugar	\$5 million
3	Motivate 5,000 new exercisers	\$1 million
4	Inspire 2,000 families to adopt the 5-2-1 Almost None Program	Priceless
5	Assist 4,000 people to quit smoking	\$3 million
6	Enable 2,000 people to decrease drinking	\$1 million
7	Create a culture that enables 500 drug users to succeed in quitting	\$1.25 million



Healthy Yuma 2011

Countdown to Better Health

A program initiated by Nemours Health & Prevention services, **5-2-1 Almost None** helps families bring the basics of a healthier lifestyle into their family life. 5-2-1 Almost None was designed to address childhood obesity. Healthy Yuma 2011 has adopted the program to help families in Yuma County improve their health.

The basic formula to promote healthier habits:

- 5** — Eat five or more servings of vegetables and fruits each day.
- 2** — Limit non-school-related screen time to two hours or fewer per day.
- 1** — Participate in one hour or more of physical activity each day.
- Almost None** — Restrict sugary beverages to almost no daily consumption.



Spring Into *Safety*

Providing Comprehensive Care

On March 1, Yuma Regional Medical Center opened the doors to its new orthopaedic trauma clinic, Yuma Orthopedic Associates. The clinic is located at 1501 W. 24th Street. Patients will be referred here by the Emergency Department or PrimeCare Urgent Care for orthopaedic trauma and fracture care.

The clinic is part of YRMC's mission to improve the health and well-being of the individuals, families and communities it serves. It will be open Monday through Friday each week to administer comprehensive orthopaedic care.



Whether ATVing at the Imperial Sand Dunes or boating on the Colorado River, the Yuma-area offers an extensive array of activities. Wearing proper safety gear and knowing the laws of right-of-way are just an example of precautions you should take to alleviate the chance of injury in an accident.

“Orthopedic trauma can include life- and limb-threatening injuries, and it could be anything from a wrist fracture to polytrauma with multiple broken bones,” says Leslie Gullahorn, M.D., a Board-certified orthopaedic trauma surgeon on the Medical Staff at Yuma Regional Medical Center. “Try to remember and practice always wearing safety gear, be it a helmet or a seat belt, to lessen the possibility of injuring yourself if you are in an accident.”

According to the Centers for Disease Control and Prevention (CDC), motor vehicle accidents are the leading cause of death for people ages 5 to 34. The most recent data available show that more than 2 million people were treated in emergency departments as the result of a crash. The CDC focuses on reminding people that proper booster seat and seat belt use could save a life.

Dr. Gullahorn reminds people to wear a seat belt whether you're sitting in the front or back seat, and never to ride in the back of a pick-up truck.

Trauma Clinic and Emergency Department— What's the Difference?

The Trauma Center Association of America says that all trauma care is emergent, but not all emergency care is trauma. Emergency departments treat ill and injured people who need care on an urgent and emergent basis.

“Injured patients will initially be evaluated in the Emergency Department,” says Dr. Gullahorn. “If they have orthopaedic injuries, they will either be admitted to the hospital or referred to the orthopaedic clinic for treatment of these injuries. Our comprehensive new orthopaedic trauma program is now here to serve the needs of Yuma's orthopaedic patients.”

To learn more about YRMC's new orthopedic trauma clinic, visit www.yumaregional.org and search “orthopedic.”

Why Does My Child wet the Bed?

Parents know bed-wetting often comes with the title of mom or dad, but that doesn't stop them from wondering why their children have trouble making it through the night or what they can do to help.

"Achieving good urinary control is a milestone in a child's life, usually taking place between ages 2 to 4, or much later in families with a history of bed-wetting," says Saad Al Alou, M.D., FAAP, a Board-certified pediatrician on the Medical Staff at Yuma Regional Medical Center. "It's important to remember that not every child outgrows bed-wetting at the same time, so parents must be patient."

Aside from heredity, common causes of bed-wetting include trouble waking up from sleep, small bladder, stress, slow central nervous system development and hormonal issues. Most children wet the bed because their bladders aren't finished growing and are unable to hold urine throughout the night. On top of this, the children aren't mature enough to recognize when to get up and use the bathroom. More concerning are the kids who wet the bed again after being dry for at least six months. Such relapses may result from increased stress, illness or a change in the home environment.

Patience Makes Perfect

According to the American Academy of Family Physicians, most kids outgrow bed-wetting by age 6. If your child wets the bed, don't get frustrated — assure him or her that bed-wetting will stop with time, have him or her wear training pants for a short while and reward him or her for dry nights. Limit your child's fluid consumption 30 minutes before bed, encourage him or her to use the bathroom before falling asleep and wake him or her two hours after bedtime to see if he or she needs to visit the bathroom.

"Remember, your child dislikes bed-wetting as much as you do, and it's beyond his or her control," Dr. Al Alou says. "No matter how much he or she tries, a child must be physically and developmentally ready to outgrow bed-wetting."

ENHANCING CARE

Yuma Regional Medical Center is the place to receive care, whether a person requires emergency treatment in the 37-bed Emergency Department, which treats more than 72,000 patients annually, or specialty services designed for women, cancer patients or children, including help with bed-wetting problems.

With an ongoing goal of continually improving the care available in Yuma, YRMC focuses on bringing new medical staff physicians and specialists to the community. YRMC recently developed a Pediatric Sub-Specialty clinic where physicians from Pediatric Urology Associates, Ltd., in Phoenix conduct monthly clinics — eliminating the need for families to travel out of town for care. Michael Nguyen, M.D., and Zachary Zuniga, M.D., both pediatric urologists on the Medical Staff at Yuma Regional Medical Center, are seeing infants to adolescents (through 18 years old) at the clinic.

To schedule an appointment, call Pediatric Urology Associates, Ltd., at (602) 279-1697. A referral from a primary care provider must be obtained before scheduling an appointment. A referral coordinator may be reached at (602) 241-4536, and the referral fax number is (602) 264-0461. You may also visit www.pediatricurologyaz.com for more information.



Light-Blinding, Head-Throbbing *Migraines*

You can feel it creeping on — a consistent pounding in your head that steadily grows more intense and debilitating. As you draw the shades and lie down, you think to yourself, “Not another migraine.”

For the more than 29.5 million Americans who suffer from migraines, this scenario is all too familiar. A migraine is a painful vascular headache related to contractions of blood vessels and other changes in the brain. Ranging from moderate to severe, migraines can last anywhere from a couple of hours to several days.

Common migraine symptoms include:

- Sensitivity to light and/or sound
- Pain on one or both sides of the head
- Throbbing or pounding pain on one or both sides of the head
- Visual disturbances, such as wavy lines, dots or flashing lights

What Causes a Migraine?

The exact cause of a migraine is unknown, but recent studies have linked some cases to genetic causes. Migraine headache is caused by vasodilatation (enlargement of blood vessels) that causes the release of chemicals from nerve fibers that coil around the large arteries of the brain. Enlargement of these blood vessels stretches the nerves that coil around them and causes the nerves to release chemicals. The chemicals cause inflammation, pain and further enlargement of the artery, and the increasing enlargement of the arteries magnifies the pain.

Several triggers can prompt a migraine, including anxiety, certain foods or beverages, lack of sleep, skipping meals and stress. Triggers differ from person to person and can result from a combination of factors.

“Although migraines can affect both men and women, approximately 70 percent of sufferers are women,” says Romila Mushtaq, M.D., a neurologist on the Medical Staff at Yuma Regional Medical Center. “Experts typically relate this statistic to family history of migraines, hormone-level changes in estrogen during a woman’s menstrual cycle and/or premenopausal years, and alterations in levels of a chemical known as serotonin in the brain.”

In order to properly treat migraines, an individual’s triggers, migraine frequency and patterns must first be identified.

“Because migraine pain and causes vary, learning a patient’s lifestyle choices and migraine characteristics allows us to create a personalized treatment plan. Treatment may include over-the-counter or prescription medication therapy and/or holistic approaches, such as avoiding certain trigger foods, massage, acupuncture and stress-relieving techniques,” Dr. Mushtaq explains. “The qualified staff at the Neurology and Epilepsy Clinic is specially trained to help patients uncover the origins of their migraines and implement effective treatment for a better lifestyle.”

If you’re suffering from migraines, speak with your primary care provider about a referral to the Neurology and Epilepsy Clinic.

All Headaches Are Not Created Equal

Headaches can mean different things for different people. While a variety of headaches exist, some of the most common include:

TENSION HEADACHES — occur when muscles contract and cause mild to moderate pain in the head, neck and/or shoulders. The vast majority of headache sufferers experience tension headaches.

MIGRAINES — moderate to severe pain typically described as throbbing or pounding as a result of blood vessel contractions or other changes in the brain.

MIXED HEADACHE SYNDROME — a combination of tension headaches and migraines.

CLUSTER HEADACHES — the most severe and also the least common, cluster headaches have a burning or piercing attribute that is constant or throbbing. Pain is often located behind one eye or in the general region of the eye. These may occur one to three times a day.

SINUS HEADACHES — typically affect the cheekbones, forehead or bridge of the nose and are usually the result of a sinus infection or allergy attack. Pain typically intensifies with sudden movement or while straining.

According to Romila Mushtaq, M.D., a neurologist on the Medical Staff at Yuma Regional Medical Center, treatment for headaches varies, and it may include over-the-counter or prescription medications, identifying and avoiding triggers of headaches and holistic approaches such as acupuncture.





**Don't forget to
nominate an
inspirational
woman now!**

Nominations for the Yuma
Inspirational Woman of the
Year award close
April 15. Visit

www.yumaregional.org to
submit your nomination. The
winner will be announced
during the Women's Expo
on Saturday, May 14.



Women's Expo **2-FOR-1 COUPON**

Saturday, May 14 • 9 a.m. to 2 p.m.
Quechan Casino Resort

Spa & Beauty Lounge
Shopping with more than 70 vendors
Demo Divas Area & Entertainment
"Doc Talk" Round Table Discussions

**THE FIRST 1,000 WOMEN WHO
ATTEND WILL RECEIVE TOTE BAGS
FILLED WITH FREE GOODIES!**

**Bring a friend to the
Women's Expo!**

Print coupon & present at the door for discount.



YUMA REGIONAL
MEDICAL CENTER



Take a Break for Better Health

Life can sometimes be hectic, especially while juggling family and professional responsibilities. Take some time for yourself — and your health — and join Yuma Regional Medical Center and the American Business Women's Association (ABWA) at the Women's Expo event on Saturday, May 14.

The Women's Expo will welcome thousands of women as they take a break from their busy schedules and enjoy a day of wellness, pampering, fashion and fun. This year's event will be held in a new location, the Quechan Casino Resort in Yuma, to accommodate the growing number of guests and vendors. For the affordable admission price of \$2, women can spend the day shopping, participating in activities and learning about health. Redeem your 2-for-1 coupon and bring a friend.

In the event's Demo Diva Room, women can complete hands-on projects and activities. Cooking demonstrations will feature culinary techniques and dishes to spice up your kitchen and maintain

health for the whole family. A highlight of the event will be the recognition of Yuma's Inspirational Woman of the Year award winner. This woman is chosen by the community for her outstanding contributions to the community. Giveaways will also be held for women in attendance, including a goodie bag for the first 1,000 women through the doors.

Your Event, Your Issues

Between sessions of shopping and massage therapy, women can receive free health screenings. YRMC physicians and specialists will also be available to discuss women-specific health issues in a roundtable format.

"The Women's Expo is a great opportunity for women to do something enjoyable for themselves and with friends. Take the time to make your health a priority," says Rebecca Larson, community relations specialist at Yuma Regional Medical Center.

For more information about the Women's Expo or to find out how to get additional 2-for-1 coupons, call 336-7005.



YUMA REGIONAL MEDICAL CENTER

Caring for the growing needs of our communities

2400 S. Avenue A
Yuma, AZ 85364-7127

NONPROFIT ORG.
US POSTAGE
PAID
Yuma Regional
Medical Center



This publication in no way seeks to diagnose or treat illness or to serve as a substitute for professional medical care. Questions regarding *Your Health* should be directed to Kaitlan Schick, 336-7545.

I chose Yuma...

"Yuma is a community with plenty of year-round, outdoor activities such as rock climbing, boating, hiking and four-wheeling for residents and visitors to enjoy. I've had a great time discovering everything there is to do. I look forward to serving the community as well as the military here; my late fiancé was a Marine. It is my goal to establish a first-class, orthopaedic trauma service in Yuma. Yuma Regional Medical Center and the community have been welcoming and supportive as I work toward achieving this."

...and I'm glad I did!

Leslie J. Gullahorn, M.D.

Yuma Regional Medical Center Welcomes

Leslie J. Gullahorn, M.D., a Board Certified Orthopaedic Surgeon, received her Medical Doctorate from the University of Michigan School of Medicine in Ann Arbor, Michigan. She completed her internship in general surgery at Santa Barbara Cottage Hospital in California. Dr. Gullahorn did her orthopaedic residency at Maricopa Medical Center in Phoenix, and received an Association for Osteosynthesis/Association for the Study of Internal Fixation (AO/ASIF) fellowship in orthopaedic trauma from Denver Health Medical Center. She completed an additional orthopaedic trauma fellowship at Parkland Medical Center in Dallas, and a sports medicine fellowship at Kaiser Permanente Medical Center in San Diego.



Leslie J. Gullahorn, M.D.

Need help finding a physician?

Call the
CareLine
336-CARE



YUMA REGIONAL MEDICAL CENTER

Caring for the growing needs of our communities