

HEALTH MATTERS

WHAT'S NEW WITH FLU THIS SEASON?



The H1N1 flu virus has been on many people's minds lately, especially since the World Health Organization designated it a global pandemic. The virus was originally known as "swine flu" because it had many genes in common with a similar influenza virus found in pigs in North America. However, scientists have discovered that the virus is actually very different from the one that normally affects pigs.

H1N1 has spread to all 50 states and more than 70 countries. That may sound scary, but keep in mind that most people in the U.S. who have gotten the virus have recovered fully without medical treatment.

With all the attention that H1N1 is getting, it's easy to forget that "traditional" flu season is just around the corner. Outbreaks can occur as early as October and peak during the winter months. In the U.S., more than 200,000 people are hospitalized and 36,000 die every year because of flu-related complications.

So how can you protect yourself and your family from the H1N1 flu virus as well as seasonal flu? Seasonal flu and H1N1 appear to spread in

the same way: from person to person through coughing or sneezing. Follow these precautions to avoid both:

- Cough or sneeze into a tissue and throw the tissue away.
- Wash your hands with soap and water frequently. Alcohol-based hand cleaners work, too.
- To prevent the spread of germs, do not touch your eyes, nose, or mouth.
- Avoid sick people as much as possible.

As of this printing, there is no vaccine available to the public to prevent H1N1. However, the Centers for Disease Control and Prevention recommends getting a seasonal flu shot annually. ■

Get Your Flu Shot Early

- **865 PENDLETON STREET**
(Formerly Dr. Mary Hammond's office, across from the hospital)
Sept. 24 - 4 to 7 p.m.
Oct. 1 - 7 to 11 a.m., 5 to 7 p.m.
Oct. 15 - 7 to 11 a.m., 2 to 6 p.m.
Oct. 21 - 3 to 7 p.m.
Dec. 8 - 4 to 7 p.m.

- **LIBERTY SENIOR CENTER**
Oct. 5 - 9 to 11 a.m.

- **EASLEY SENIOR CENTER**
Oct. 6 - 9 to 11 a.m.

- **PICKENS SENIOR CENTER**
Oct. 8 - 9 to 11 a.m.

- **ROPER BUILDING, SIX MILE**
Oct. 9 - 9 to 11 a.m.

- **YMCA TO HWY. 8**
Oct. 9 - 3 to 7 p.m.

- **YMCA - BURNS ROAD**
Oct. 12 - 4 to 7 p.m.

- **CENTRAL TO CLEMSON REC**
Oct. 14 - 7:30 to 11:30 a.m.

- **SARLIN LIBRARY, LIBERTY**
Oct. 27 - 4 to 6 p.m.

- **BARGAIN EXCHANGE**
Oct. 28 - 7:30 to 11:30 a.m.

- **HAMPTON LIBRARY, EASLEY**
Oct. 29 - 2 to 6 p.m.

- **VILLAGE BRANCH LIBRARY, PICKENS**
Nov. 5 - 4 to 6 p.m.

Flu shots are \$25 each. Only cash or check accepted. No one under age 12 will be vaccinated at the clinics. Medicare Part B and Supplemental Insurance accepted. Must present cards. Pneumonia shots will be offered at each clinic for \$50.

clip and save

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FITNESS SCHEDULE

Aerobics

8:30 to 9:30 a.m.: Monday, Wednesday, and Friday

5 to 6 p.m.: Monday, Tuesday, and Thursday

Aerobics/Step

9:45 to 10:45 a.m.: Monday, Wednesday, and Friday

Body Shop

2 to 3 p.m.: Monday, Wednesday, and Friday

Kick Boxing

5 to 6 p.m.: Wednesday

Living Large

6:10 to 6:55 p.m.: Tuesday and Thursday

Tone to the Bone

9 to 10 a.m.: Tuesday and Thursday

10 to 11 a.m.: Saturday

3:30 to 4:30 p.m.: Tuesday and Thursday

7 to 8 p.m.: Tuesday and Thursday

Yoga-lates

9 to 9:55 a.m.: Saturday

Cost

\$55 for three days/week

(eight-week session)

\$38 for two days/week

(eight-week session)

\$20 for eight classes

All fees are pro-rated—you may join at any time. Preregistration is required.

To learn more, call the Wellness Center, 864-898-1333.

FREE WEEK

One week free:

Get in shape now. New session begins October 26.

Call 864-898-1333 for details.

Reduce and Revive

Individualized weight-loss program.

Cost: \$10. Call 864-898-1331 to set up an appointment.



SMART FOOD CHOICES TO KEEP CHOLESTEROL IN CHECK

A study reported in the *Annals of Internal Medicine* found that a low-fat diet rich in these foods lowered total and LDL, or bad, cholesterol levels in four weeks:

- Fruits and vegetables
- Dried peas and beans
- Whole grains

Another new study published in the *American Journal of Clinical Nutrition* highlighted some other foods that can help tame LDL cholesterol when eaten regularly:

- Margarine with plant sterols
- Foods high in soluble fiber, including oats, barley, and broccoli
- Soy
- Almonds

Experts also advise choosing foods and beverages that are low in saturated fat, trans fat, and cholesterol.

Try these tips for healthier eating:

- Instead of butter, try tub margarine. Better yet, buy margarine that contains plant sterols.
- Choose nonfat or low-fat dairy products.
- Select lean meats and skinless poultry.
- Soothe a sweet tooth with an orange or a pear, two fruits that are high in soluble fiber.

- Toss almonds on salads.
- Substitute a soy burger for a hamburger.
- Eat whole wheat breads, muffins, and waffles.

To keep a check on your cholesterol, visit Cannon's Wellness Wednesday, the first Wednesday of each month, and receive a total lipid panel (LDL/HDL, triglycerides with glucose) screening for only \$22. ■

Wellness Wednesday

takes place the first Wednesday of each month from 7:30 to 11:30 a.m. in the Acker Classroom—no appointment necessary:

- Free blood pressure and bone density heel screening
- Cholesterol/blood sugar: \$10
- Lipid panel (total cholesterol HDL/LDL, triglycerides, with glucose): \$22
- ALT/AST (liver function): \$10
- PSA: \$16
- TSH (thyroid): \$16

KNEE INJECTIONS

AN ALTERNATIVE TO KNEE SURGERY

Arthritis is one of the most common causes of knee pain. When the smooth cartilage of the knee joint breaks down, it can sometimes cause pain that can be debilitating.

Physicians will often try to treat knee arthritis by focusing on controlling the pain without surgery. When these options, such as anti-inflammatory medications, cortisone injections or ambulatory aids, aren't sufficient, doctors will refer the patient for surgery. But not all patients are candidates for surgery.

"Some patients are not physically able to endure a surgical procedure or the timing may not be right for them to have a partial or total knee replacement," says Dr. Byron Marsh, with Cannon Orthopedics. When that is the case, another type of injection or "gel" may help to relieve the symptoms of knee arthritis.

"The product that I choose to use for this option is called Synvisc®, and traditionally it is done with a series of three injections over a 15-day period. However, further research has resulted in the manufacturer combining the three injections in a single injection." This improvement can save the patient time and money and, according to Dr. Marsh, the end result of the onetime injection has been just as successful as the series of three shots. "As with any product on the market, the maker is always looking for ways to improve. This improvement isn't in the effectiveness of the product, but more for the convenience of the patient, and reduces expenses." In some patients, prior to the injection, fluid must be removed from the knee in order to get the best results.

Both procedures are done in the doctor's office and the patient goes home following the injection. "Typically the patient can expect the injection to relieve the pain symptoms for six to 18

months, and then there would have to be a repeat of the injection or surgery." There are other products on the market that can require up to five injections, so each patient and physician must decide the best treatment option together, says Dr. Marsh.

Synvisc was approved by the FDA in 1997 for the treatment of arthritis of the knee in patients who have failed to respond to more conservative therapy.

Made from hyaluronan, which is found in normal joint fluid, Synvisc is injected directly into the knee to restore the cushioning and lubrication of the knee. Synvisc is considered a treatment or therapy and not a drug. ■



Dr. Marsh

Dr. Byron Marsh is a board-certified orthopedic surgeon with Cannon Orthopedics and has 30 years of experience in his field. He is well versed in knee injections

and has performed hundreds of the procedures. To find out more about Synvisc 1 or other options of treating knee arthritis, schedule an appointment with Dr. Marsh by calling **864-878-1231**.



CANNON, TWO OTHER HOSPITALS AGREE TO WORK TOGETHER



Recently Cannon Hospital, AnMed Health in Anderson, S.C., and Carolinas HealthCare System in Charlotte, N.C.,

Dr. Rentz agreed to affiliate to enhance patient care services available to Upstate residents and maximize economies of scale to lower costs.

The agreement between all three organizations is in preparation for significant changes in the U.S. health care delivery system.

We are excited about the opportunities this partnership offers. The board of trustees of Cannon Hospital worked on this affiliation for nearly three years, and the trustees are confident they have found partners who mirror Cannon's values and visions for the future of health care.

Under the agreement, ownership of Cannon will not be transferred or changed, and the authority and members of the board will remain the same.

This is in no way a merger or buyout, but rather a management agreement where Cannon will have better purchasing power and access to experts in the health care field through a larger network. Cannon will remain a community-owned, nonprofit hospital.

I hope you will share our excitement and anticipation about this agreement for the future of the hospital and the community.

HEALTH MATTERS

Norman G. Rentz
President and CEO

Amanda Dow
Director of Community Relations

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UPCOMING EVENTS AT CANNON

All events are held in the Acker Classroom unless otherwise indicated. Register for all CPR and other programs by calling **864-898-1333** unless otherwise indicated.

WELLNESS WEDNESDAY

Free blood pressure and bone density screenings; cholesterol/blood sugar: \$10; lipid panel (fasting recommended), \$22; ALT/AST, \$10; lipid and ALT/AST, \$30; PSA, \$16; TSH, \$16; 10-minute massage by Escape Wellness Spa, \$5. No appointment necessary.
*October 7, November 4, December 2,
7:30 to 11:30 a.m.*

DIABETES NUTRITION EDUCATION CLASS

Preregistration required by calling **864-898-1262**.
*October 8, 4:30 to 6 p.m.; November 12 and
December 10, 10 a.m. to noon*

HEALTH CARE PROVIDER CPR

Preregistration is required. Cost is \$35.
*October 14, November 11, December 9, 7:30
to 11:30 a.m.*

HEARTSAVER ADULT, CHILD, AND INFANT CPR

Preregistration is required. Cost is \$30.
December 11, 9 a.m. to noon.

FREE DIABETES GROCERY STORE TOUR

Preregistration is required by calling **868-898-1333**. Get tips on holiday eating. Designed for people with diabetes.
December 10, 1 to 2 p.m., Ingles in Pickens

HEALTH FAIR AT CENTRAL/CLEMSON REC CENTER

Flu shots, free services, and information available.
October 14, 7:30 to 11:30 a.m.

Cannon Offers a Safe Trick-or-Treating Alternative

Cannon's annual Trick-or-Treat Trail is a safe alternative to door-to-door trick-or-treating. The event is free and open to the public.

Trick-or-treaters walk the hospital's fitness trail and gather goodies from participating booth vendors.

"Last year we had more than 20 booths set up representing businesses and organizations in the community and several thousand children visited the trail," said Amanda Dow, director of Community Relations.

The entrance to Cannon's Trick-or-Treat Trail is at the rear of the hospital and will be open on October 31 from 4:30 to 7 p.m. for children ages 12 and younger.

If your business or organization is interested in participating in the trail, please contact Amanda Dow at **864-898-1252** or adow@cmhsc.org. There is no charge to participate.

TIPS FOR GHOSTS AND GOBLINS

Follow these tips to help keep Halloween fun—and safe.

- Avoid masks or headgear that block vision, long costumes, or awkward shoes that could cause a fall, and loose or non-fire-resistant material that could ignite near a candle.
- Use hypoallergenic makeup for face painting instead of masks that could block vision. And don't apply makeup too close to the eyes.
- Mark costumes and accessories with reflective tape, and provide flashlights.
- Feed children before they go so they won't eat

any candy before you've checked their loot.

- Young trick-or-treaters should go with an adult. Older children should trick-or-treat in groups and carry a cell phone with emergency contact numbers.
- Pick a safe and familiar neighborhood.
- Remind children never to go inside a stranger's house and to visit only those with lights on.
- Throw out treats with loose or broken wrappers or with pinholes in wrappers, and homemade treats from strangers. For small children, toss choking hazards such as gum, peanuts, and hard candies.

