



JANUARY 2012



Seasons

DMH Senior Life
Enrichment Center Newsletter

DMH Home Health

ONE OF THE NATION'S
TOP HEART HOSPITALS – **HERE**

Decatur Memorial Hospital has been named one of the nation's 50 Top Cardiovascular Hospitals by Thomson Reuters.*



CHOOSING DMH FOR YOUR HEART CARE MEANS:**

- Nationally recognized superior performance in heart care
- Better survival rates
- Lower complications
- Fewer readmissions to the hospital
- Shorter hospital visits and lower costs

Nationally recognized heart care found in Decatur, only at Decatur Memorial Hospital

*Thomson Reuters is the world's leading source of intelligent information for business and professionals. They combine industry expertise with innovative technology to deliver critical information to leading decision makers in the healthcare and science, financial, legal, tax and accounting, and media markets, powered by the world's most trusted news organization.

**According to Thomson Reuters.



102 W. Kenwood Ave., Suite 120
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Lower Leg Edema



Anthony McCormack, M.D.
Gerontologist
Medical Director,
DMH Senior Life
Enrichment Center

The human body has three general areas where fluid is stored. It is located inside the cells that make up our bodies (intracellular fluid). Fluid is also found in between the cells (interstitial fluid). Fluid is also found in our veins and arteries (intravascular fluid or blood). When the body retains fluid it is often collects in the interstitial space or the fluid that bathes the cells. Often gravity plays a role and the fluid tends to collect around the ankles. This collection of fluid is commonly called edema.

Edema is sometimes a natural reaction. If you have an allergic reaction to food sometimes your lip will swell. This is fluid being collected in a localized area. This type of fluid generally resolves quite quickly when treated. Fluid that collects in the feet and legs and does not resolve quickly, is not normal and the cause should be investigated as soon as possible.

When edema is evaluated, health care practitioners will investigate how well the heart, liver and kidneys are functioning. These three organs work together to control fluid levels in our bodies. Your health care practitioner will also evaluate your diet, how much fluid you drink and your use of salt. Too much salt will contribute to the abnormal retention of fluid in your body. Medications can cause individuals to retain fluid abnormally as well.

If you have developed edema and are being treated with medication it is important that you take your medications as directed. You should weigh yourself on a regular basis, perhaps even daily. Your weight will increase before an increase in fluid will be noticed in your legs. If your weight is increasing or your legs are beginning to swell you should seek evaluation as quickly as possible. Drinking more fluid or changing the type of fluid you are drinking should not be done without the advice of your health care practitioner.

Lower leg edema is something that should never be ignored! Treating lower leg fluid is something you should do only with the advice of your health care practitioner.



Cataracts



Marilee Peters, CNP-BC
Geriatric Nurse Practitioner

It is important for adults to have eye examinations completed yearly. A health care professional such as an Optometrist or an Ophthalmologist is the best person to perform this exam.

During this exam, cataracts may be detected. Cataracts are a clouding of the lens. The lens is the clear part of the eye that helps to focus an image of

light on the retina. The retina is the light sensitive tissue on the back of the eye. In order for the retina to receive a clear image, the lens must be clear.

Although most cataracts are related to aging, there are other causes as well. These include:

Secondary cataracts. These may form after surgery for other eye problems such as glaucoma.

Cataracts can also be due to other illness such as diabetes mellitus or in those who use steroids.

Traumatic cataracts. These may occur after surgery.

Congenital cataracts. Babies may be born with these and if vision is impaired, they need to be removed.

Radiation cataracts. Cataracts can develop after exposure to some types of radiation.

Along with "age-related" cataracts and the reasons already mentioned, risks for cataracts include increased alcohol use and prolonged exposure to sunlight. Wearing sunglasses and a hat with a brim to block ultraviolet sunlight may help to delay cataracts. If you smoke, stop. Researchers also recommend green leafy vegetables, fruit and other foods with antioxidants to help prevent cataracts. However, there has been no benefit to take the vitamins containing antioxidants, such as vitamin E and beta carotene.

Symptoms of cataracts include cloudy or blurry vision and colors may seem faded. Headlights, lamps or sunlight may appear too bright. A halo may appear around lights. Poor night vision may be experienced. If you experience any of these symptoms please schedule a check up with an eye care professional.

Cataracts are treated with removal once they are interfering with your everyday activities. Your eye care professional will tell you when it is time to have your cataracts removed and the best procedure for you.

Cataract surgery is one of the most common surgeries performed in the United States. It is also one of the safest and most effective according to the National Eye Institute. About 90 percent of people who have cataract surgery have better vision afterward.

For further information about cataract surgery, visit: www.NIH.com



DMH Senior Life Enrichment Center offers complete medical service for adults age 55 and older. The center specializes in the prevention and treatment of conditions of older adults, and patients are treated by geriatric nurse practitioners.

Contact the DMH Senior Life Enrichment Center at 217-876-2191.

Screenings & Events

TUESDAY, JAN. 10, 24

Geriatric Assessment Clinic
12:30 - 5:00 p.m.

Call for pre-certification for Medicare or insurance eligibility.
217-876-2191

WEDNESDAY, JAN. 11, 18

Cholesterol and Glucose Screening (\$20)

Prostate (PSA)

Blood Screening (\$25)

8:30 - 11:30 a.m.

Call for appointment
217-876-2191

THURSDAY, JAN. 12, 26

Zostavax® Shingles Vaccine Clinic

1 - 3 p.m.

Call for pre-certification for Medicare or insurance eligibility.
217-876-2191

Turkey Quesadilla

2 flour tortillas

2 tablespoons cranberry sauce

3 tablespoons grated Jack or Cheddar cheese

2 tablespoons leftover stuffing

2 tablespoons cooked and chopped green beans

3 tablespoons chopped cooked turkey

1 teaspoon chopped jalapeno peppers

Vegetable oil cooking spray



Directions

Place 2 tortillas on your board. Spread 1 with cranberry sauce and set aside. Sprinkle the cheese over the other one and crumble the stuffing on top. Add the green beans, turkey, and jalapeno peppers. Pick up the first tortilla and place it cranberry side down onto the filled one. Press gently but firmly to keep the quesadilla together.

Spray a nonstick skillet with cooking spray and put it over medium heat. Place the quesadilla in the skillet and cook until the bottom is lightly browned and the cheese is melted, about 2 minutes. Flip the quesadilla and cook it on the other side for another 2 minutes. Slide it onto a cutting board, cut it into wedges, and serve.